



An insight into adult physical activity behaviour in Sefton



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



Our least affluent households are twice as likely to be inactive

Gender



Women's inactivity levels remain consistently higher than men's

Limiting illness



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

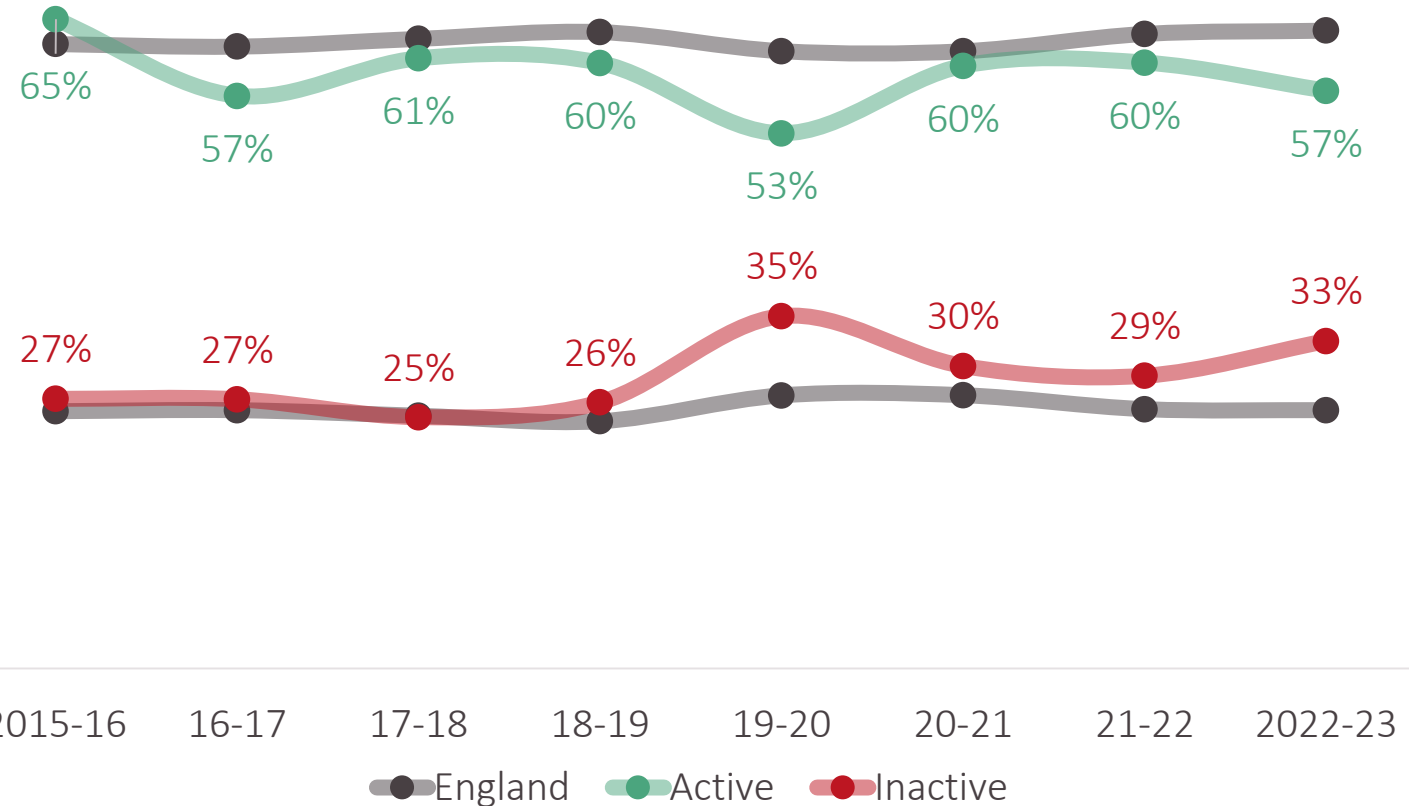




Currently, 33%
of adults are inactive

That's
76,000
people

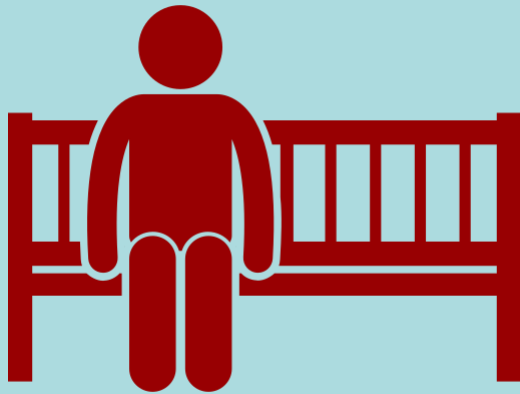
A third of our community are inactive



41,000
adults do
no activity at all
(18%)



But not all inactive
adults do nothing



There are **30,000**
people missing the intensity
(13%)



