

ACTIVE LIVES SURVEY 2015-16

Year 1 Report



INTRODUCTION

In 2016, we published '[Towards an Active Nation](#)', our new strategy which sets out our ambition to help everyone, regardless of age, background or ability, to feel able to engage in sport and physical activity. Our new approach directly aligns with the Government's '[Sporting Future](#)' strategy.

An important part of our new approach is to build all of our work around the customer, by which we mean the person who does or might play sport or get active. And that means understanding them much better than we do now, and putting as much information about what people do and enjoy out there so that everyone can use it.

That's why we have designed Active Lives, a new survey which gives us and anyone working in this field detailed and reliable insight into the physical activity habits of the nation. Active Lives is much broader than our previous Active People survey, for example it includes walking, cycling for travel and dance in addition to the sporting and fitness activities we've previously reported on, and looks at patterns of behaviour over a twelve month period rather than just four weeks.

The headline findings from the first year of data summarised in this report reflect the new measures set out in 'Towards an Active Nation' and 'Sporting Future' are defined at the beginning of both sections. When reading the report, please take some time to familiarise yourself with these.

Lisa O'Keefe
Director of Insight

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KEY INFORMATION

This report presents data from the Active Lives Survey for the period mid-November 2015 to mid-November 2016. Data are presented for adults aged 16+ in England.

RELEASE DATES

This release: 26th January 2017
Next release: September 2017

MORE INFORMATION

If you would like any further information on any data presented within this document please [click](#)

For more information about the Active Lives Survey please [contact us](#)

LEVELS OF ACTIVITY

THIS CHAPTER PRESENTS INFORMATION ON THREE LEVELS OF ACTIVITY:

- **INACTIVE** LESS THAN 30 MINUTES A WEEK
- **FAIRLY ACTIVE** 30-149 MINUTES A WEEK
- **ACTIVE** AT LEAST 150 MINUTES A WEEK

[LINK TO DATA TABLES](#)



DEFINITION

THE CHIEF MEDICAL OFFICER (CMO)

RECOMMENDS THAT ADULTS SHOULD BE PHYSICALLY ACTIVE



SPREAD OVER SEVERAL DAYS

AT LEAST MODERATE INTENSITY *

BOUTS OF 10 MINS OR MORE

***VIGOROUS INTENSITY COUNTS AS DOUBLE**

Note: As part of this release physical activity data including the additional activity of gardening has also been published in the tables. As it is not part of Sport England's remit the physical activity data presented in this report excludes gardening unless stated otherwise.

LEVELS OF ACTIVITY

INACTIVE

LESS THAN **30** MINUTES A WEEK

25.6%

25.6% OF PEOPLE (11.3M)
DO FEWER THAN 30 MINUTES A WEEK

FAIRLY ACTIVE

30-149 MINUTES A WEEK

13.7%

13.7% (6.1M) ARE FAIRLY
ACTIVE BUT DON'T REACH
150 MINUTES A WEEK

ACTIVE

150+ MINUTES A WEEK

60.7%

60.7% (27.0M) DO 150 MINUTES
OR MORE A WEEK

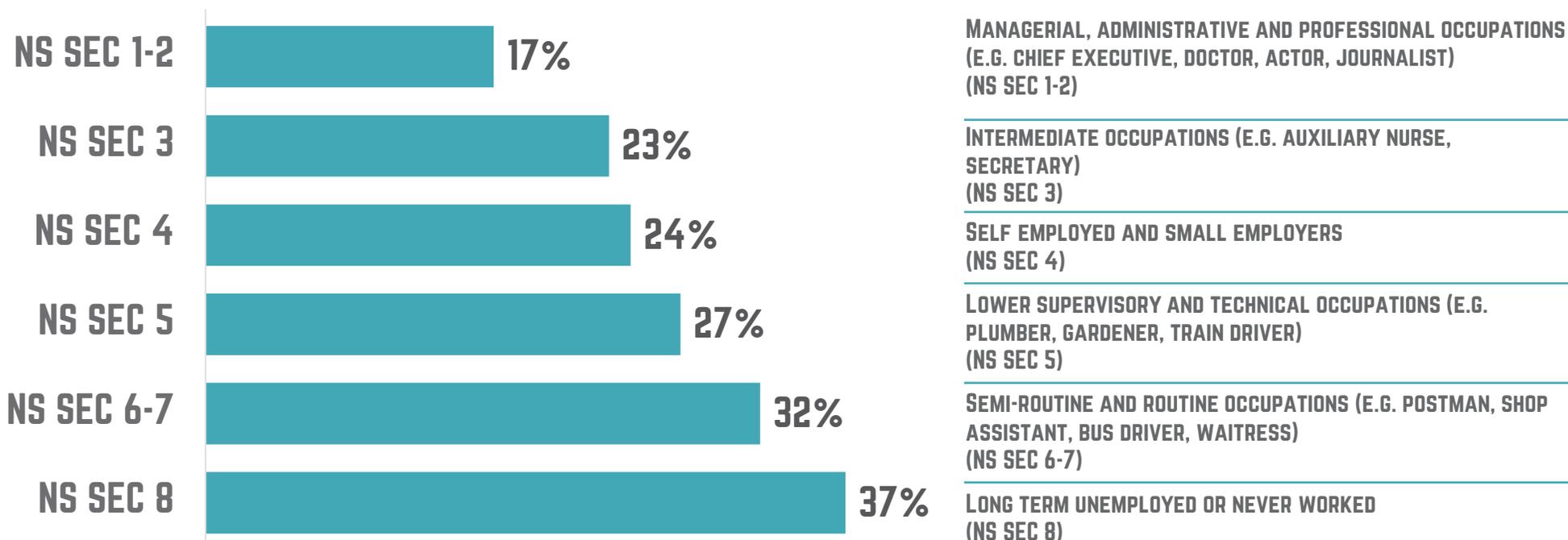
Note: Guidance on how to interpret the estimates presented in this report is provided on page 18.

