

A photograph of a person walking a small white dog on a leash along a path in a park. The person is wearing dark clothing and sneakers. The dog is small and white with some black markings. The path is paved and surrounded by greenery.

An insight into adult physical activity behaviour in Liverpool

A small red circular icon with a white border, located on the right side of the slide.

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)

Ethnicity



Our **Black** communities experience higher levels of inactivity

Limiting illness



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

Gender



The gender inequality gap is at its widest

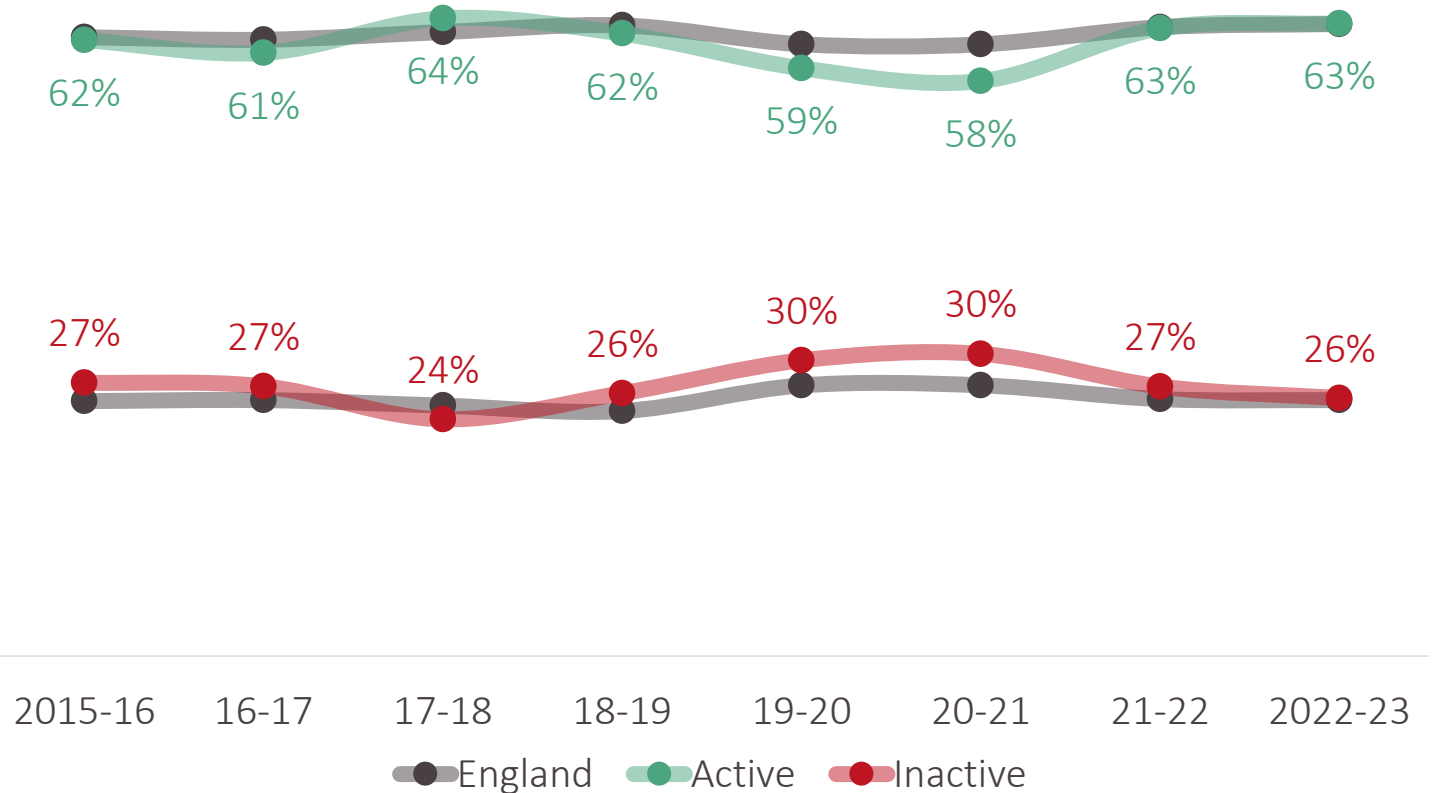




Currently, 26%
of adults are inactive

That's
104,000
people

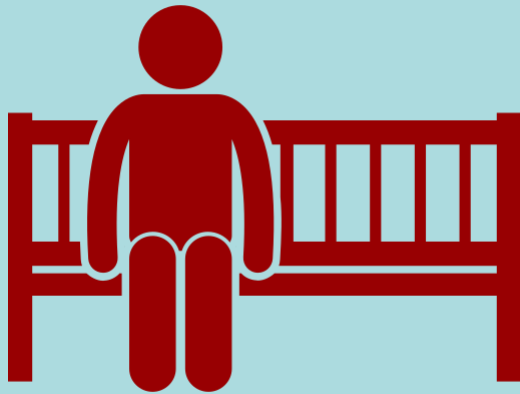
Over a quarter of our community are inactive



70,000
adults do
no activity at all
(17%)



But not all inactive
adults do nothing



There are **30,000**
people missing the intensity
(8%)



