### ACTIVE LIVES SURVEY

MAY 16/17 REPORT

OCTOBER 2017 DATA RELEASE

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CORE CITIES	INACTIVE	FAIRLY ACTIVE ACTIVE
COMPARISON	Less than 30 minutes per week	30-149 minutes 150+ minutes per week per week
Liverpool	27.8% Pop: 111,900	13.7% Pop: 55,100 58.5% Pop: 235,400
Nottingham	<b>27.5</b> % Pop: 72,800	13.5% Pop: 35,800 59.0% Pop: 156,100
Newcastle upon Tyne	<b>22.9</b> % 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
Bristol	19.3% Pop: 71,300	12.3% Pop: 45,500 68.4% Pop: 252,700
Birmingham	<b>29.9</b> % 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 30-149 minutes per week	ACTIVE  150+ minutes  per week
Cheshire	<b>23.6</b> % Pop: 178,100	<b>14.1%</b> Pop: 106,900	62.3% Pop: 470,700
Cumbria	<b>24.5%</b> Pop: 101,800	12.7% Pop: 53,000	<b>62.8</b> % Pop: 261,200
Greater Manchester	<b>27.6</b> % Pop: 611,500	12.9% Pop: 285,300	<b>59.6%</b> Pop: 1,320,800
Lancashire	<b>27.6</b> % Pop: 332,200	13.2% Pop: 159,300	<b>59.2%</b> Pop: 714,400
Merseyside	<b>26.9%</b> Pop: 337,600	14.2% Pop: 178,600	58.9% Pop: 741,100

### LIVERPOOL

Survey Sample Size: 2,160 Active Lives Survey - May 16/17

INACTIVE	FAIRLY ACTIVE	ACTIVE	
Less than 30 minutes per week	30-149 minutes per week	150+ minutes per week	
27.8% Pop: 111,900	13.7% Pop: 55,100	58.5% Pop: 235,400	

# SEFTON

Survey Sample Size: 587

Active Lives Survey - May 16/17

INACTIVE	FAIRLY ACTIVE	ACTIVE
Less than 30 minutes per week	30-149 minutes per week	150+ minutes per week
24.0%	16.5%	59.5%
Pop: 54,400	Pop: 37,600	Pop: 135,100

# WIRRAL

Survey Sample Size: 573

Active Lives Survey - May 16/17

INACTIVE	FAIRLY ACTIVE	ACTIVE
Less than 30 minutes per week	30-149 minutes per week	150+ minutes per week
23.5% Pop: 61,300	15.3% Pop: 39,900	61.3% Pop: 160,000

# ST. HELENS

Survey Sample Size: 588 Active Lives Survey - May 16/17

INACTIVE	FAIRLY ACTIVE	ACTIVE
Less than 30 minutes per week	30-149 minutes per week	150+ minutes per week
29.3%	12.7%	58.0%
Pop: 42,900	Pop: 18,600	Pop: 84,800

# KNOVSLEY

Survey Sample Size: 561 Active Lives Survey - May 16/17

INACTIVE	FAIRLY ACTIVE	ACTIVE
Less than 30 minutes per week	30-149 minutes per week	150+ minutes per week
32.1%	13.9%	53.9%
Pop: 38,200	Pop: 16,600	Pop: 64,100

### HALTON

Survey Sample Size: 536

Active Lives Survey - May 16/17

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Less than 30 minutes per week

#### **FAIRLY ACTIVE**

30-149 minutes per week

### **ACTIVE**

150+ minutes per week

28.4%

Pop: 28,900

28.4% of people do fewer than 30 minutes a week

10.7%

Pop: 10,900

10.7% are fairly active but don't reach 150 minutes a week 60.8%

Pop: 61,800

60.8% do 150 minutes or more per week

#### **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.