



Adult Active Lives Headlines  
**November 2023-24**  
Liverpool City Region, April 2025



# National update

## **The number of people playing sport and taking part in physical activity in England is at the highest level on record, according to the latest Active Lives Adult Survey Report**

The new figures show that, between November 2023 and November 2024, 63.7% 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 30 million adults in England playing sport or taking part in physical activity every week – up more than 2.4m from when the survey results were first published in 2016.

The number of inactive adults, those doing less than 30 minutes of activity a week, is down, with this number falling by 121,000 in the last 12 months.

This reflects significant progress, especially considering the huge disruption caused by the Covid-19 pandemic.



# National demographics

Over the longer term, growth has been similar for both men and women, with 1.8% more active men and 1.5% more active women compared to baseline. Despite this, neither men nor women have seen a statistically reportable change in activity levels compared to 12 months ago, although women have seen a small drop in those who are inactive over the same period.

**Adults aged 55-74 and 75+** continue to see a slight but steady increase in activity levels over the last 3 years. The latest result represents an increase of 1.1% of adults aged 55-74 who are active, compared to 12 months ago. This is part of a long-term increase of 6.4% compared to baseline. While adults aged 75+ have seen no statistically reportable change in the proportion active compared to 12 months ago, there has been a long-term increase of 9.4% compared to baseline.

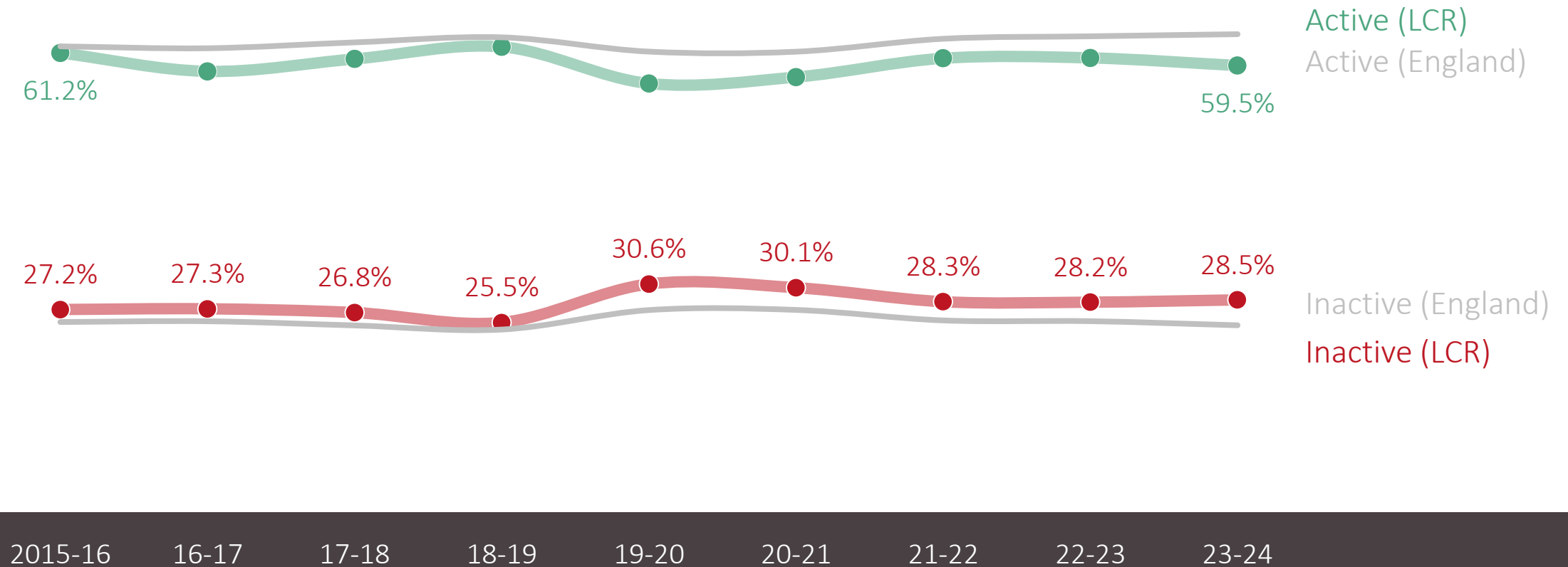
While the proportion active remains unchanged compared to 12 months ago for those with a **disability or long-term health condition**, the proportion who are inactive has fallen slightly. Before the pandemic, activity levels were increasing and, as such, there are 4.8% more active adults with a disability or long-term health condition compared to baseline. This long-term growth is greater than for those without a disability, where the proportion active is up by 2.2% over the same period.