[LINK TO DATA TABLES](#)



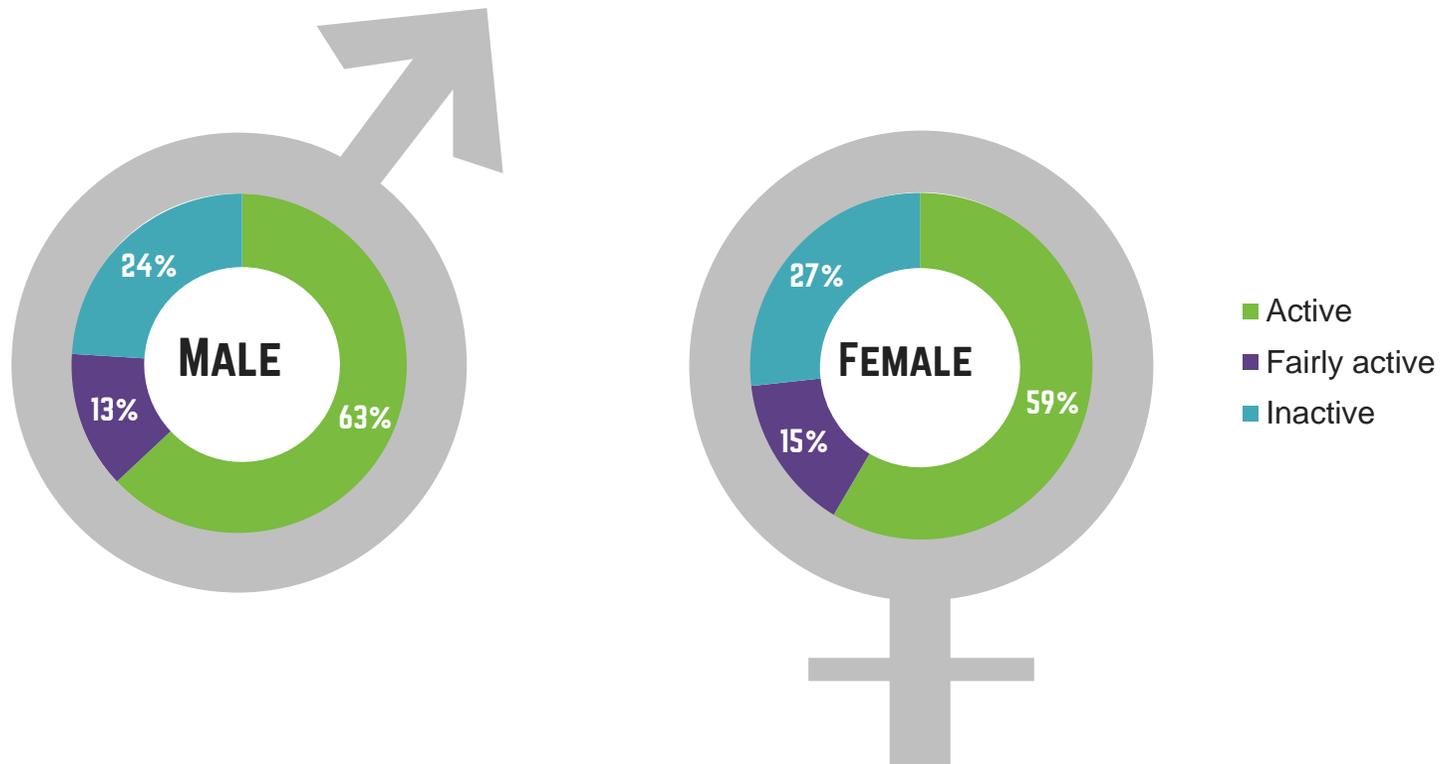
SOCIOECONOMIC GROUPS

There are differences in inactivity levels between socioeconomic groups. People who are long term unemployed or have never worked (NS SEC 8) are the most likely to be inactive (**37%**) while those in managerial, administrative