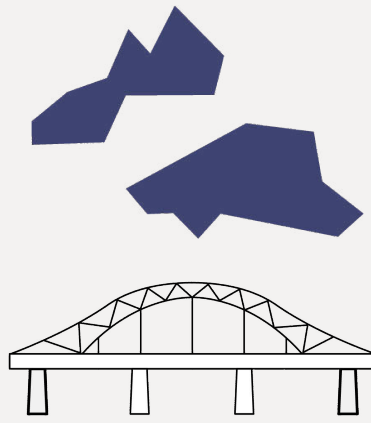
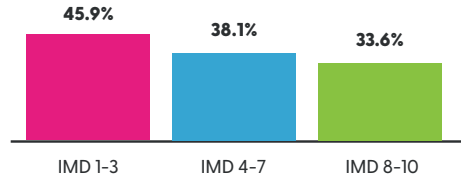


Halton

Place physical activity profile: May 2023



% adults (England) who do not meet the Chief Medical Officer (CMO) guidelines by deprivation levels



The chart above shows that there is a clear link between deprivation and physical activity levels.

56.3% Halton residents live within IMD1-3, and are therefore more likely to be physically inactive (MHCLG, 2019)

Marmot Beacon Indicators for Physical Activity (Active Lives, 2021/22)

Inactivity levels in adults

46,400

Halton adults 16+ (44.7%) don't meet the CMO guidelines for 150 mins physical activity per week (England average = 36.9% Cheshire & Merseyside average = 38.4%)

63.1% Halton residents also don't meet the CMO guidelines for muscle-strength building activities per week



Inactivity levels in young people

46.7%*

*Merseyside 5-16y/os don't meet the CMO guidelines for 60 mins physical activity per day. At present, physical activity levels for young people in Halton is not available.



Active Travel

At least three days per week (OHID, 2019/20)



Walking for travel:

12.3%



Cycling for travel:

1.3%

Tackling Inequalities

Data shows that people within these groups are more likely to be physically inactive. Figures shown below are population numbers in each group (ONS, 2021)

Women and girls: 65,547

People from ethnically diverse communities: 4,502

People with disabilities/long-term health conditions: 36,786



Attitudes towards physical activity (Active Lives, 2020/21)

72.3%

Feel it's important to do sport/exercise regularly

79.3%

Feel that they have the ability to be physically active

72.8%

Feel like they have the opportunity to be physically active

Physical activity as a standalone...

Target within the Health and Wellbeing Board Strategy



Target within the Place-based Partnership Board Plan



Specific Physical Activity Strategy



Connected Strategies

Place-based strategies that physical activity outcomes could contribute towards:

- One Halton Place-Based Plan 2019-24
- Halton Healthy Weight Strategy 2019-24
- Halton Local Cycling and Walking Infrastructure Plan
- Halt On Loneliness
- Green Spaces Strategy
- Indoor Built Facilities Strategy
- Halton Playing Pitch Strategy
- Local Football Facility Plan

Physical activity is not explicitly listed as an indicator within the combined One Halton and Health and Wellbeing Board Strategy 2022-27. However, physical activity is mentioned as an indicator for "Living Well".