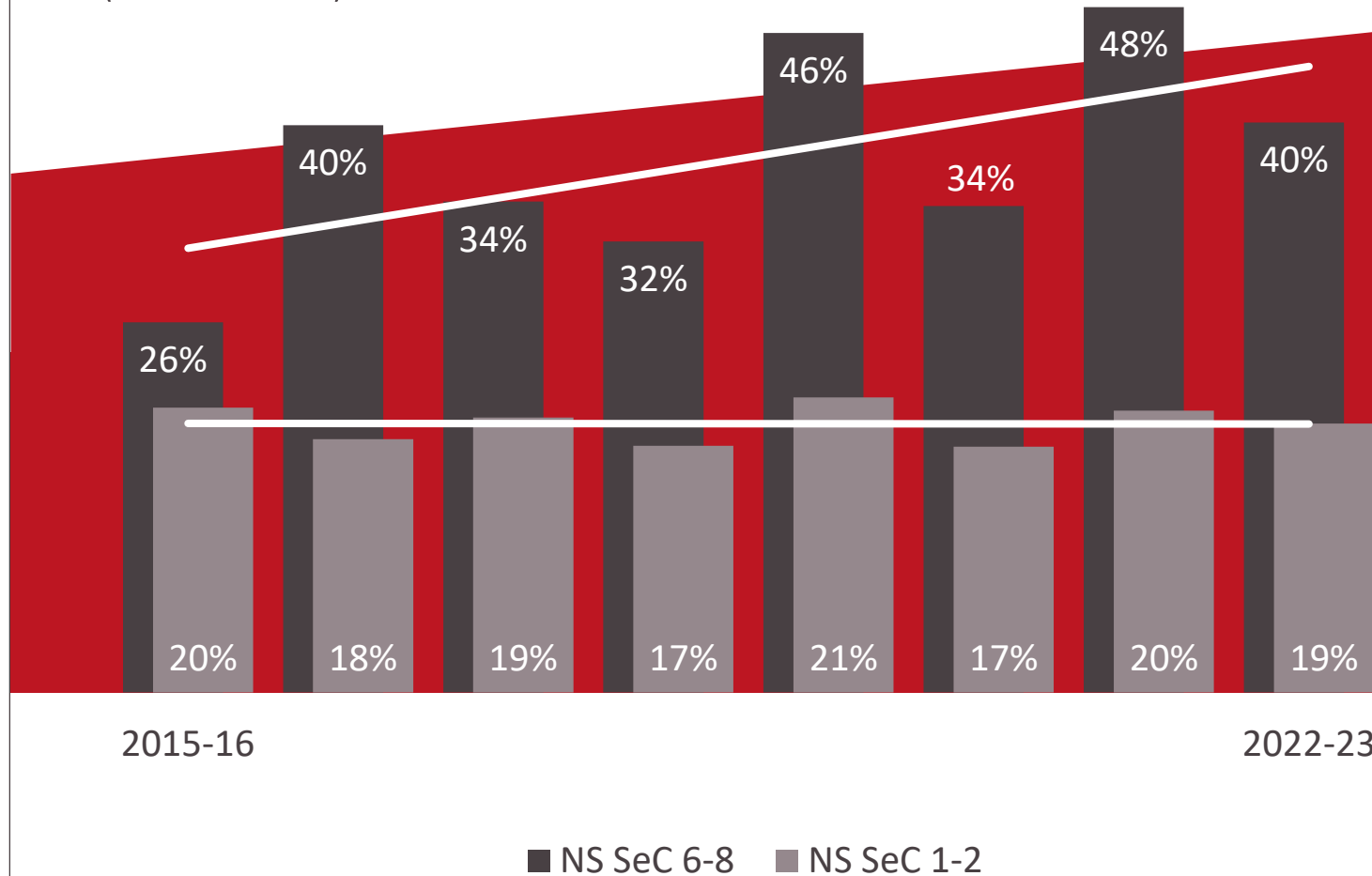
There are **5,000**
people not active for long enough
(2%)