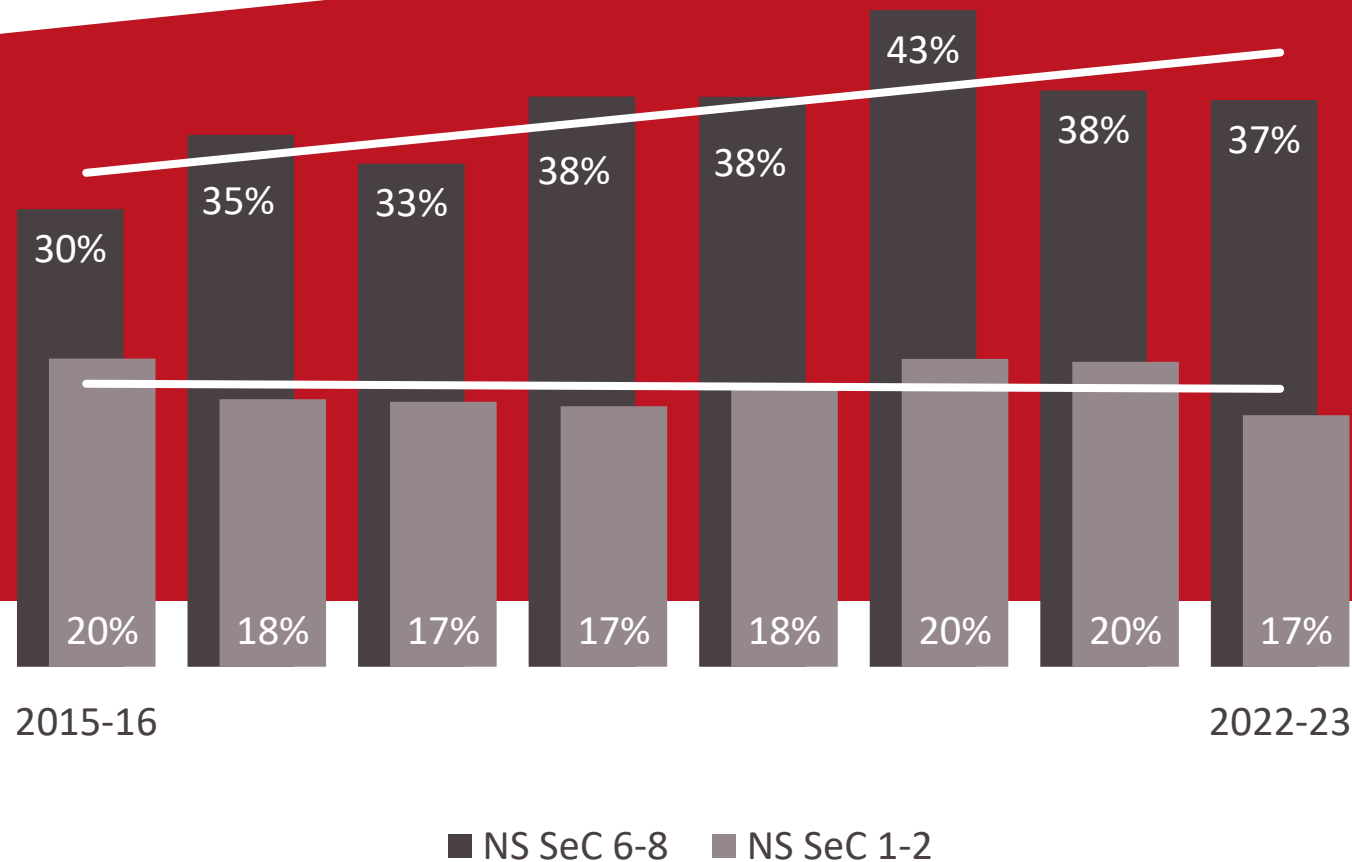
There are **4,000**
people not active for long enough
(1%)



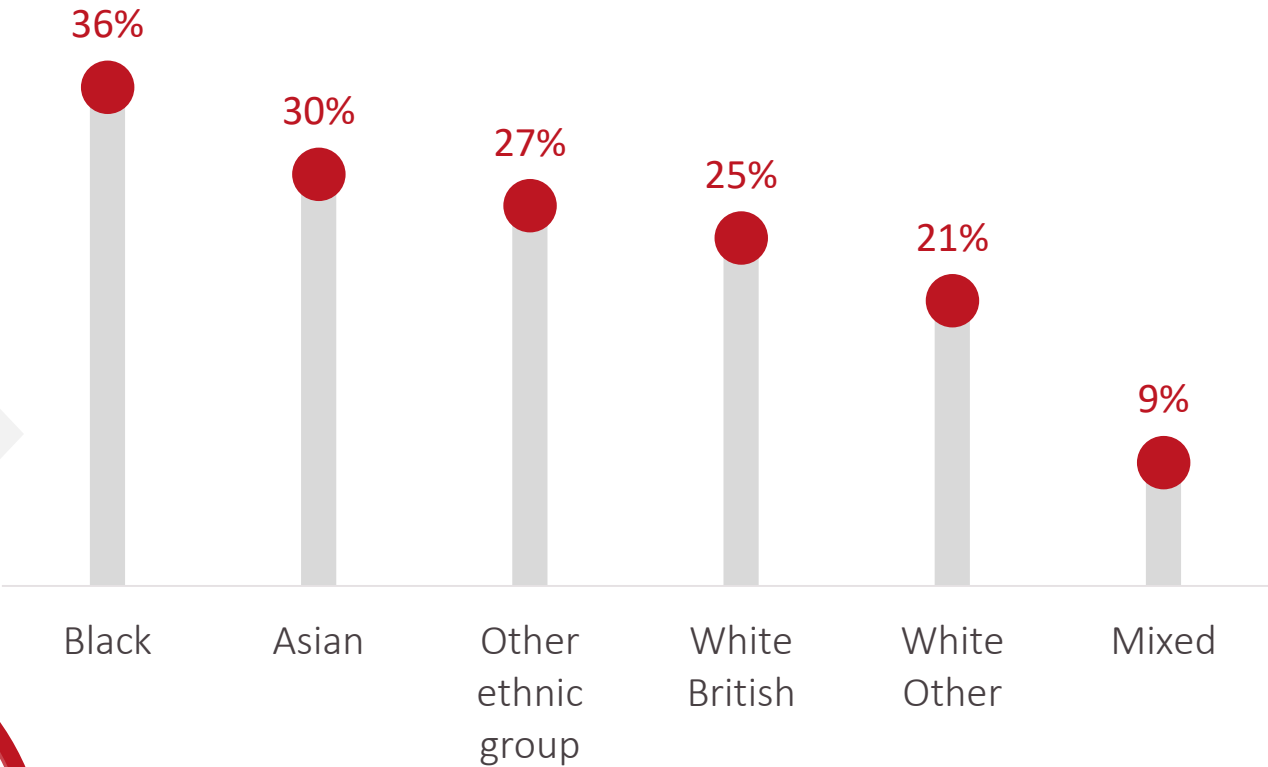
Our **least affluent** households
are twice as likely to be inactive
(NS SeC 6-8)



