



An insight into adult physical activity behaviour in Halton



May 2025

Active Lives Adults Survey 2022-23

Sport England's National headline

Active Lives Adults Survey 2022-23

“ Long-term increase in activity levels positive but further action needed to tackle inequalities* ”

In a nutshell, there are “two million more adults getting active on a regular basis through sport and physical activity than in 2016*”



But the news isn't so positive for some demographic groups where inequalities continue to widen



Inequalities in our area

Social status



Inactivity in the **least affluent households** remains high (NS SeC 6-8)

Gender



Women are more likely to be inactive than men

Limiting illness



Adults with a **limiting illness or disability** are twice as likely to be inactive

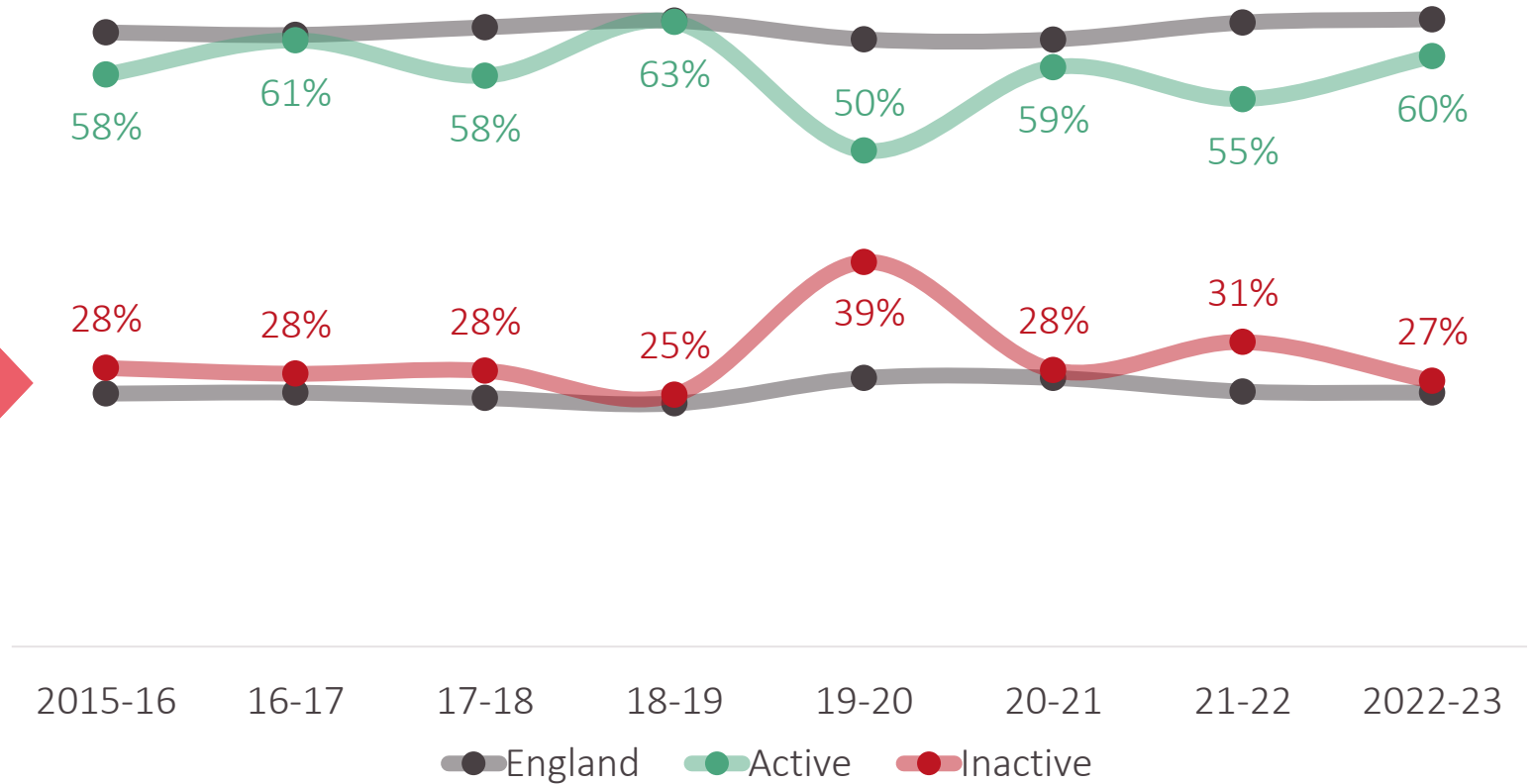




Currently, 27%
of adults are inactive

That's
28,000
people

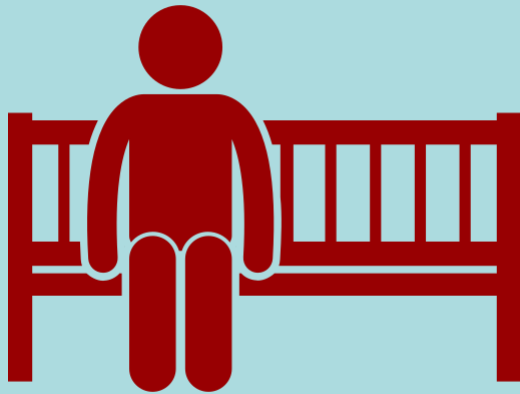
Over a quarter of
our community
are inactive



19,000
adults do
no activity at all
(18%)



But not all inactive
adults do nothing



There are **8,000**
people missing the intensity
(8%)



There are **1,000**
people not active for long enough
(1%)