and professional occupations (NS SEC 1-2) are the least likely to be inactive (**17%**).



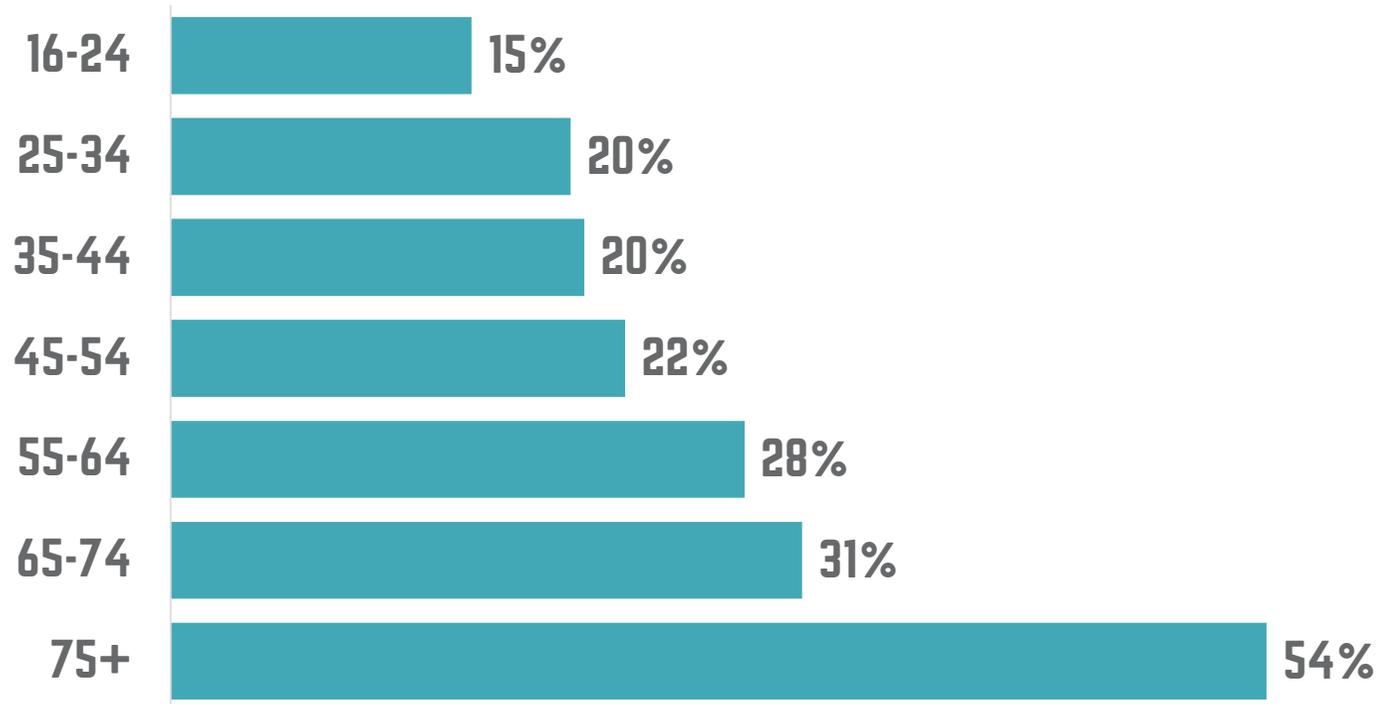
GENDER

There is a difference in inactivity levels between men and women, with females (**27%** or **6.1M**) more likely to be inactive than males (**24%** or **5.3M**).