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

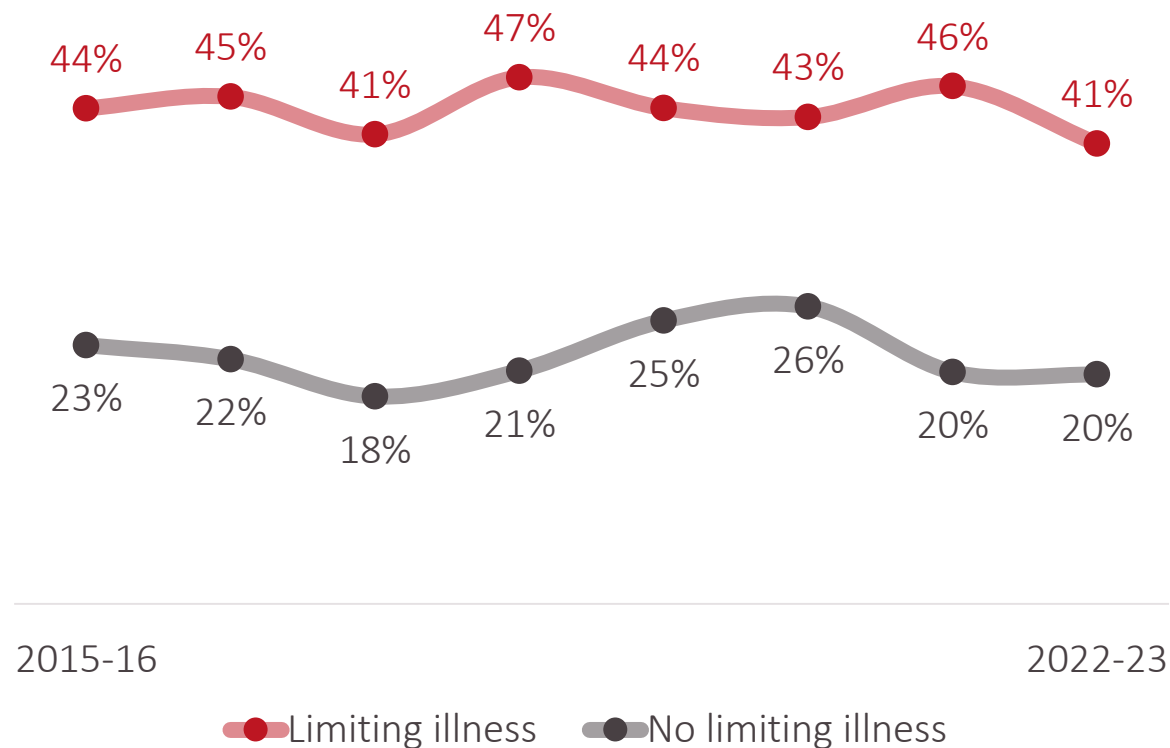


Our Black community experiences higher levels of inactivity



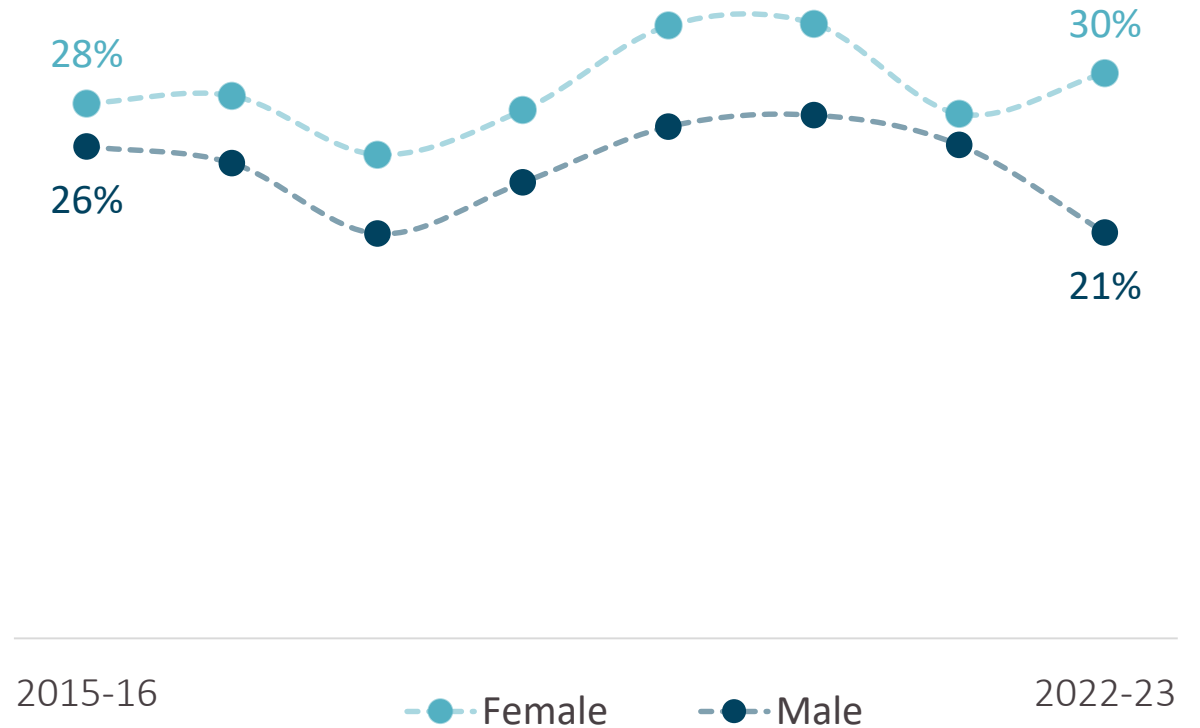
Adults with a **limiting illness or disability** are over **twice as likely to be inactive**