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

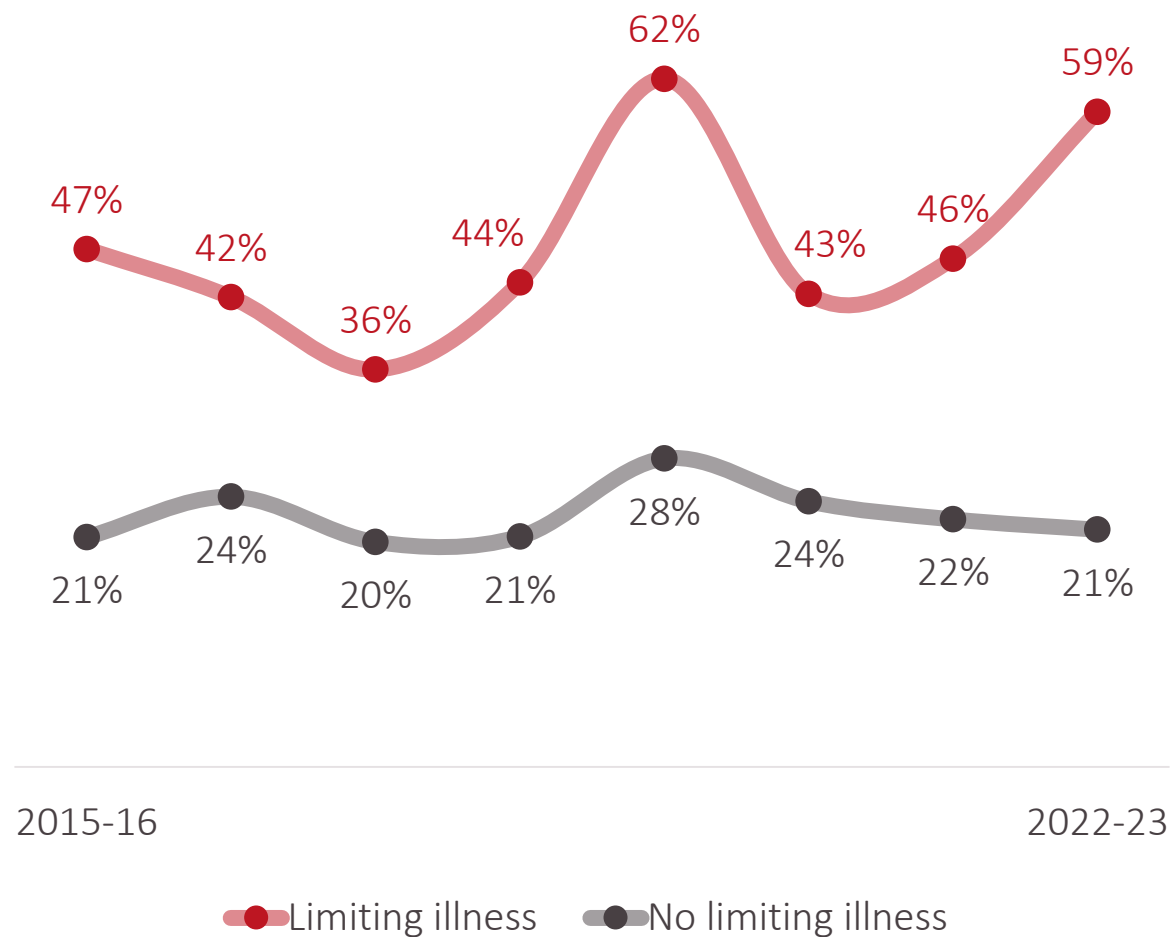


There is a clear
inequality gap between
our least and most
affluent households



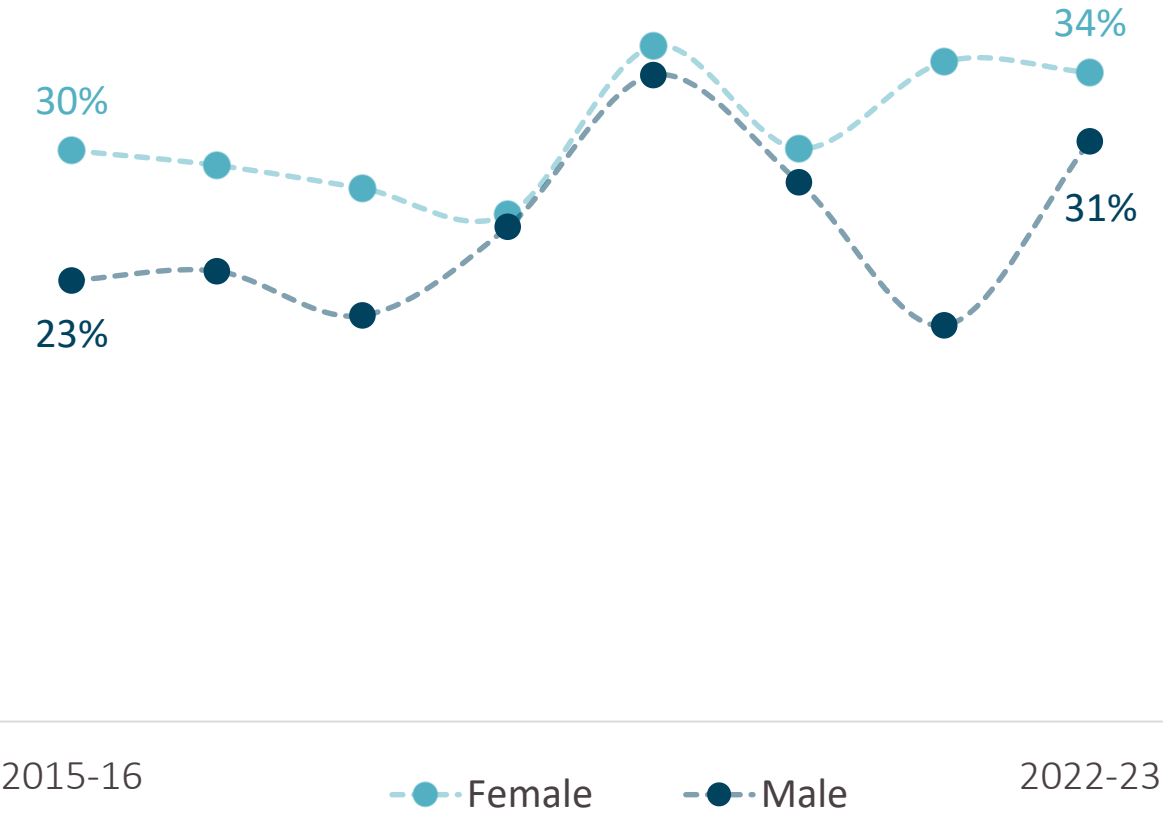
Adults with a **limiting illness or disability** are **3 times as likely to be inactive**