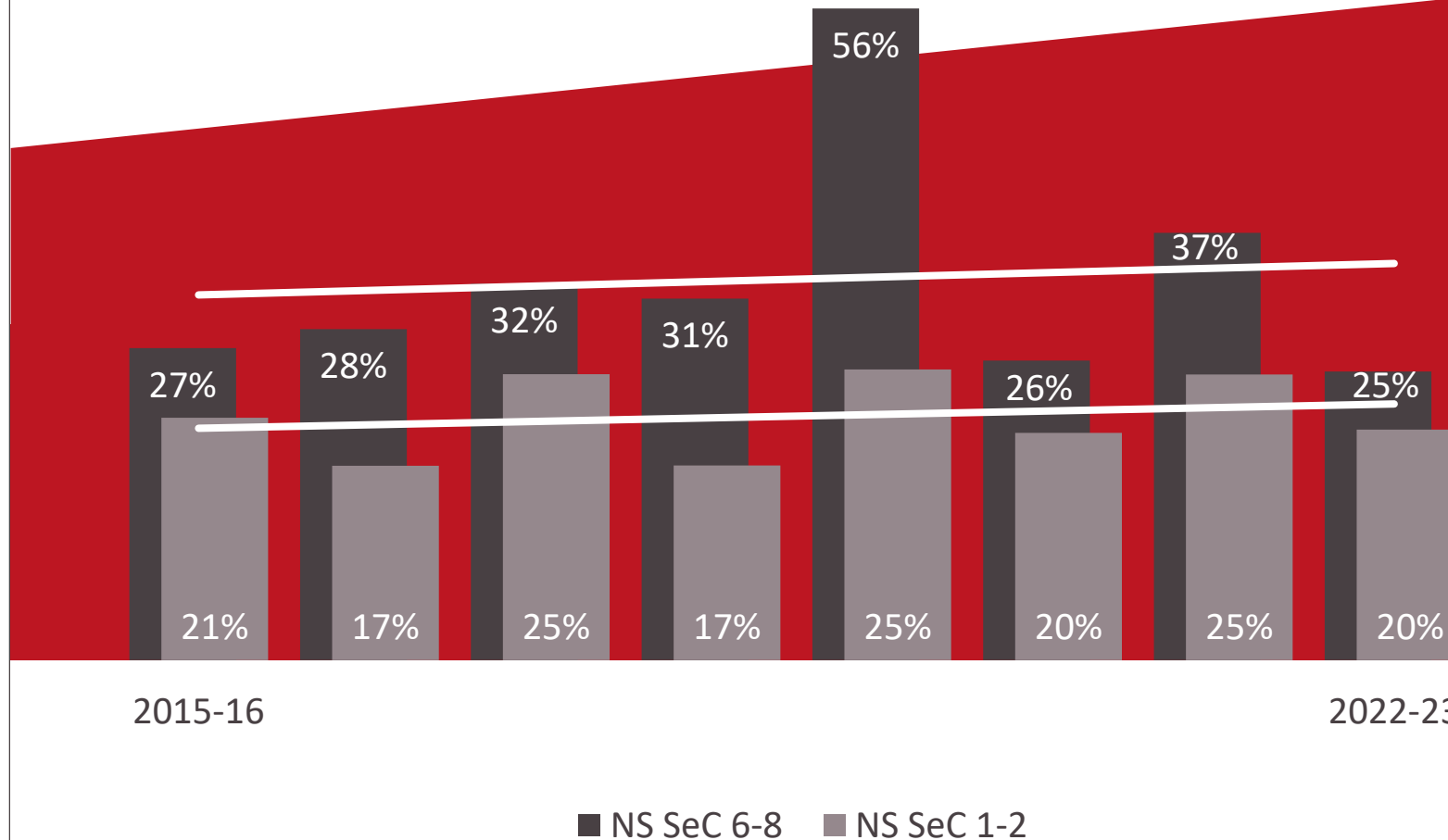


Our **least affluent** households are more likely to be inactive

(NS SeC 6-8)