The inequality gap persists

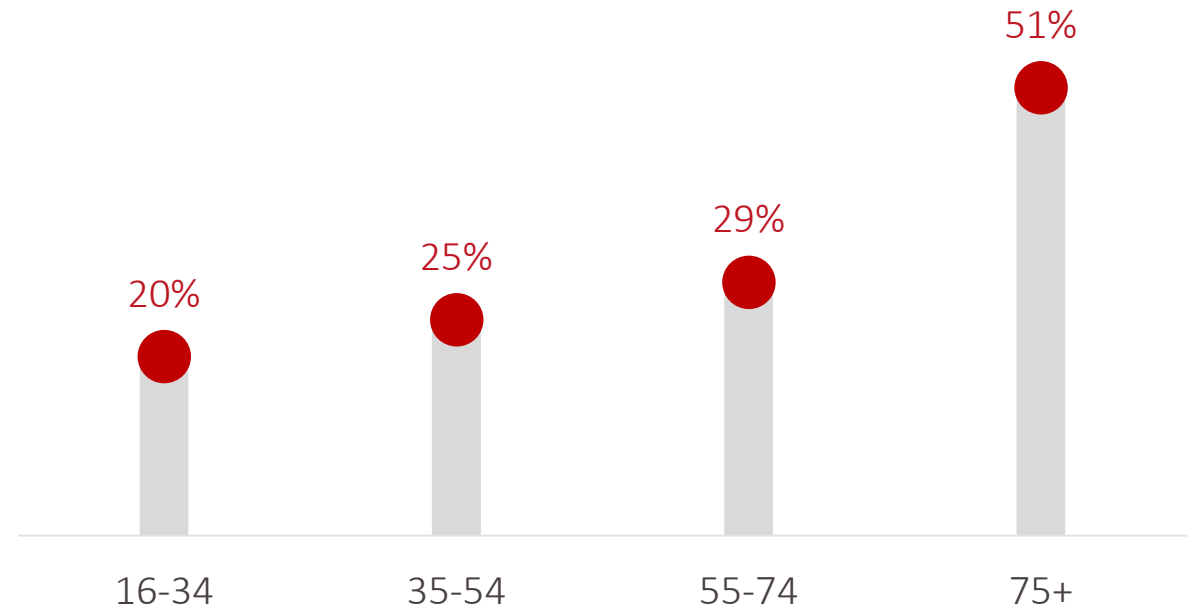


The gender inequality gap is at its widest

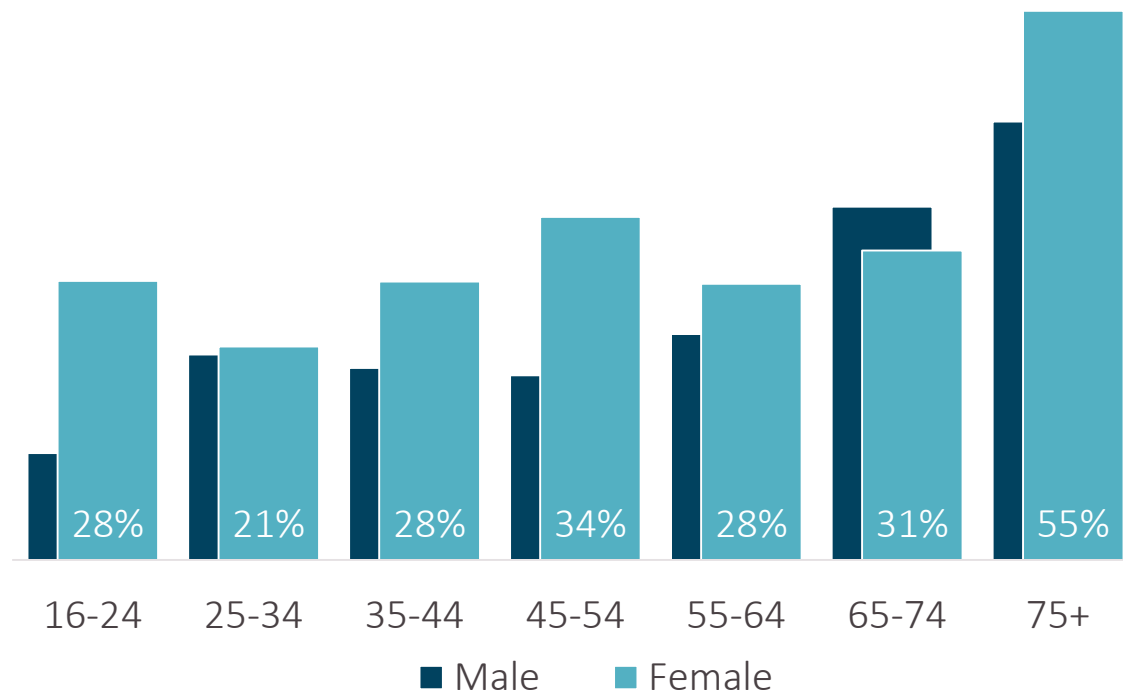
Inactivity rates for women are higher than men



Inactivity increases sharply after the age of 75



Women have higher inactivity levels than men throughout the life course, **with the exception of those aged 65-74**