There has been no statistically reportable change in the proportion who are active for any **Black, Asian or minority ethnic group** compared to baseline.

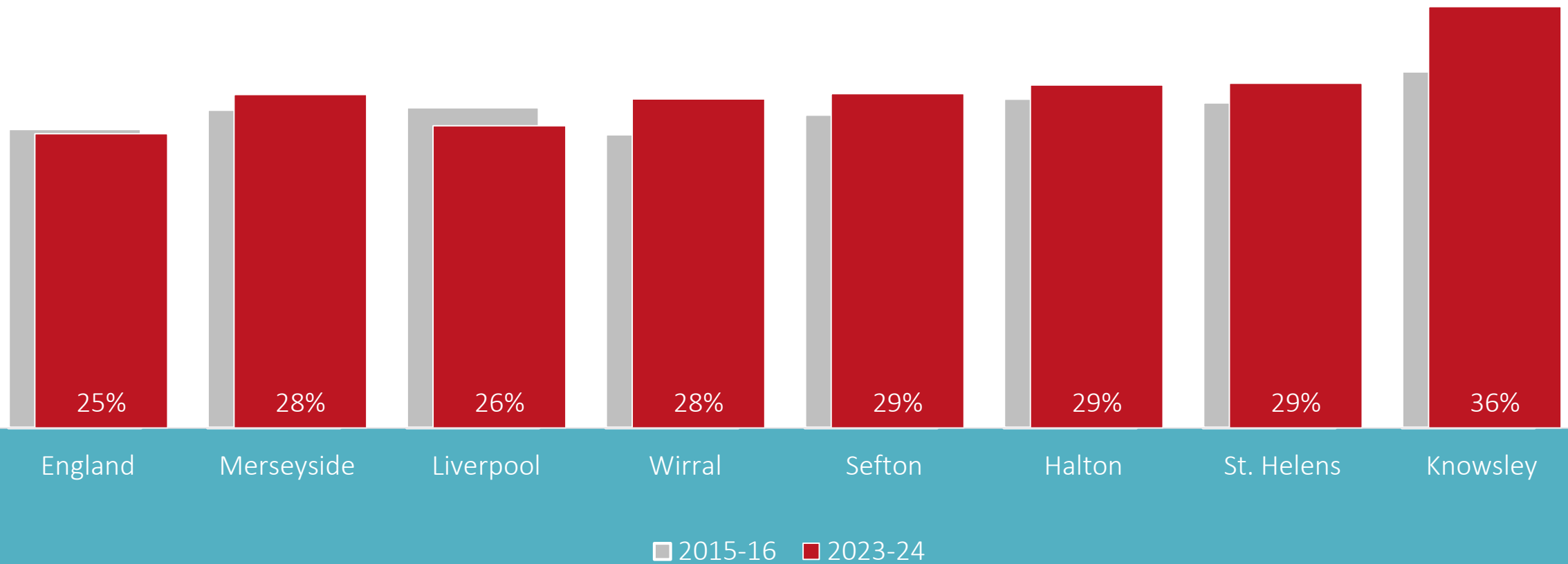
This is also true for **social grade** compared to 12 months ago. However, there has been long-term growth in activity levels among the most affluent (NS-SEC 1-2), with those who are active increasing by 1.6% compared to baseline. In contrast, among the least affluent (NS-SEC 6-8) the proportion active dropped by 2.5% over the same period. There is an increased gap between the two.