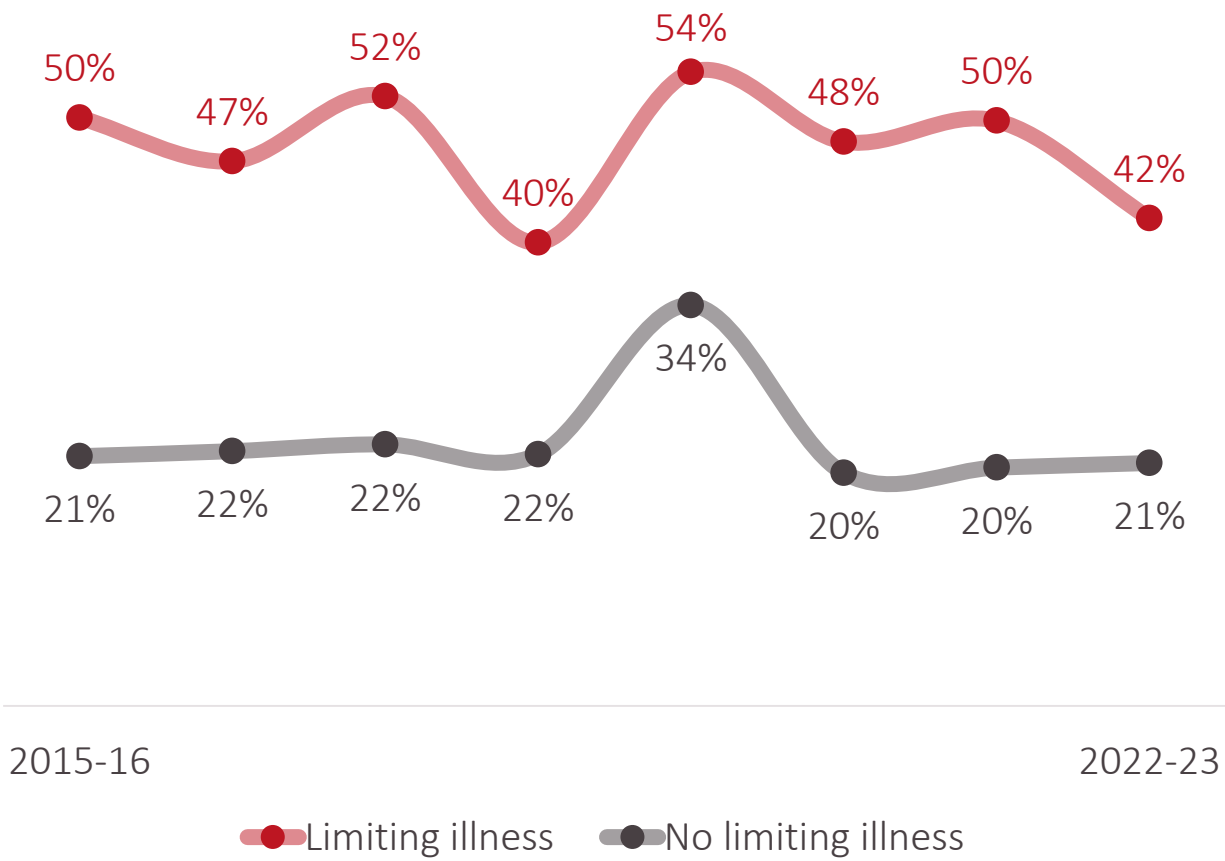


There is a clear **inequality gap** between our least and most affluent households

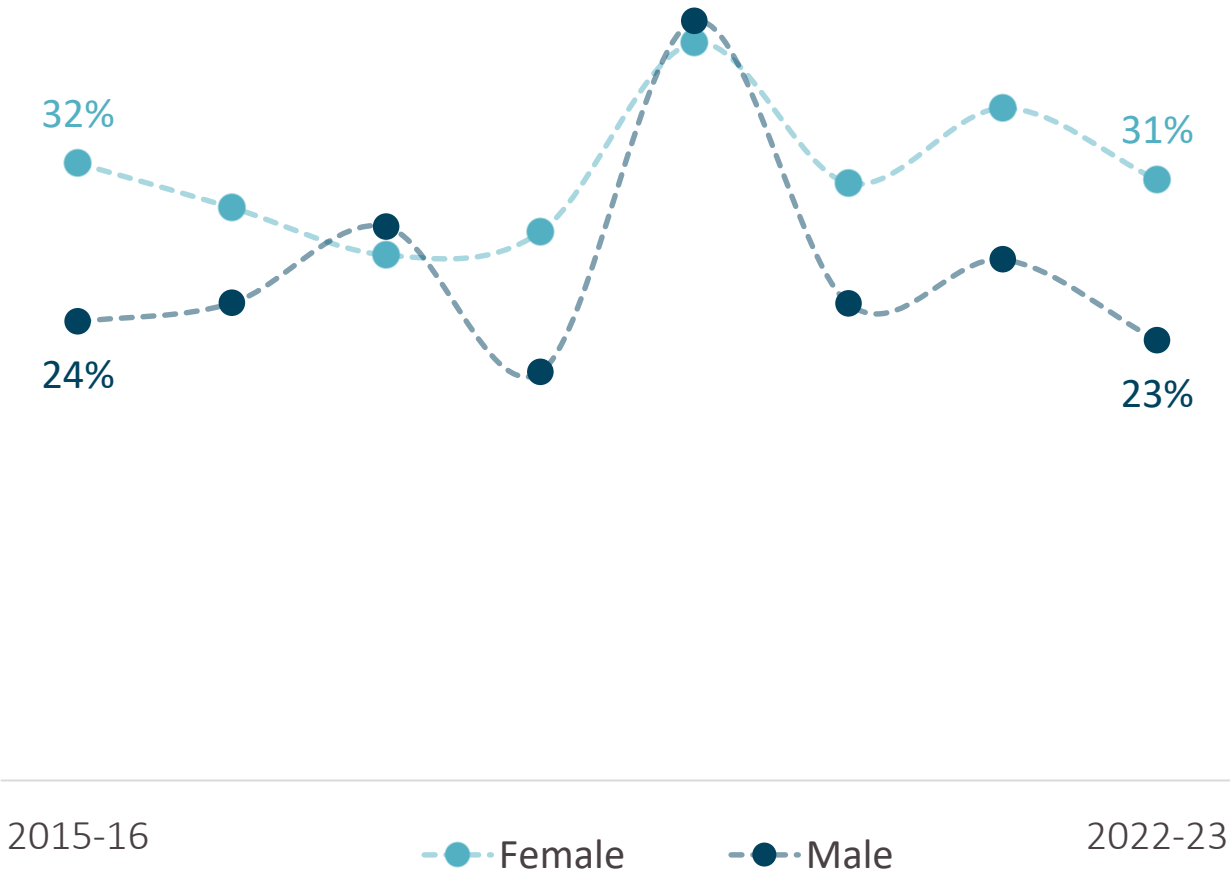


Adults with a **limiting illness or disability** are **twice as likely to be inactive**