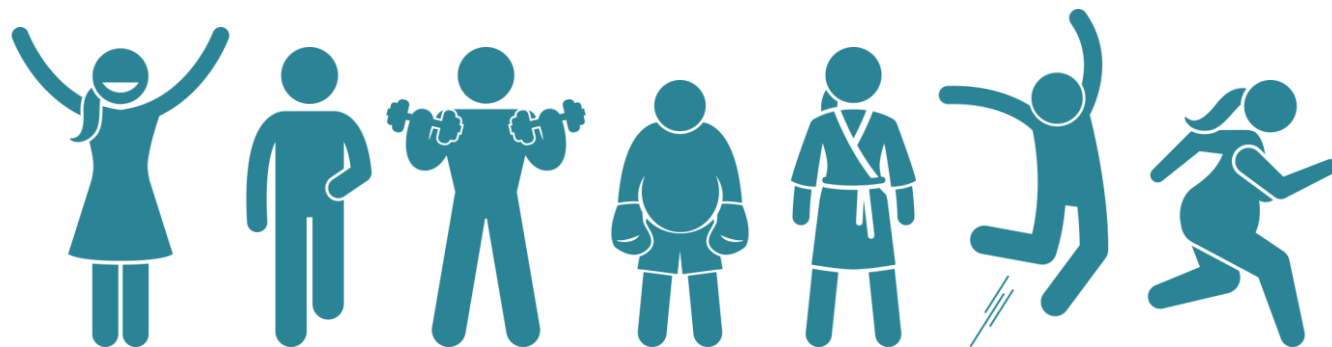




3 in 10 adults living in the
most deprived
neighbourhoods are inactive
(30%)



Compared to 15% adults
living in the **least deprived**
neighbourhoods



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

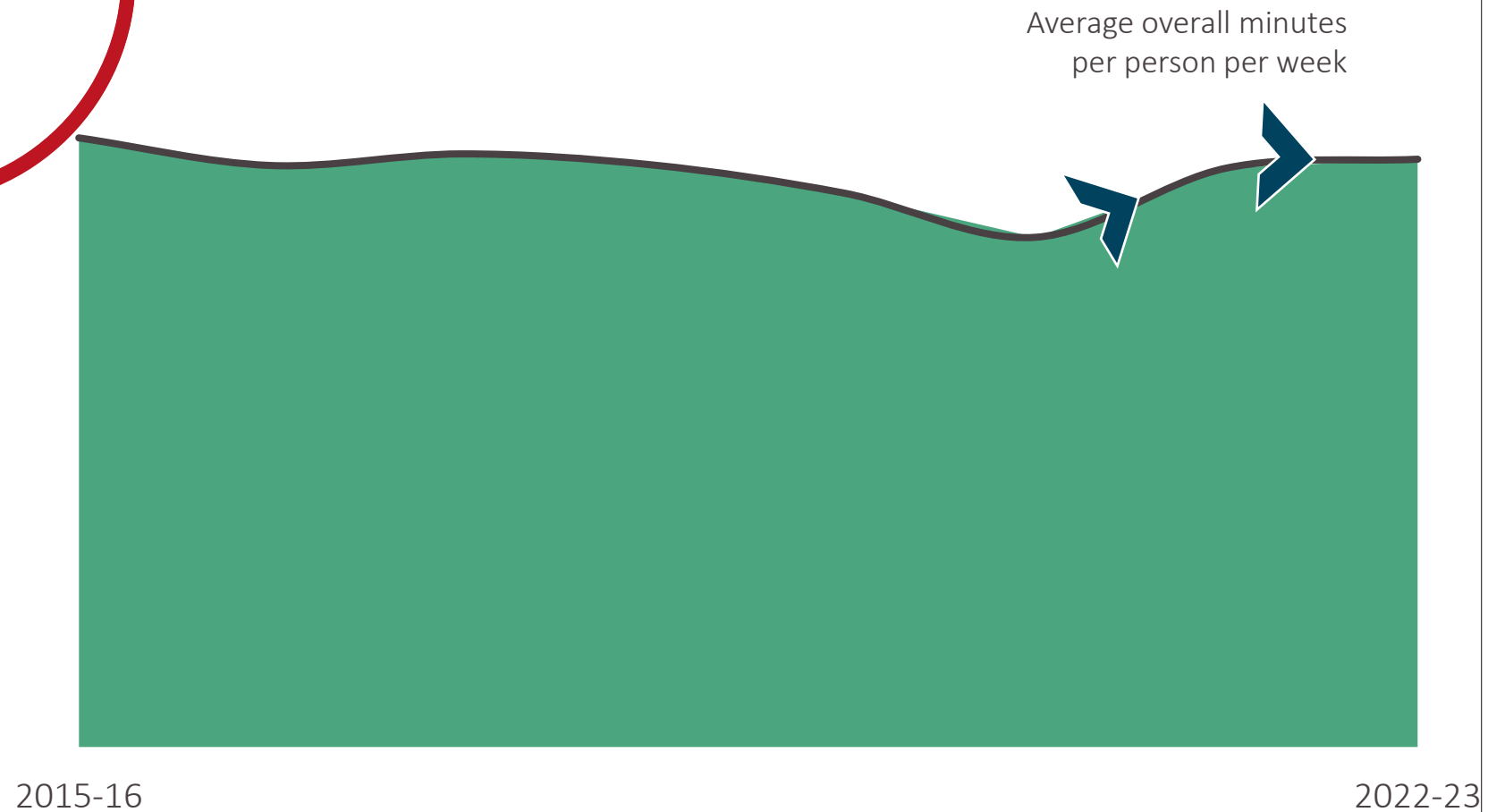
Covers all types of dance including artistic and creative dance (ballroom, ballet, contemporary etc)