# Physical inactivity in Liverpool City Region is stable



# Inactivity compared to 2015-16 (baseline)



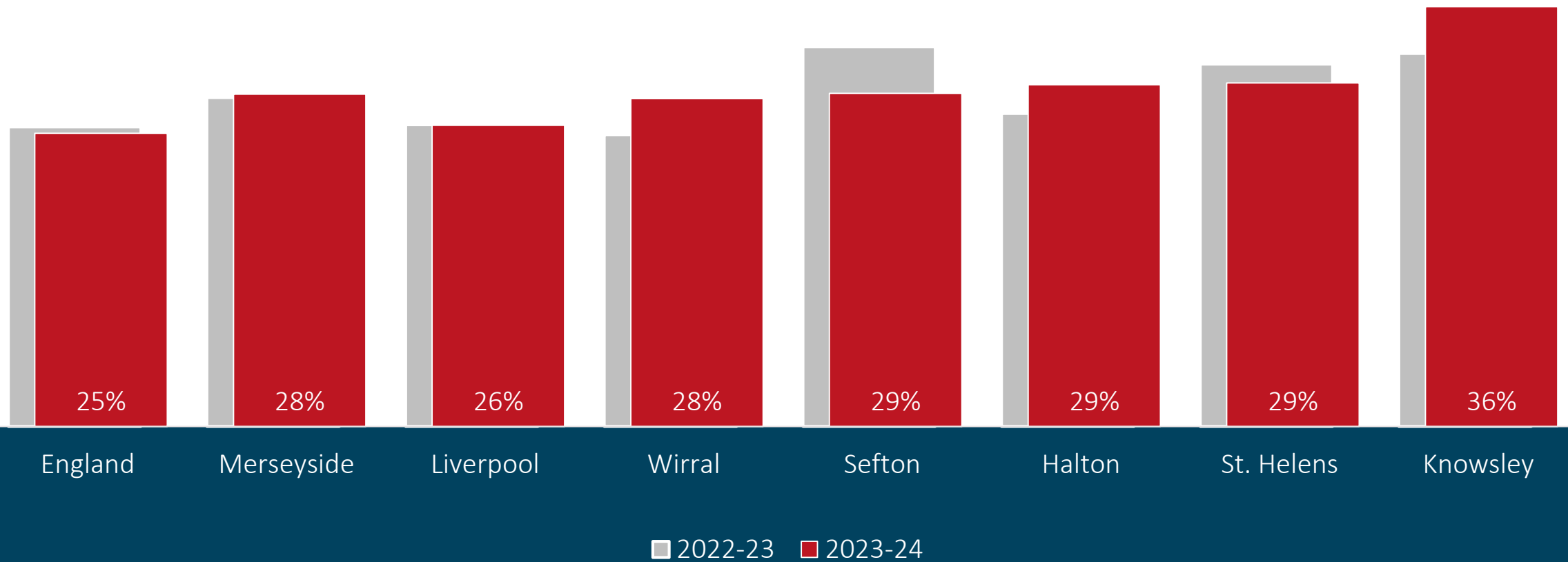


# Absolute change

## Nov 2015-16 to Nov 2023-24

	Inactive		Fairly Active		Active	
England	-0.4%	Significant decrease	-1.2%	Significant decrease	1.6%	Significant increase
Liverpool City Region	1.3%	No change	0.4%	No change	-1.7%	No change
Knowsley	5.5%	No change	0.4%	No change	-5.9%	No change
Liverpool	-1.6%	No change	1.5%	No change	0.1%	No change
Sefton	1.8%	No change	3.9%	No change	-5.7%	No change
St. Helens	1.6%	No change	0.9%	No change	-2.5%	No change
Wirral	3.0%	No change	-4.3%	No change	1.3%	No change

# Inactivity compared to 2022-23 (previous 12 months)



# Change in last 12 months

## Nov 2022-23 to Nov 2023-24

	Inactive		Fairly Active		Active	
England	-0.5%	Significant decrease	0.3%	No change	0.3%	No change
Liverpool City Region	0.3%	No change	0.7%	No change	-1.0%	No change
Knowsley	4.0%	No change	2.0%	No change	-6.0%	No change
Liverpool	-0.0%	No change	1.6%	No change	-1.6%	No change
Sefton	-4.0%	No change	2.6%	No change	1.4%	No change
St. Helens	-1.6%	No change	2.4%	No change	-0.7%	No change
Wirral	3.1%	No change	-3.6%	No change	0.5%	No change





## Summary

- Over the last 12 months, inactivity rates in Liverpool City Region have increased by 0.3pp to 28.5%. Nationally, this has reduced by 0.5pp to 25.1%
- Inactivity in Liverpool City Region is higher than baseline (2015-16 27.2%)
- Knowsley has seen the biggest increase in inactivity levels in the last 12 months (up 4.0pp)