The inequality gap persists



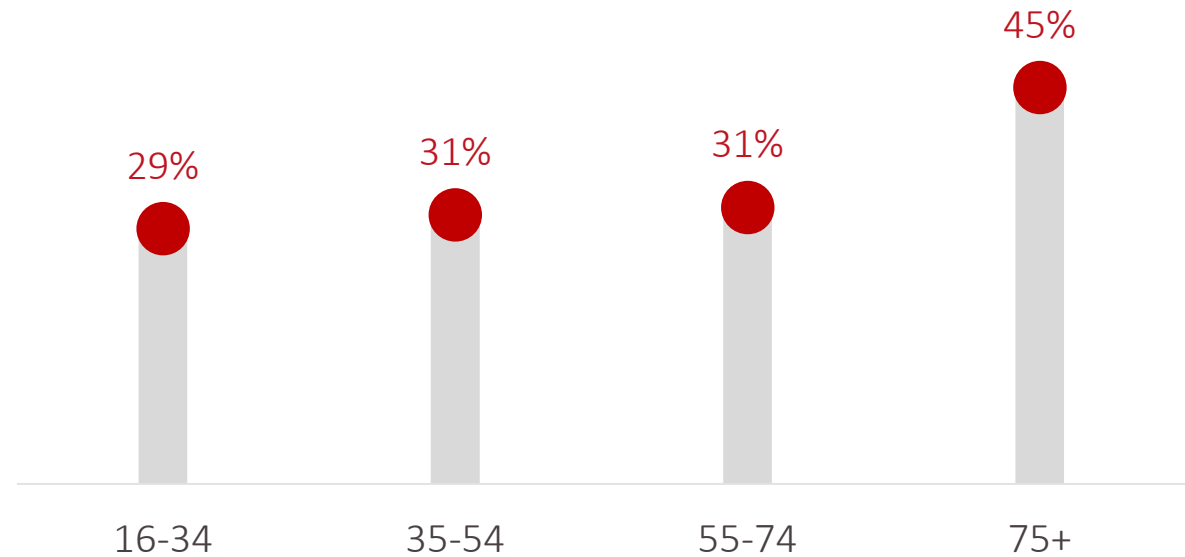
Women are more likely to be inactive than men

Inactivity rates have fluctuated more for men than women over time

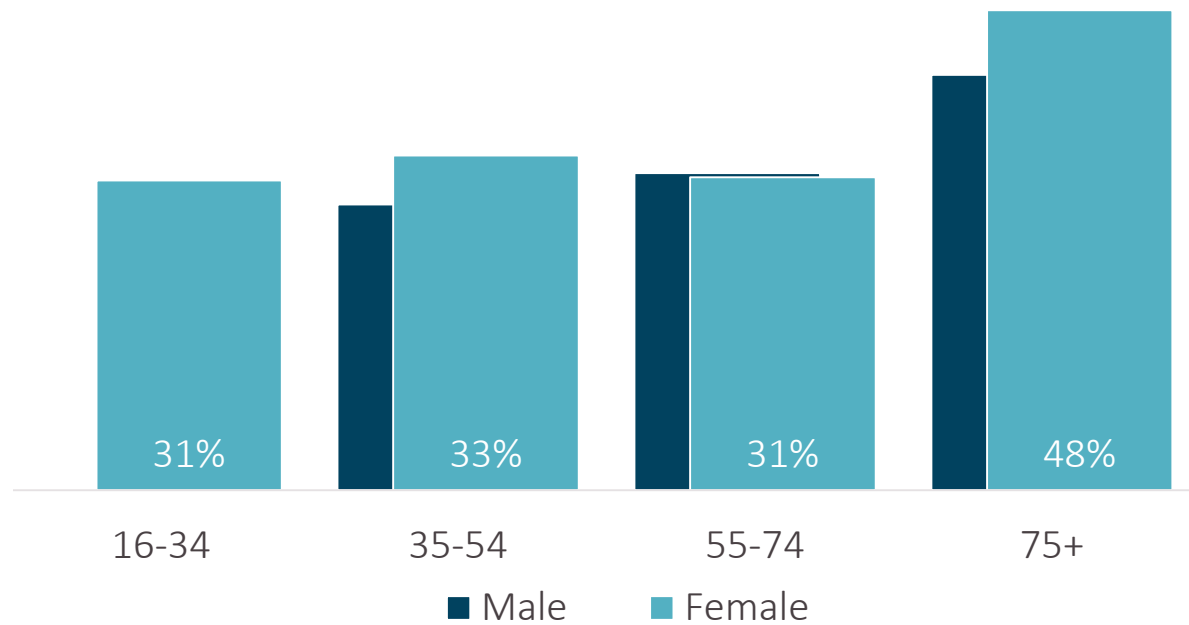


Inactivity increases after the age of 75

Inactivity levels are higher than the national average for our younger adults (16-34)



Women have the same or higher inactivity levels than men across the lifecycle

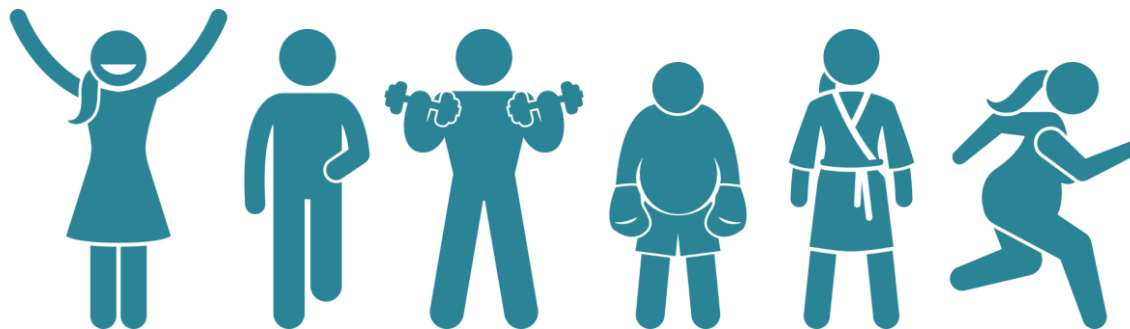




Over **4 in 10** adults living in the **most deprived** neighbourhoods are inactive (43%)