*walking around shops is excluded





Activity minutes
have rebounded
to pre-pandemic
levels



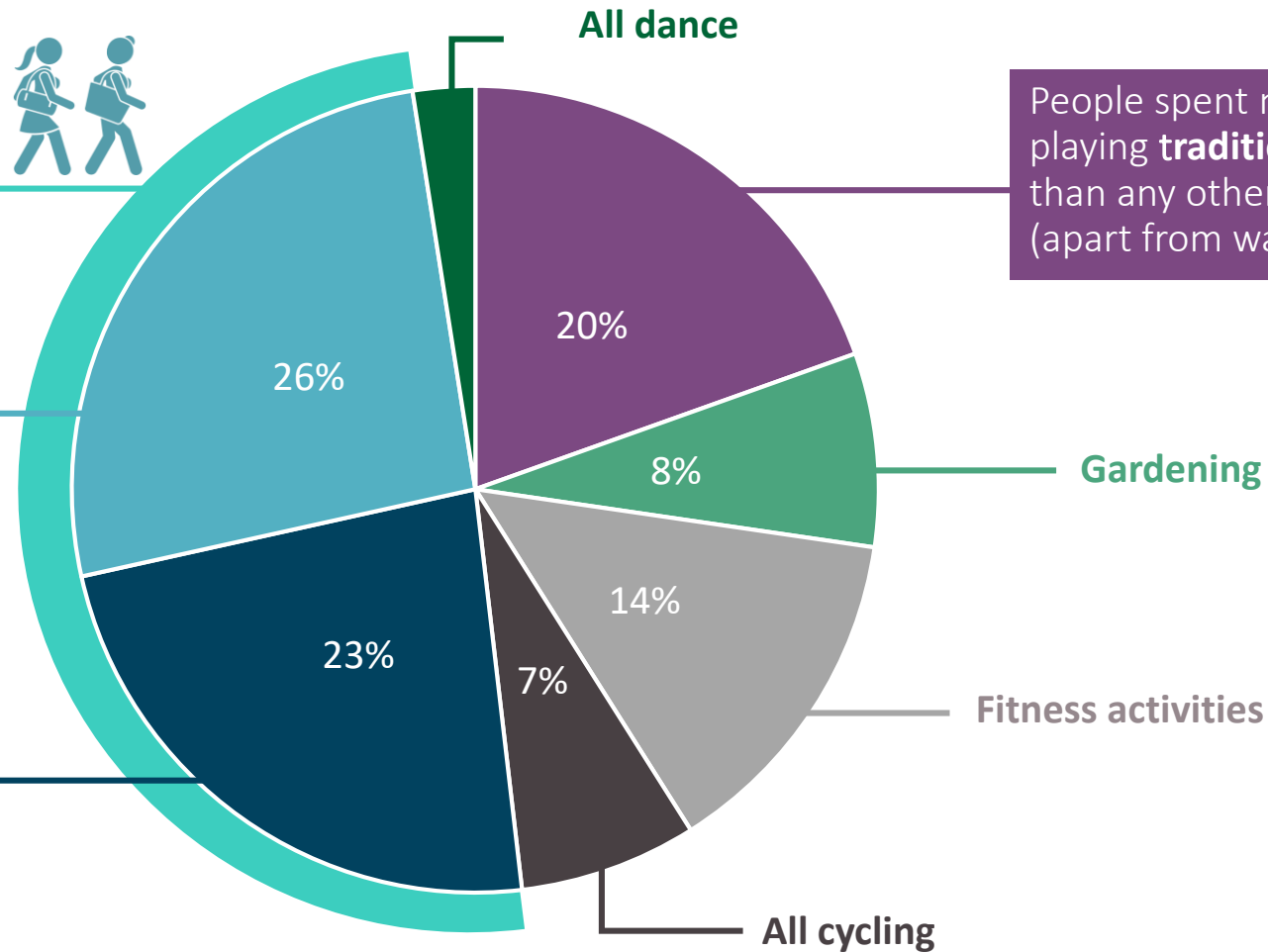
What does activity look like where we live?

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



Walking for leisure now accounts for a over a quarter of all physical activity

Walking for travel accounts for 23% of minutes locally but 18% nationally



People spent more time playing **traditional sport** than any other activity (apart from walking)



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+)	2,009	1,986	2,030	1,983	2,008	1,988	2,011	2,010
NS SEC 1-2	887	913	975	901	886	930	923	942
NS SEC 3-5	423	413	438	415	440	408	417	417
NS SEC 6-8	319	296	281	288	304	300	299	273
16-34	473	472	508	528	547	491	532	570
35-54	642	632	702	618	612	665	625	602
55-74	721	705	672	652	686	688	681	664
75+	150	164	139	161	140	131	159	163
Male	883	840	874	875	887	895	858	876
Female	1,116	1,145	1,151	1,098	1,100	1,084	1,137	1,119
No limiting illness	1,470	1,415	1,535	1,435	1,465	1,421	1,459	1,395
Limiting illness	414	456	373	411	415	415	427	478
Working full or part time	1,045	1,032	1,148	1,081	1,089	1,046	1,076	1,081
Unemployed	98	93	77	78	101	105	82	82
Not working	614	623	562	566	573	570	622	602
Student full or part time	123	134	144	127	114	144	124	133
White Other	98	108	120	122	131	126	119	149
Asian	79	47	49	49	65	57	109	116
Black	27	35	22	30	25	41	50	50
Mixed	32	33	36	30	43	52	41	41
Other ethnic group	18	20	20	33	20	31	25	42
White British	1,678	1,648	1,670	1,612	1,619	1,586	1,589	1,531
Minority ethnic group	254	243	247	264	284	307	344	398



Adult population breakdown

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

	Liverpool	England
No limiting illness	75.5%	80.2%
Limiting illness	24.5%	19.8%
16-34 years	31.7%	24.2%
35-54 years	24.0%	26.4%
55-74 years	20.7%	22.4%
75+ years	6.6%	8.6%
NS SeC 1-2	25.1%	33.2%
NS SeC 3-5	22.9%	27.4%
NS SeC 6-8	37.3%	31.8%
Asian	5.4%	9.0%
Black	3.0%	3.9%
Mixed	2.8%	2.0%
White British	78.8%	75.1%
White Other	7.0%	7.9%
Working full or part time	50.3%	57.0%
Not working	34.7%	34.3%



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

All adults (16+)



4%
increase*

Older adults (55+)