The inequality gap persists

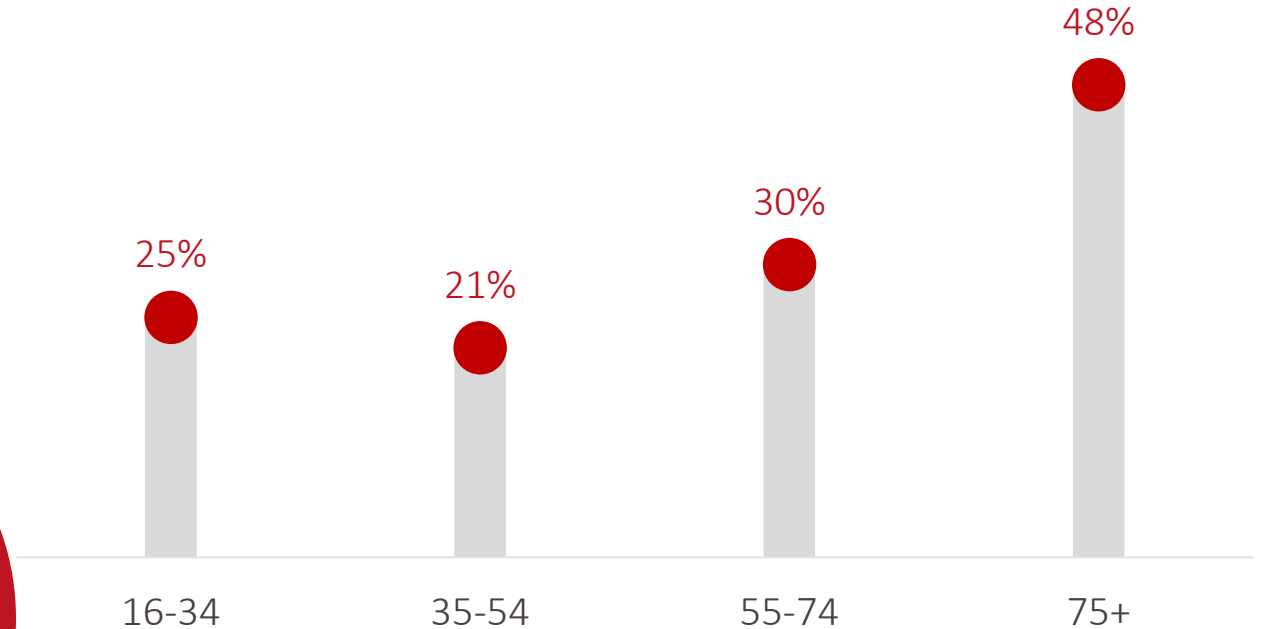


Women are more likely to be inactive than men

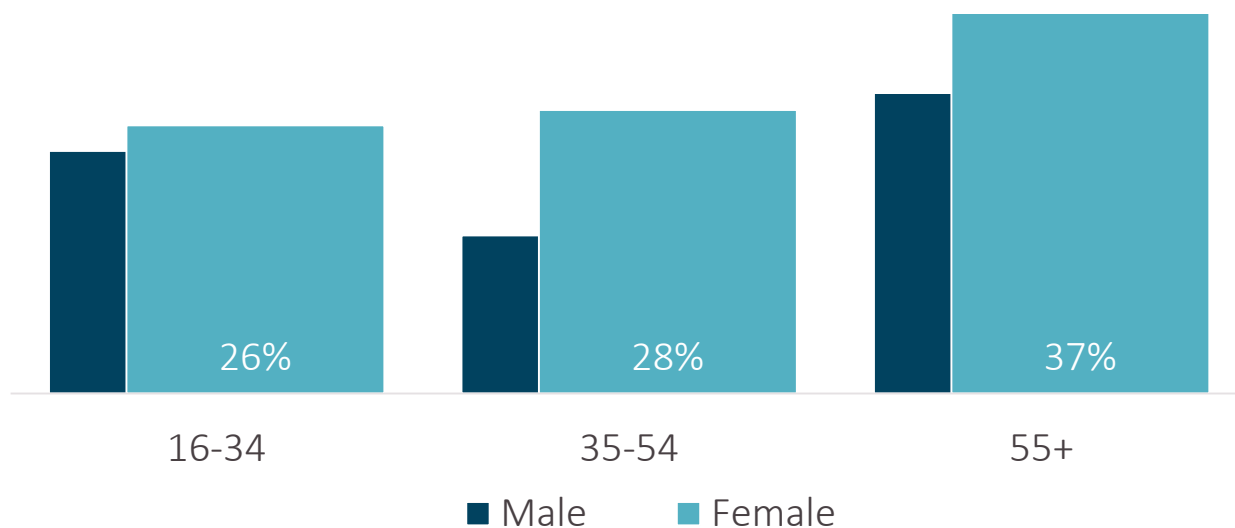


Inactivity increases sharply after the age of 75

Inactivity for younger adults (16-34) is higher than national



Women have higher inactivity levels than men across the life course



How do we measure activity?

We report on the number of **moderate intensity minutes** completed in the last week, based on activity type



Light

Light intensity minutes are excluded



Moderate

Moderate intensity equivalent (MIE) minutes means each 'moderate' minute counts as one minute



Vigorous

Any vigorous activity counts for double, so each vigorous minute counts as two moderate minutes

Please note: For some activities, intensity was assumed and not asked. Activities done by those aged 65 and over were assumed to be at least moderate



What activities do we measure?*



Gardening

Gardening is included in this section

*Only activity of at least 10 continuous minutes are counted



Walking for travel

Includes walking as a way to get from one place to another, such as the shops work or visiting friends*



Walking for leisure

Includes all other types of walking, dog walking, rambling and Nordic walking or just going for a stroll*



Cycling

Includes leisure and travel, track, road and mountain biking or racing, exercise bike or cycle class



Traditional sport

Includes team, water, combat and winter sports, swimming, athletics, golf, horse riding and gymnastics



Fitness activities

Includes gym activities (fitness machines and classes), weights, boxing and interval sessions