Compared to **2 in 10** adults living in the **least deprived** neighbourhoods (22%)



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

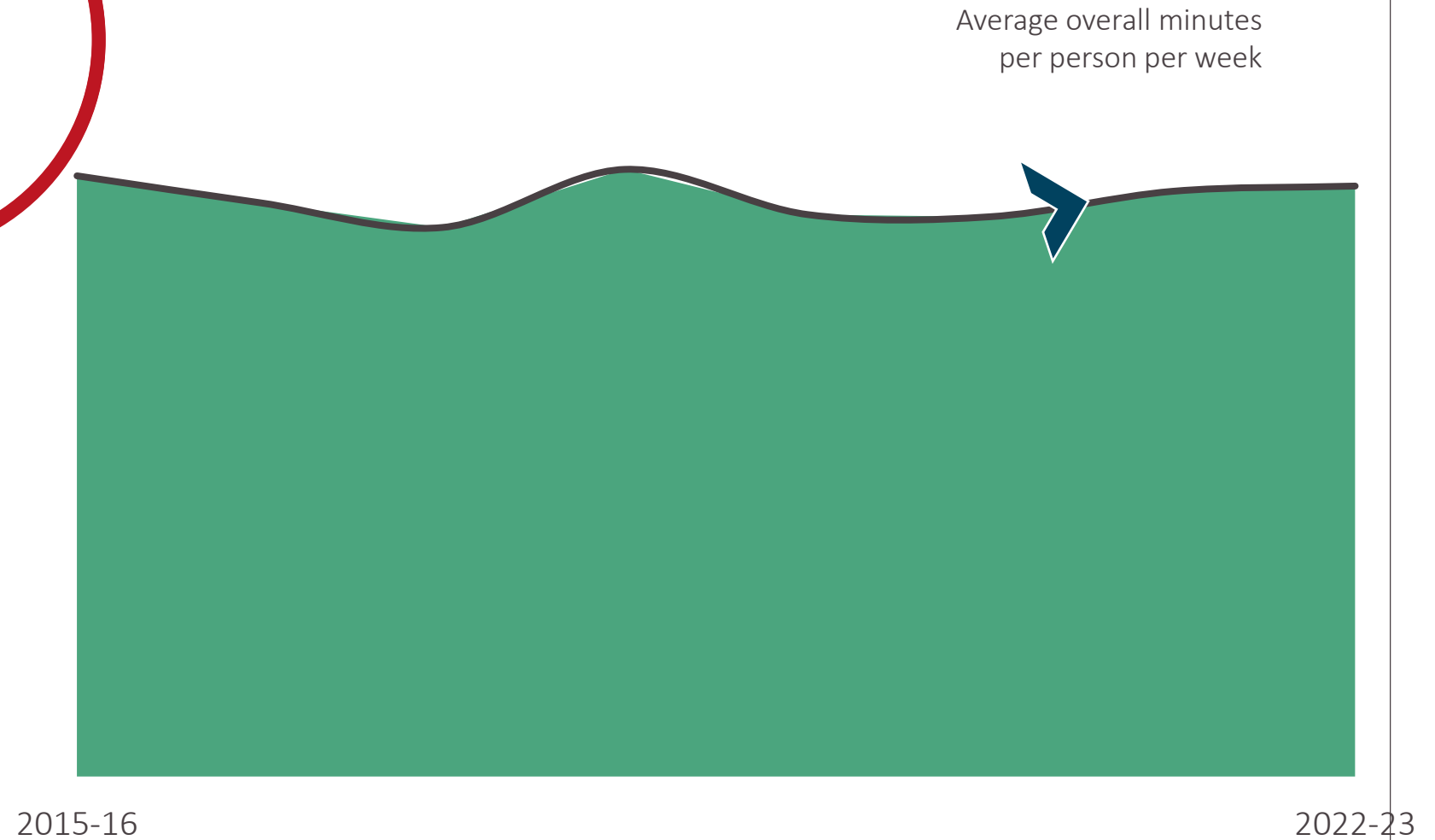
Covers all types of dance including artistic and creative dance (ballroom, ballet, contemporary etc)