15%
increase

Minority ethnic groups



52%
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

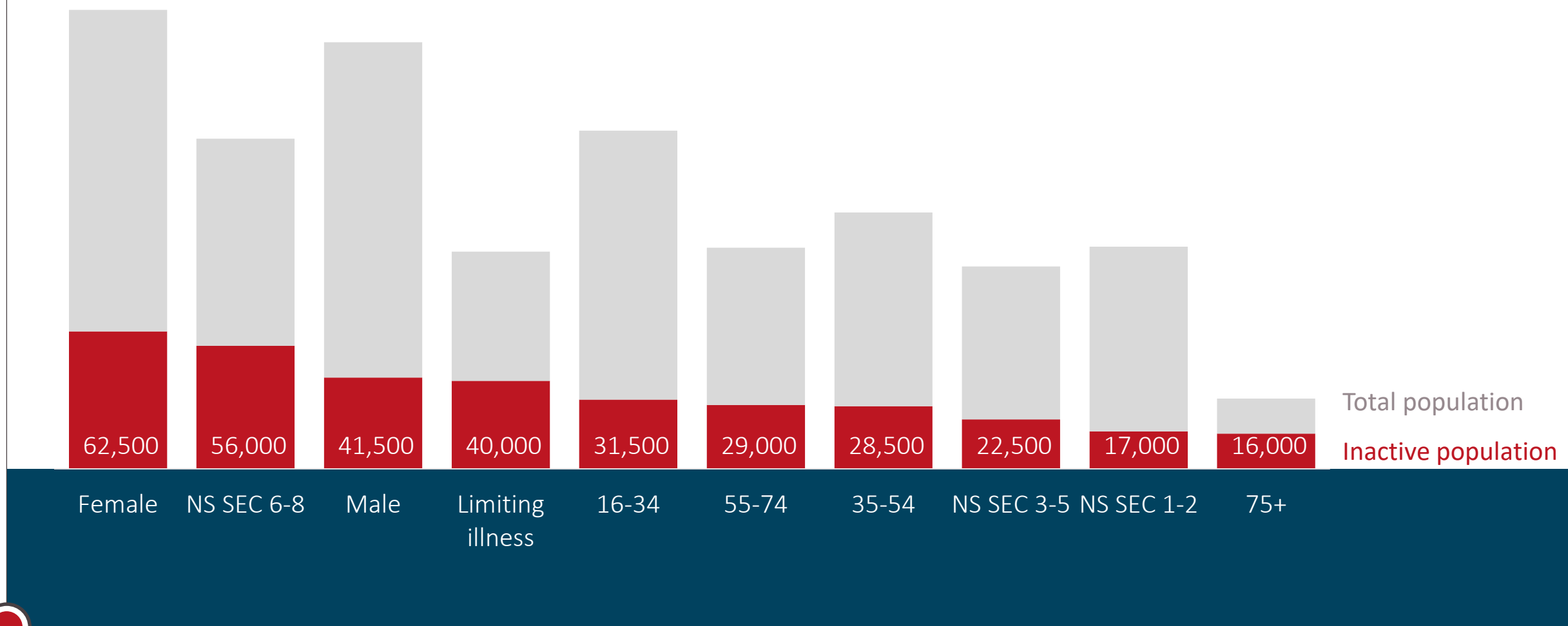
Those that are doing less than 30 minutes of physical activity a week



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



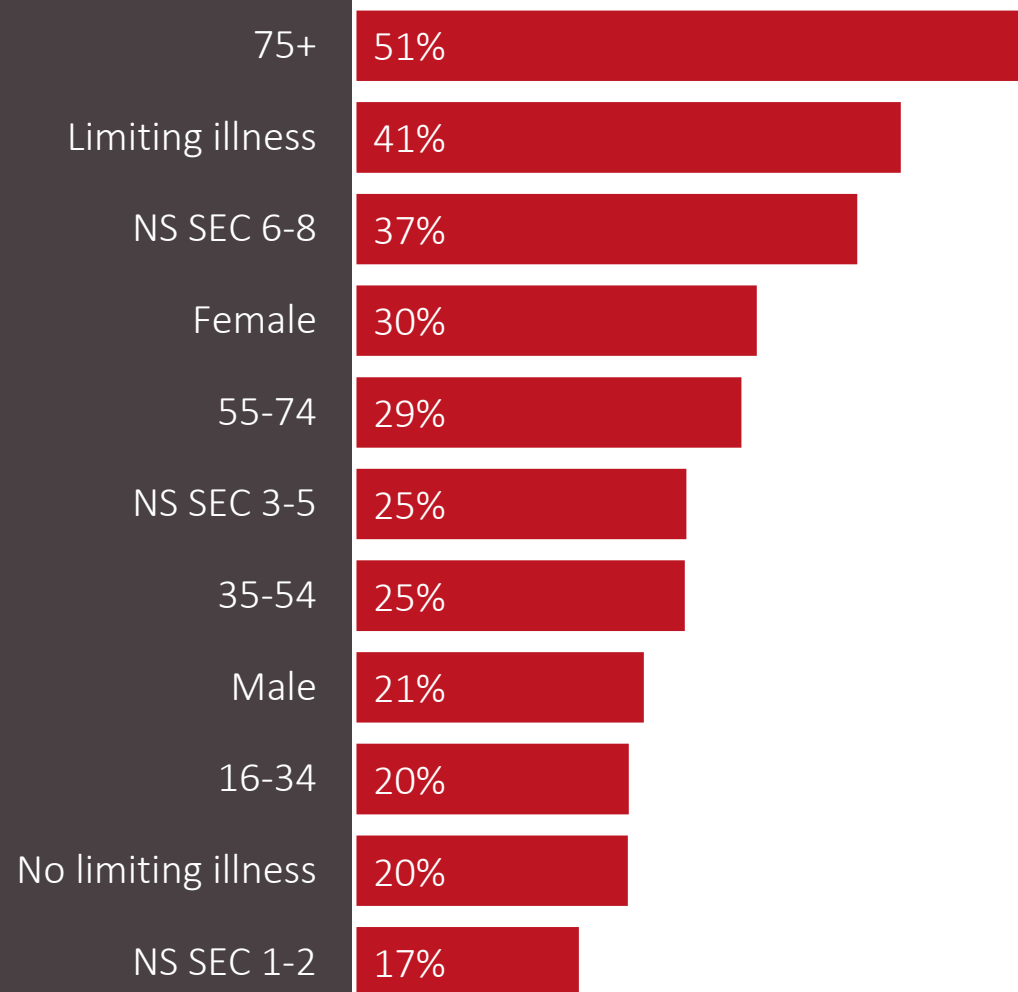
Our **inactive population** in the context of the size of the demographic group