Dance

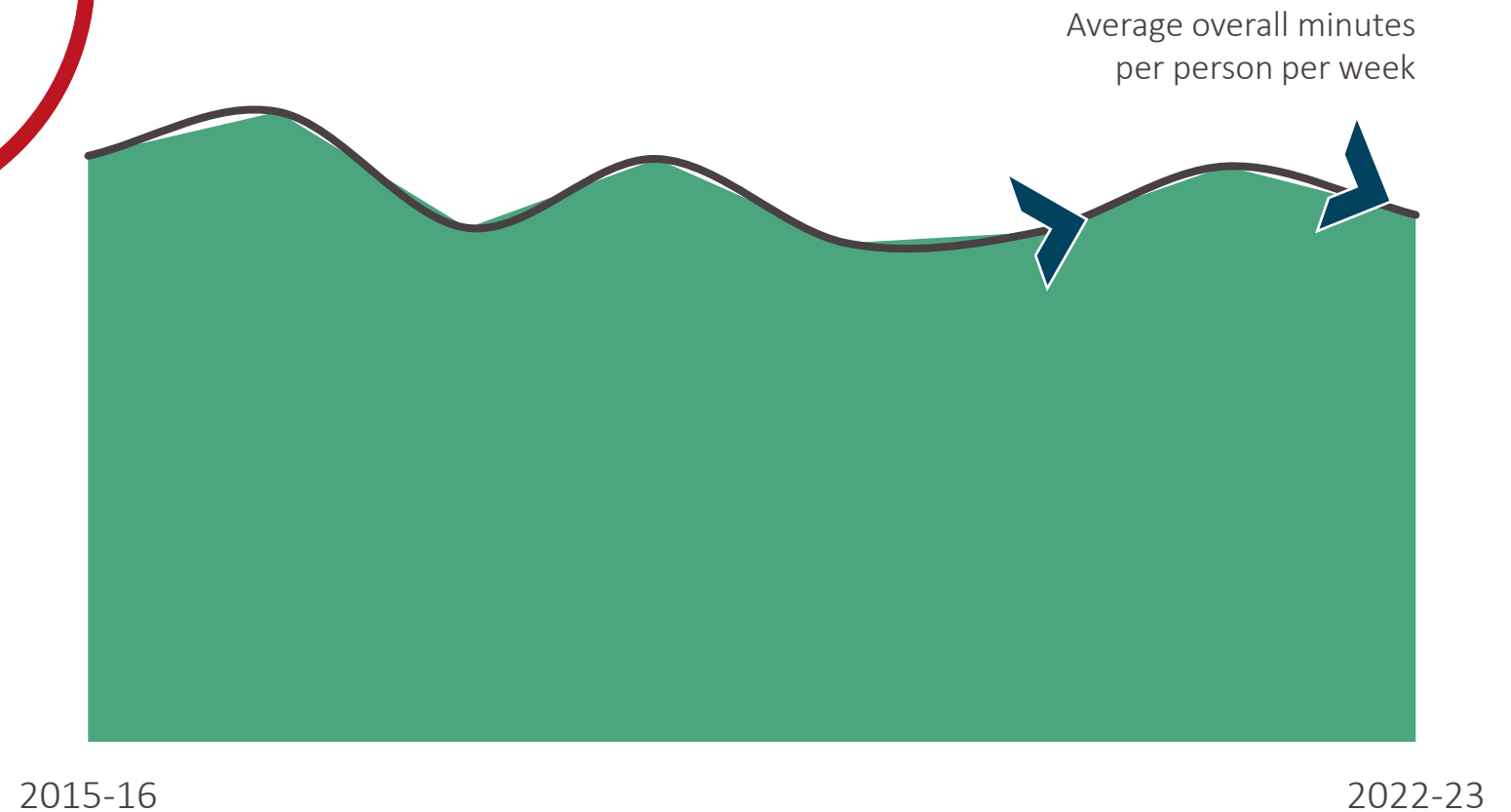
Covers all types of dance including artistic and creative dance (ballroom, ballet, contemporary etc)

*walking around shops is excluded





Activity minutes are fluctuating



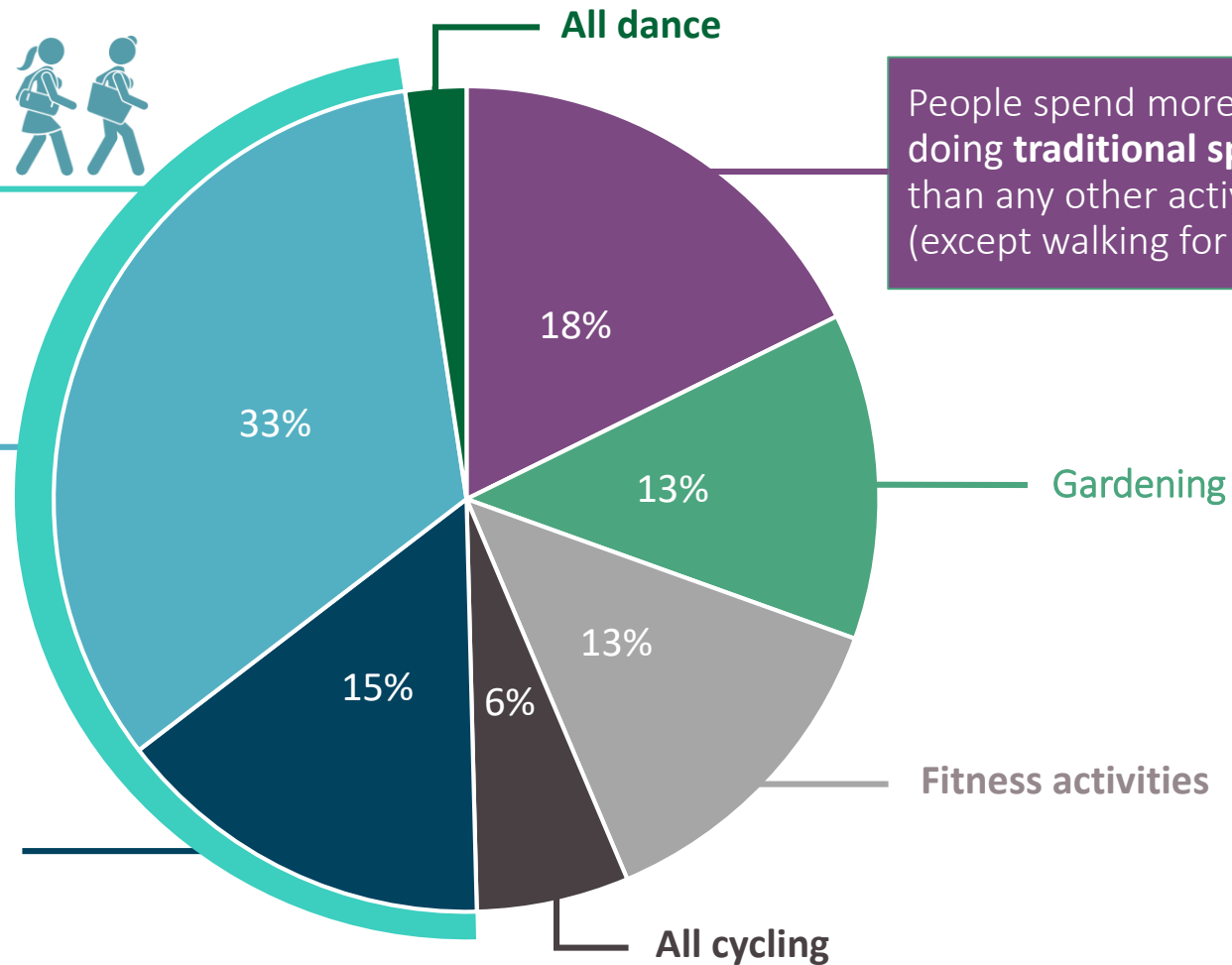
What does activity look like where we live?