*walking around shops is excluded

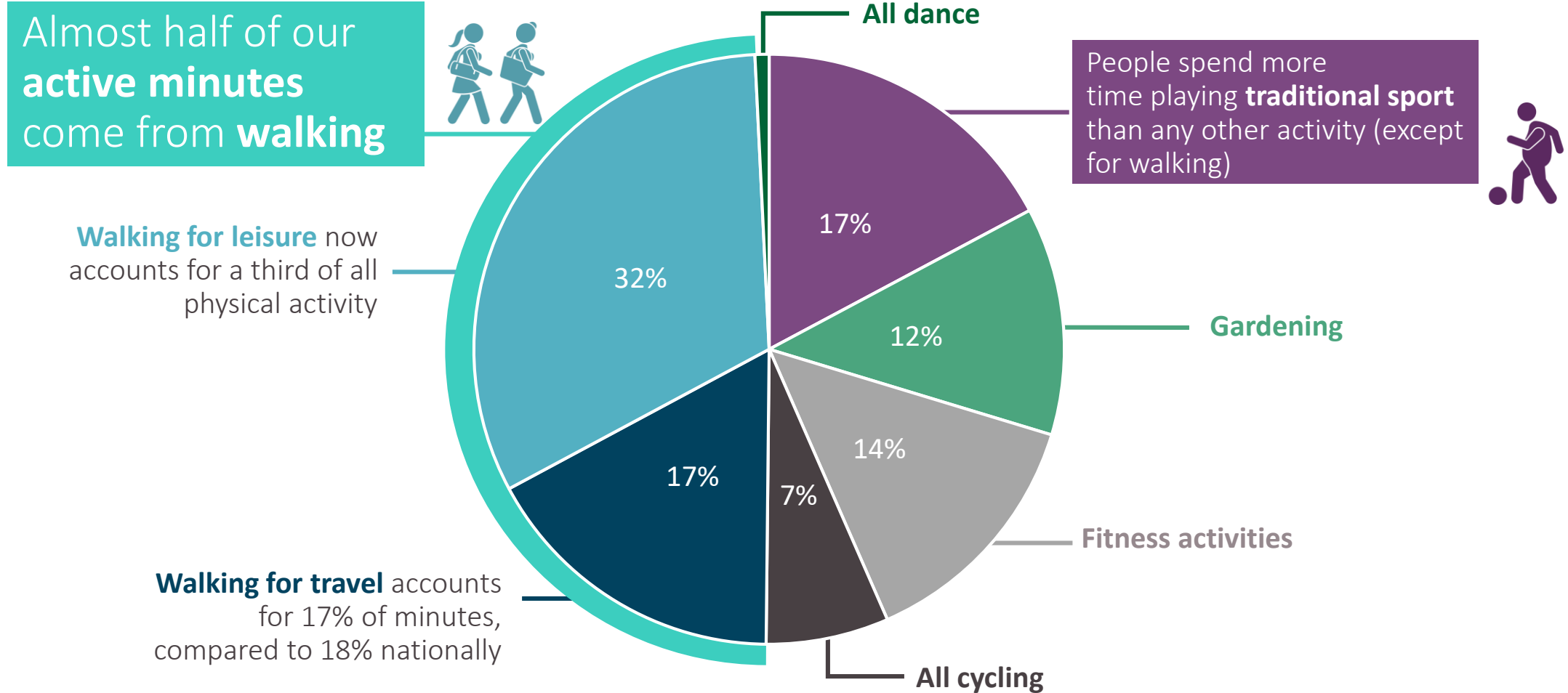




Activity minutes
are relatively
stable



What does activity look like where we live?



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+)	513	499	517	507	515	478	497	493
NS SEC 1-2	248	236	216	229	238	209	238	208
NS SEC 3-5	119	112	128	118	125	101	116	124
NS SEC 6-8	46	60	61	69	54	64	51	48
16-34	77	70	58	64	62	58	53	68
35-54	152	153	149	141	132	140	150	119
55-74	213	212	218	235	251	206	233	221
75+	68	60	88	66	64	72	57	79
Male	233	225	242	224	243	223	209	223
Female	278	273	274	282	269	252	286	264
No limiting illness	376	382	384	362	378	315	340	345
Limiting illness	108	86	104	110	90	134	130	118
Working full or part time	234	246	237	239	245	241	250	222
Unemployed	15	11	16	14	14	12	10	14
Not working	221	199	221	213	210	191	204	213
Student full or part time	16	17	10	11	9	11	9	15
White Other	8	11	18	17	5	20	15	10
Asian	6	6	1	2	2	3	10	4
Black	2	0	0	0	4	0	0	3
Mixed	1	4	3	5	3	2	4	4
Other ethnic group	1	1	0	1	1	0	1	4
White British	489	461	477	465	487	447	457	452
Minority ethnic group	18	22	22	25	15	25	30	25



Adult population breakdown

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

	Sefton	England
No limiting illness	75.3%	80.2%
Limiting illness	24.7%	19.8%
16-34 years	20.4%	24.2%
35-54 years	24.8%	26.4%
55-74 years	26.8%	22.4%
75+ years	11.2%	8.6%
NS SeC 1-2	31.6%	33.2%
NS SeC 3-5	28.9%	27.4%
NS SeC 6-8	34.1%	31.8%
Asian	1.5%	9.0%
Black	0.5%	3.9%
Mixed	1.0%	2.0%
White British	92.3%	75.1%
White Other	4.1%	7.9%
Working full or part time	53.2%	57.0%
Not working	40.2%	34.3%



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

All adults (16+)



3%
increase*

Older adults (55+)