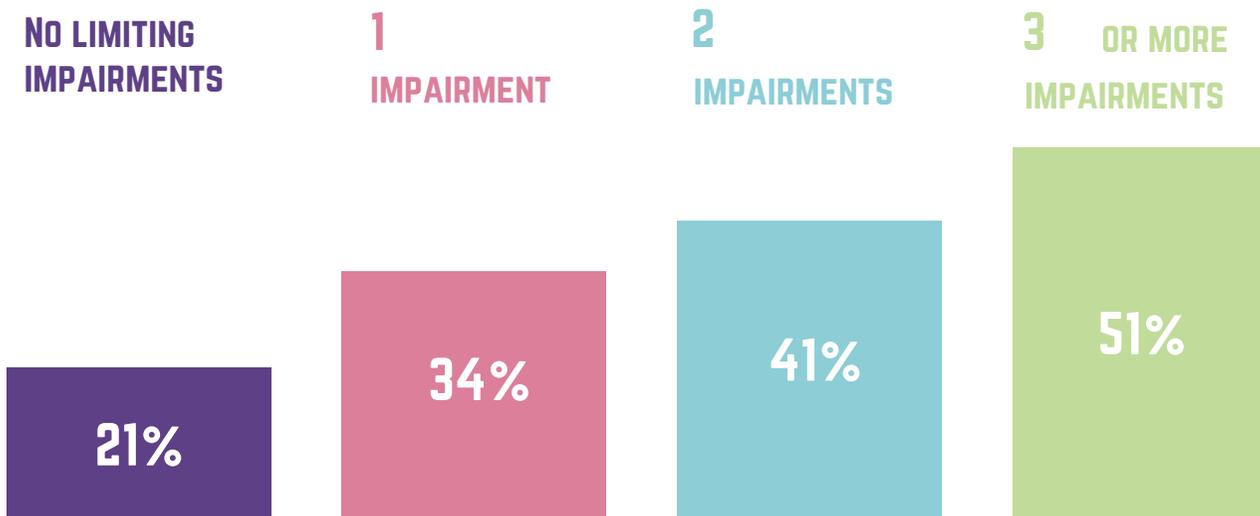
AGE

Inactivity levels increase with age. Those aged 16-24 are least likely to be inactive (**15% OR 0.9M**) whilst those aged 75+ are most likely to be inactive (**54% OR 2.4M**).



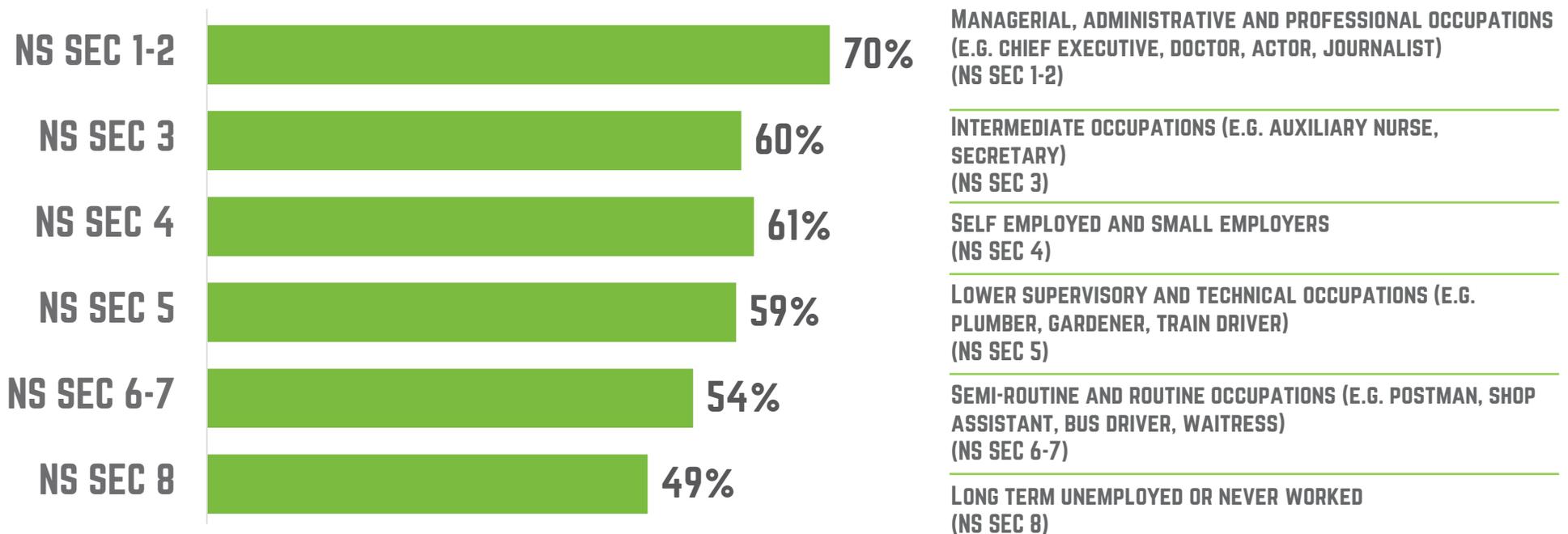
DISABILITY

In terms of inactivity, there are differences between those with or without a disability; **51%** of those with three or more impairments are inactive compared with **21%** of those without a disability.