Almost half our **active minutes** come from **walking**



Walking for leisure now accounts for a third of all physical activity

Walking for travel accounts for 15% of minutes locally but 18% nationally



People spend more time doing **traditional sport** than any other activity (except walking for leisure)



Appendix



Sample size

Active Lives Adult

	15-16	16-17	17-18	18-19	19-20	20-21	21-22	22-23
All adults (aged 16+)	494	480	495	520	517	492	489	511
NS SEC 1-2	196	218	206	211	207	195	189	225
NS SEC 3-5	142	120	141	133	139	142	143	146
NS SEC 6-8	81	74	74	93	86	74	84	74
16-34	90	98	88	112	101	86	97	96
35-54	127	151	160	154	170	162	143	172
55-74	238	190	207	204	195	197	207	203
75+	39	37	37	46	47	44	39	39
Male	223	201	204	213	229	219	220	244
Female	271	278	290	305	286	271	266	266
No limiting illness	360	340	373	369	335	356	337	359
Limiting illness	107	116	95	120	129	108	120	128
Working full or part time	233	252	279	275	260	275	271	280
Unemployed	26	15	11	19	24	22	16	18
Not working	202	173	165	172	187	153	169	176
Student full or part time	12	14	16	18	16	14	13	8
White Other	10	6	9	8	12	9	5	10
Asian	2	1	5	2	3	3	10	7
Black	1	0	1	1	1	1	2	2
Mixed	3	4	0	2	2	3	2	4
Other ethnic group	3	2	3	2	0	4	3	1
White British	461	449	467	492	481	463	451	476
Minority ethnic group	19	13	18	15	18	20	22	24



Adult population breakdown

Census provides an **insight into the demographic makeup** in our area compared to England

	Halton	England
No limiting illness	74.5%	80.2%
Limiting illness	25.5%	19.8%
16-34 years	22.3%	24.2%
35-54 years	26.4%	26.4%
55-74 years	24.7%	22.4%
75+ years	7.5%	8.6%
NS SeC 1-2	26.6%	33.2%
NS SeC 3-5	27.8%	27.4%
NS SeC 6-8	40.1%	31.8%
Asian	1.1%	9.0%
Black	0.4%	3.9%
Mixed	1.0%	2.0%
White British	93.9%	75.1%
White Other	3.0%	7.9%
Working full or part time	56.2%	57.0%
Not working	37.2%	34.3%



Our population is **growing**, **ageing** and becoming **more diverse**

All adults (16+)



3%
increase*

Older adults (55+)



18%
increase

Minority ethnic groups



82%
increase



How much physical activity should adults be doing?

The Chief Medical Officer's (CMO) guidelines recommend adults (aged 16+) engage in at least 150 minutes of moderate intensity activity each week (or 75 minutes of vigorous intensity)

Activity levels in this pack are presented as:

Active

Those that are doing 150+ minutes of physical activity a week

Inactive

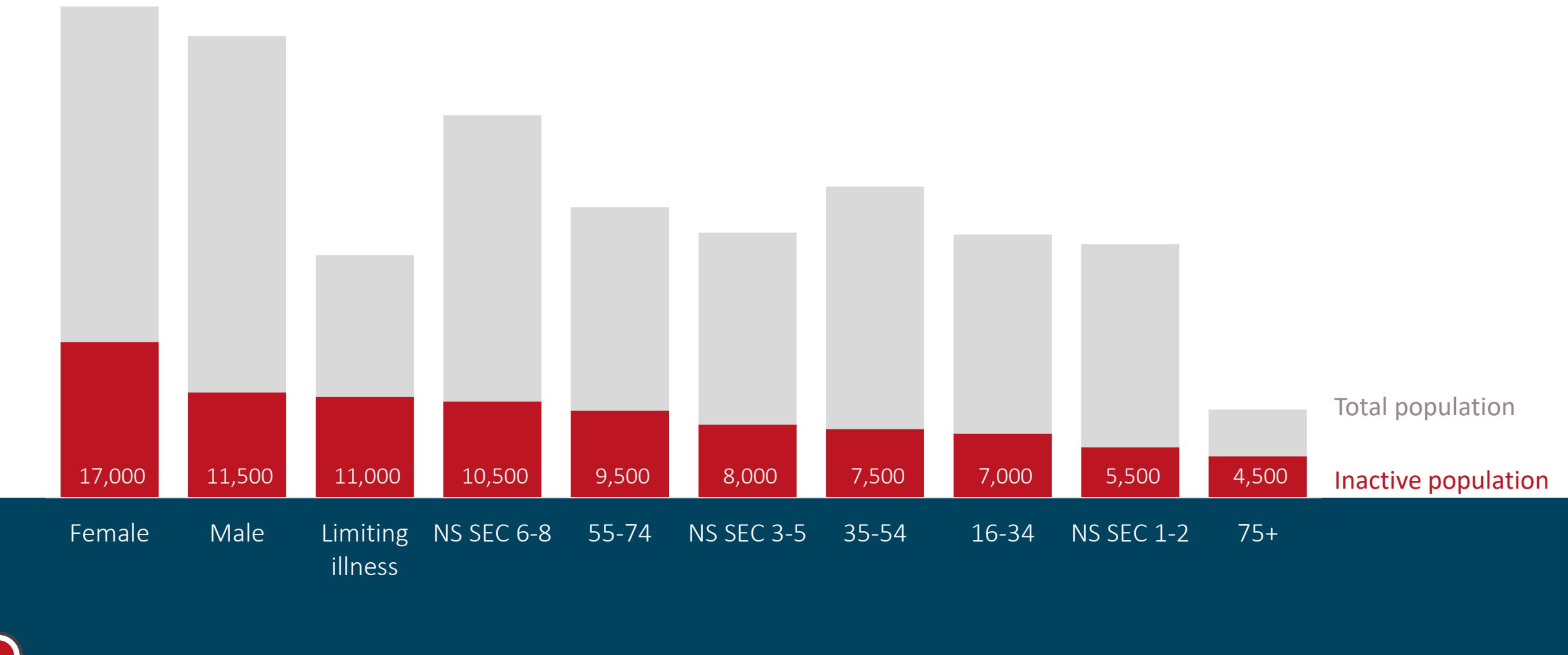
Those that are doing less than 30 minutes of physical activity a week