14%
increase

Minority ethnic groups



62%
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

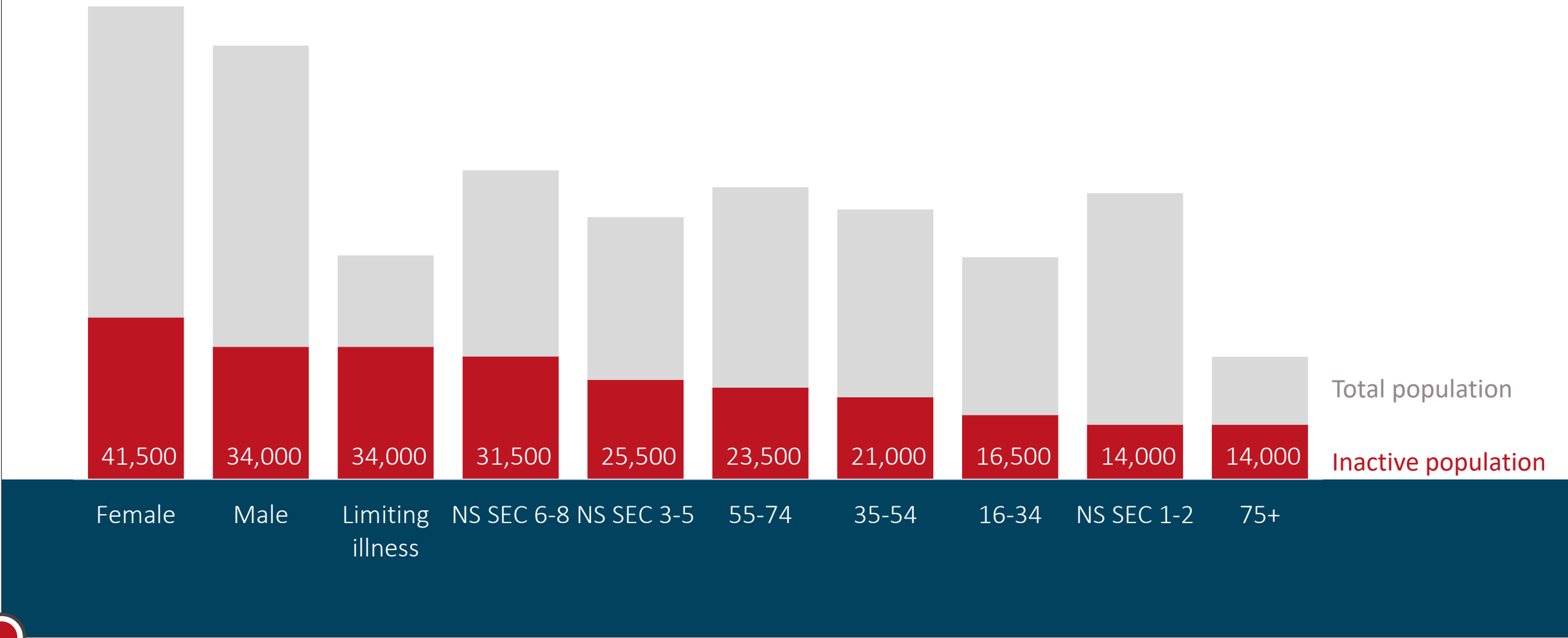
Those that are doing less than 30 minutes of physical activity a week



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



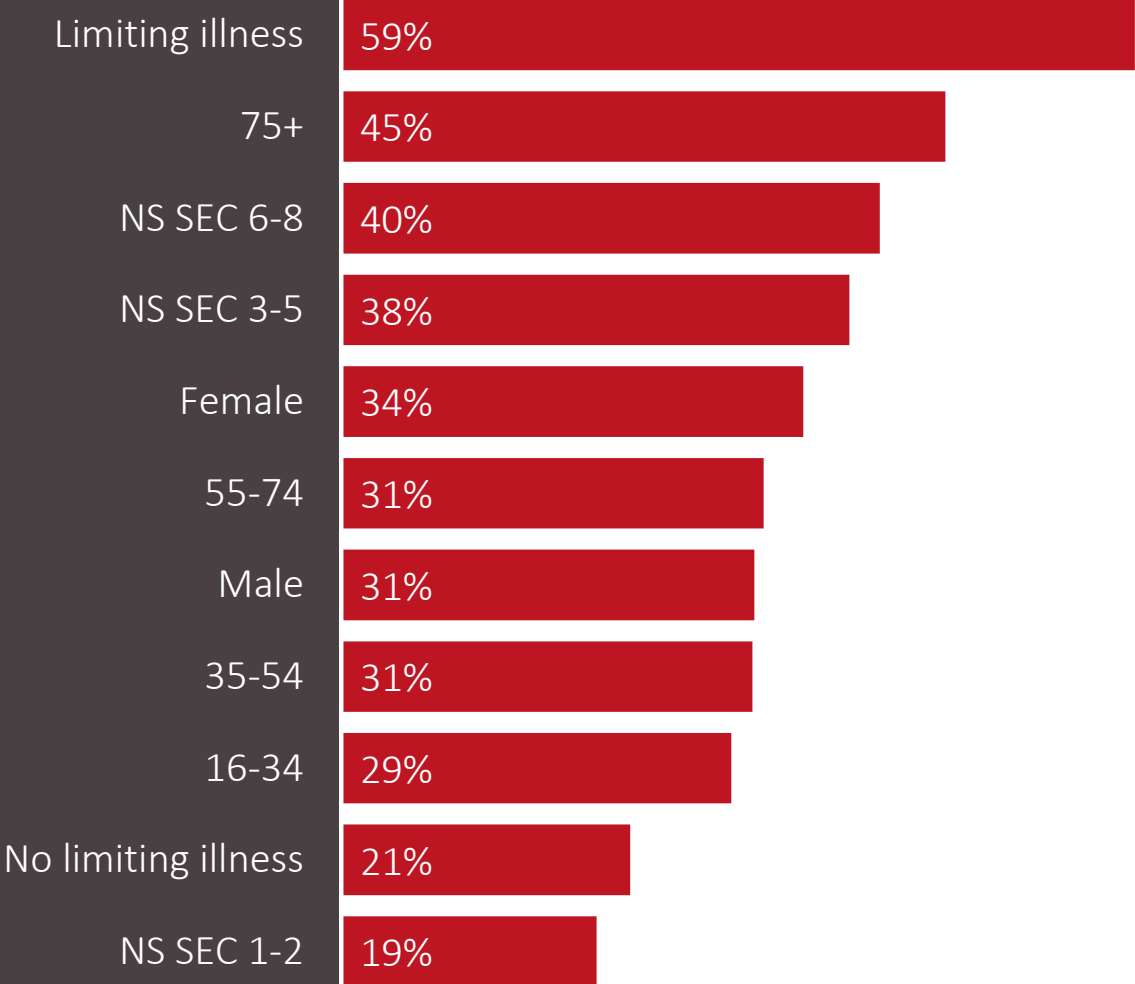
Our **inactive population** in the context of the size of the demographic group



