## ACTIVE LIVES SURVEY

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ACTIVE LIVES SURVEY - YEAR 1

| CORE CITIES | inACtive <br> Less than 30 minutes per week | FAIRLY ACTIVE 30-149 minutes per week |  | active |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| COMPARISON |  |  |  | $150+$ minute per week |  |
| Liverpool | 27.8\% Pop: 111,900 | 13.7\% | Pop: 55,100 | 58.5\% | Pop: 235,400 |
| Notingham | 27.5\% Pop: 72,800 | 13.5\% | Pop: 35,800 | 59.0\% | Pop: 156,100 |
| Newcastle upon Tyne | 22.9\% Pop: 56,100 | 13.2\% | Pop: 32,400 | 64.0\% | Pop: 156,800 |
| Manchester | 27.3\% Pop: 118,200 | 12.2\% | Pop: 52,700 | 60.5\% | Pop: 261,800 |
| Brisol | 19.3\% Pop: 71,300 | 12.3\% | Pop: 45,500 | 68.4\% | Pop: 252,700 |
| Birmingham | 29.9\% Pop: 259,800 | 12.6\% | Pop: 109,700 | 57.4\% | Pop: 498,500 |
| Sheffield | 25.1\% Pop: 118,200 | 13.6\% | Pop: 63,900 | 61.4\% | Pop: 289,300 |
| Leeds | 24.5\% Pop: 155,200 | 13.2\% | Pop: 83,700 | 62.3\% | Pop: 394,400 |

## Active Lives Survey - Year 1

## MERSEYSIDE AND NEAREST CSP'S

INACTIVE
Less than 30 minutes per week

FAIRLY ACTIVE
30-1 149 minutes
per week

ACTIVE
150+ minutes per week




| INACTIVE | fairly Active | Active |
| :---: | :---: | :---: |
| Less than 30 minutes per week | 30-149 minutes per week | 150+ minutes per week |
| 23.5\% <br> Pop: 61,300 | Pop: 39,900 | $61.3 \%$ <br> Pop: 160,000 |
| $23.5 \%$ of people do fewer than 30 minutes a week | $15.3 \%$ are fairly active but don't reach 150 minutes a week | $61.3 \%$ do 150 minutes or more per week |

N.B: All data is from the Active Lives Report and data associated and linked within the report




## DOCUMENT SOURCES

Active Lives Survey May 16/17 Report (PDF)
Data Tables 1-4 (Excel)
Data Tables 5-9 (Excel)

Active Lives Survey May 16/17 Technical notes

## NOTES

Population totals are estimated values and have been calculated using ONS mid-2016 estimates. Confidence intervals also apply to these. More details can be found in the May 16/17 Technical notes.

Activity minutes per week are determined by Moderate Activity and Vigorous Activity.

Moderate Activity is defined as activity where you raise your heart rate and feel a little out of breath.
Vigorous Activity is defined as activity where you are breathing hard and fast and your heart rate has increased significantly.