Please note: The majority of the data in this data pack will focus on the 'inactive' levels unless otherwise stated



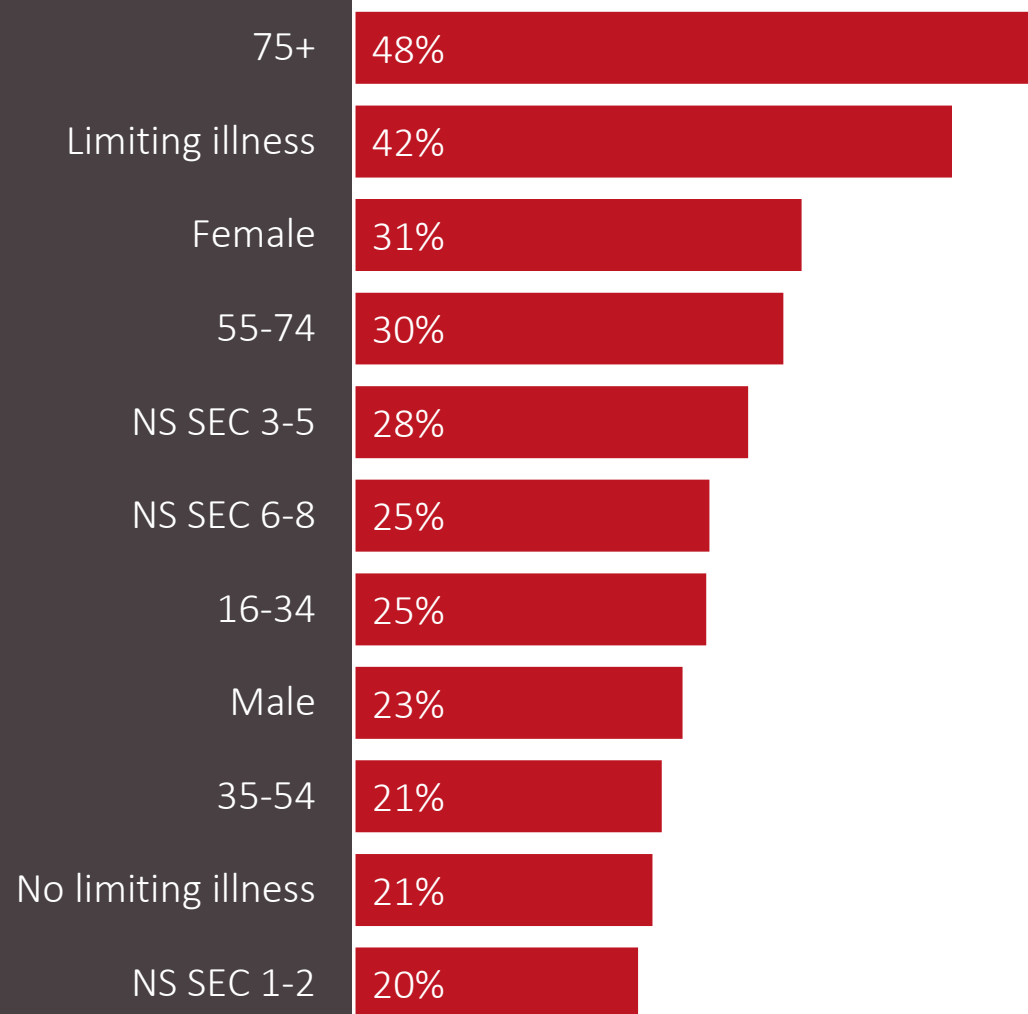
Our **inactive population** in the context of the size of the demographic group