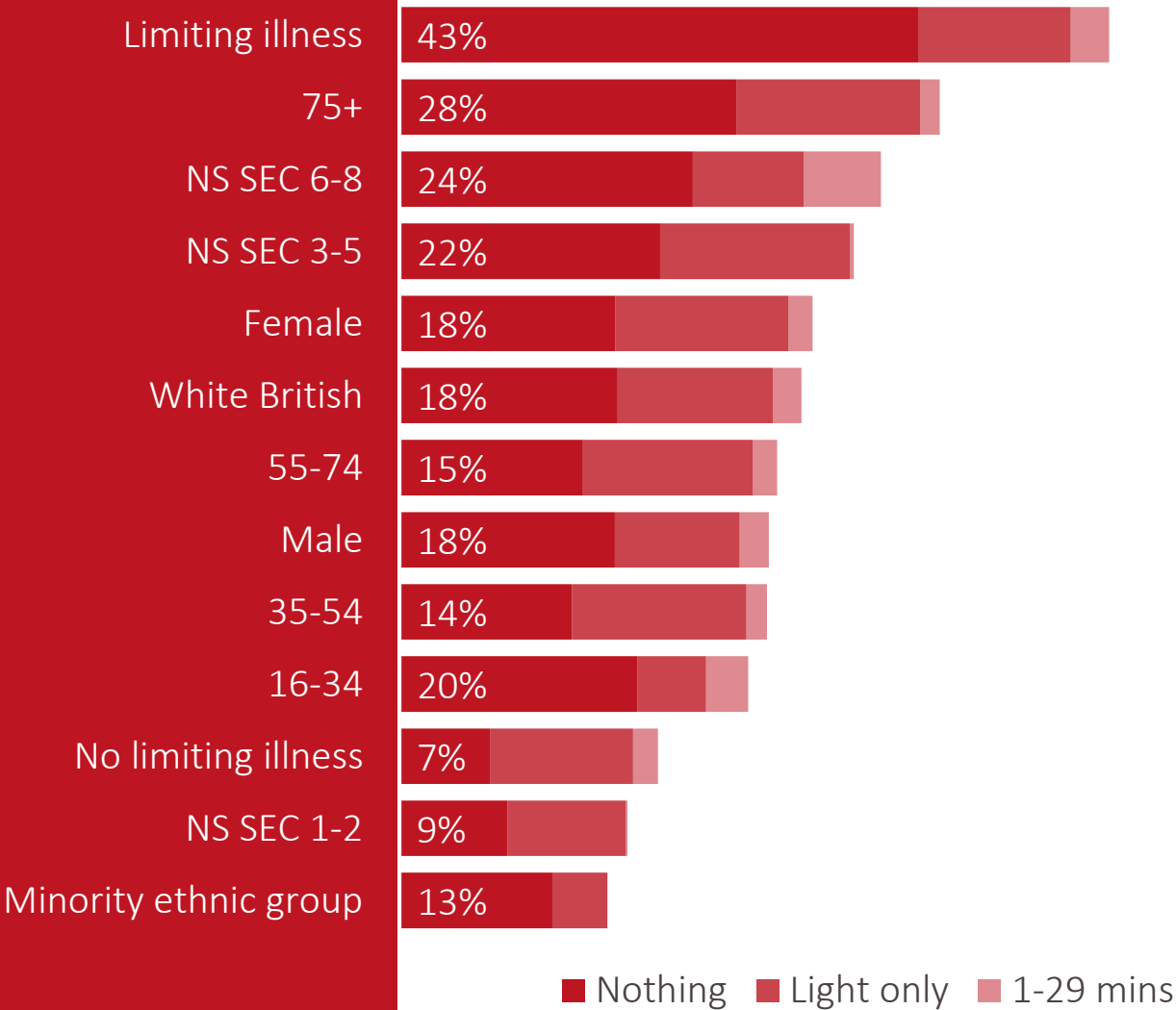
Data is for: Sefton

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)



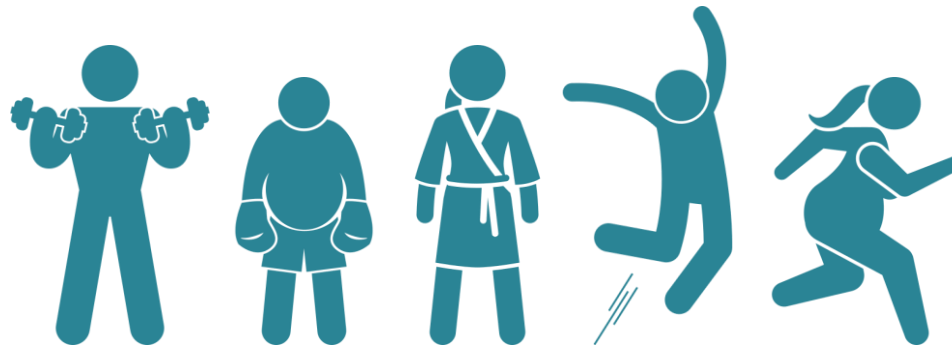
National update

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