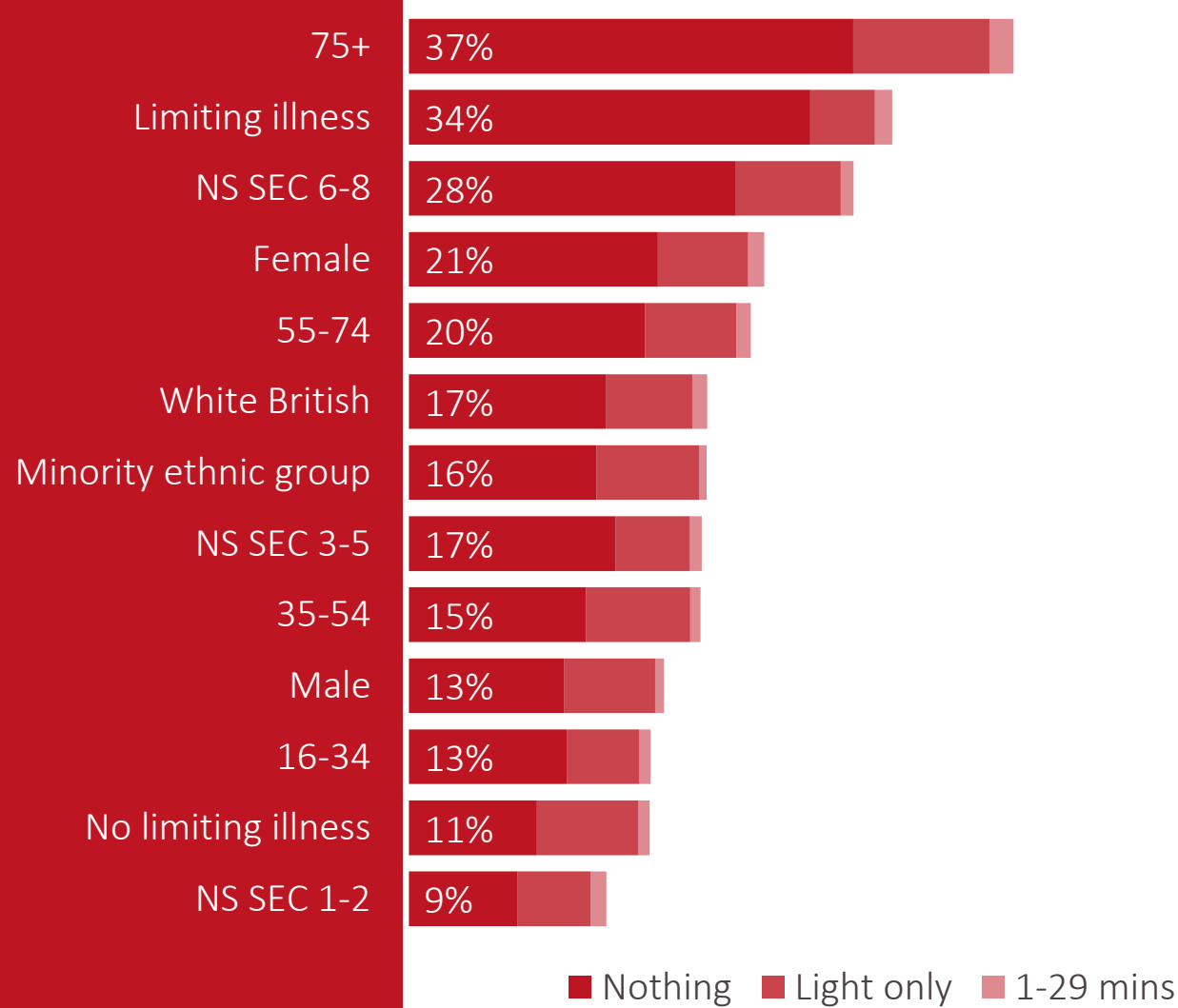
Data is for: Liverpool

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)



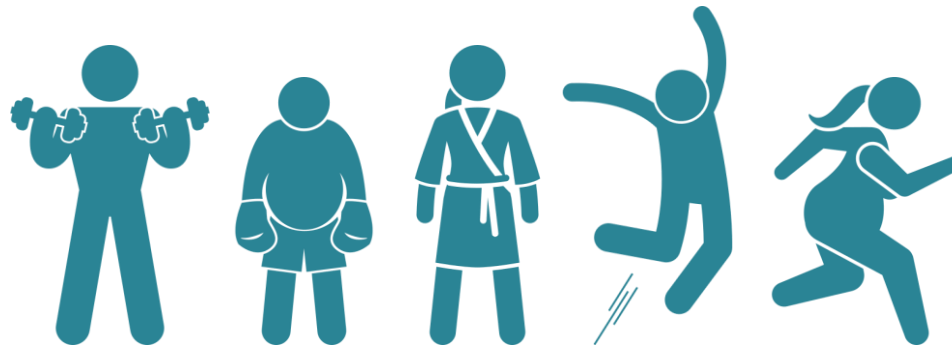
National update

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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We have leveraged the power of AI to assist in crafting the narrative for this presentation, ensuring consistency in language and style

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

Icons made by Leremy from www.flaticon.com

For further information please contact us at
martin@pressred.co.uk or liz@pressred.co.uk