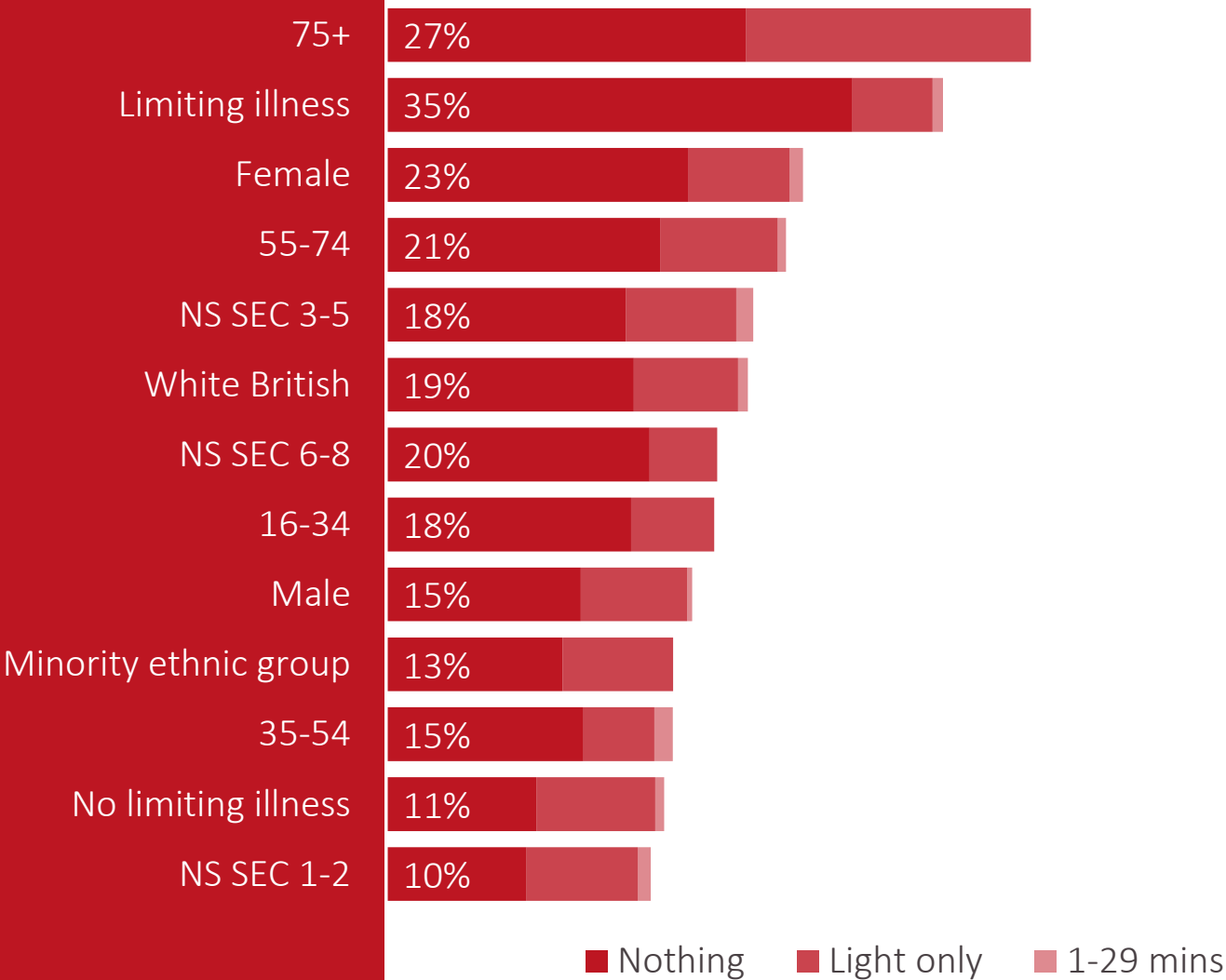
Data is for: Halton

Source: Sport England Active Lives Survey 2022-23 (16+)
Measure: Physical activity levels (excluding gardening)

There are some
stark inequalities
in inactivity rates
amongst our
population



Most inactive people do no physical activity at all (nothing)



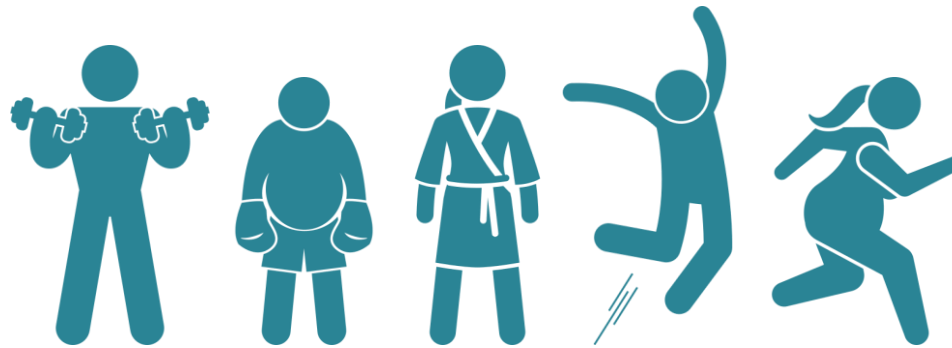
National update

There are **two million more adults getting active on a regular basis** through sport and physical activity than in 2016, despite the impacts of the coronavirus (Covid-19) pandemic and increased cost-of-living pressures.



The figures in the latest Active Lives Adult Survey report, show that between November 2022 and November 2023, 63.4% of the adult population met the Chief Medical Officers' guidelines of doing 150 minutes, or more, of moderate intensity physical activity a week. That's equivalent to 29.5m adults in England playing sport or taking part in physical activity every week.

This figure is largely unchanged from 12 months ago when 63.1% were active but means that, compared to when we first ran the survey between November 2015 and November 2016, there are two million more active adults – an increase of 1.3%.



National demographics

- Over the longer term, growth has been similar for both **men and women**, with 914,000 (1.4%) more active men and 831,000 (1.3%) more active women compared to November 2015-16. Despite this, neither men nor women have seen activity levels change compared to 12 months ago
- **Adults aged 75+** continue to drive the growth in activity levels. The increase of just over 100,000 (1.6%) adults aged 75+ who are active, compared to 12 months ago, is part of a long-term increase of just under 700,000 (9.4%) compared to seven years ago (Nov 15-16). Those aged 55-74 also have a long-term upward trend in the active proportion. For both age groups the latest result represents the highest result recorded over the last seven years.
- Activity levels remain unchanged compared to 12 months ago for those with a **disability or long-term health condition**. Before the pandemic, activity levels were increasing and we continue to see 4.2% more active adults with a disability or long-term health condition compared to seven years ago (Nov 15-16). This long-term growth is greater than for those without a disability or long-term health condition, where the proportion active is up by 1.9% over the same period.
- No **Black, Asian or minority ethnic group** is showing a reportable difference in the proportion who are active compared to November 2015-16. As a result, inequalities continue to widen as White British adults have seen activity levels increase over the same period (up 2.1%).
- There have been no reportable changes in activity levels by **social grade** compared to 12 months ago. Given this stability, we expect no further pandemic recovery for the least affluent (NS SEC 6-8) and the longer term trend of an increased gap in activity levels between the most and least affluent to continue. The most affluent (NS-SEC 1-2) have seen long-term growth, with those who are active increasing by 1.6% compared to seven years ago (Nov 15-16). In contrast, the least affluent (NS-SEC 6-8) have seen the proportion active drop by 2.2% over the same period.



Acknowledgements

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The AI-generated content has been carefully reviewed and curated by our team

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