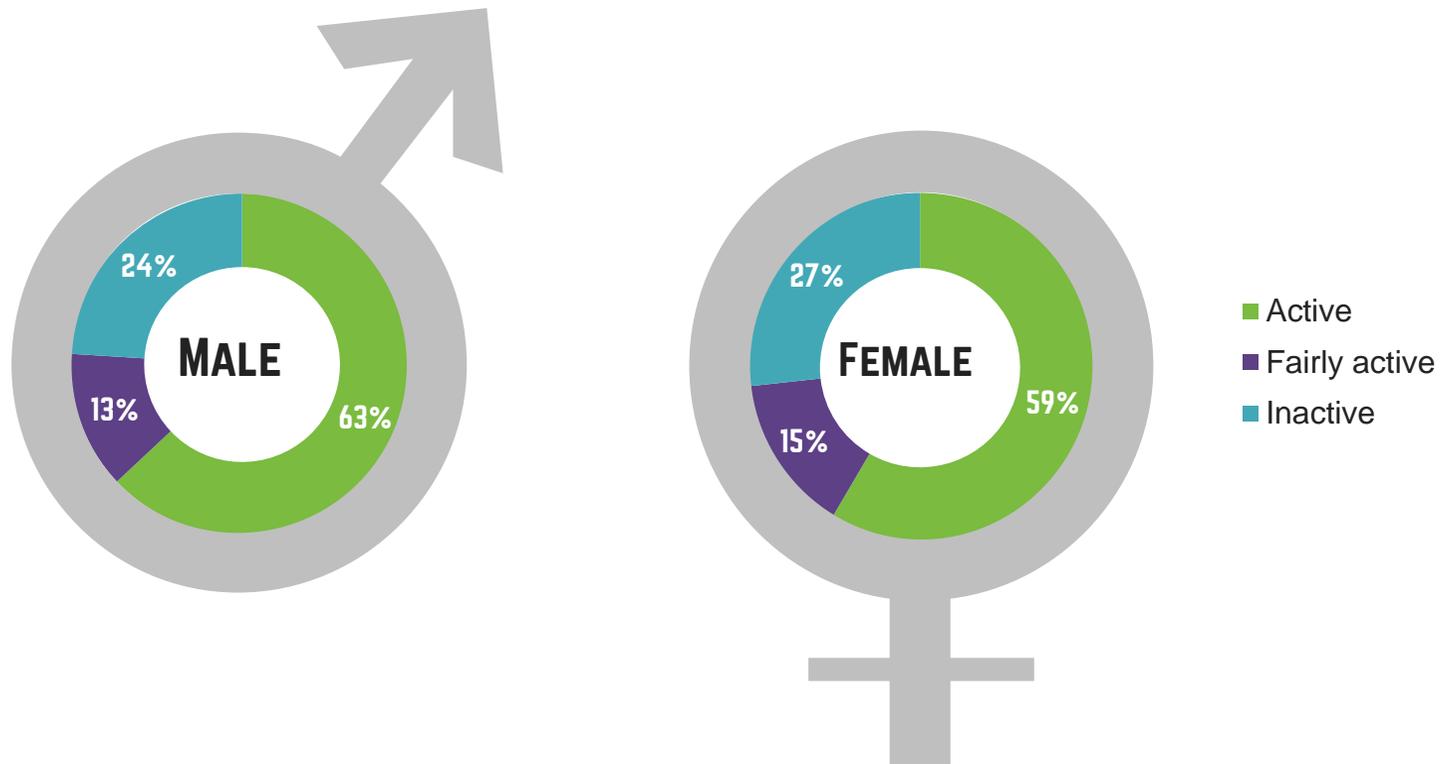
SOCIOECONOMIC GROUPS

There are differences in activity levels between socioeconomic groups. People who are in managerial, administrative and professional occupations (NS SEC 1-2) are most likely to be active (**70%**) whilst those who are long term unemployed or have never worked (NS SEC 8) are the least likely to be active (**49%**).



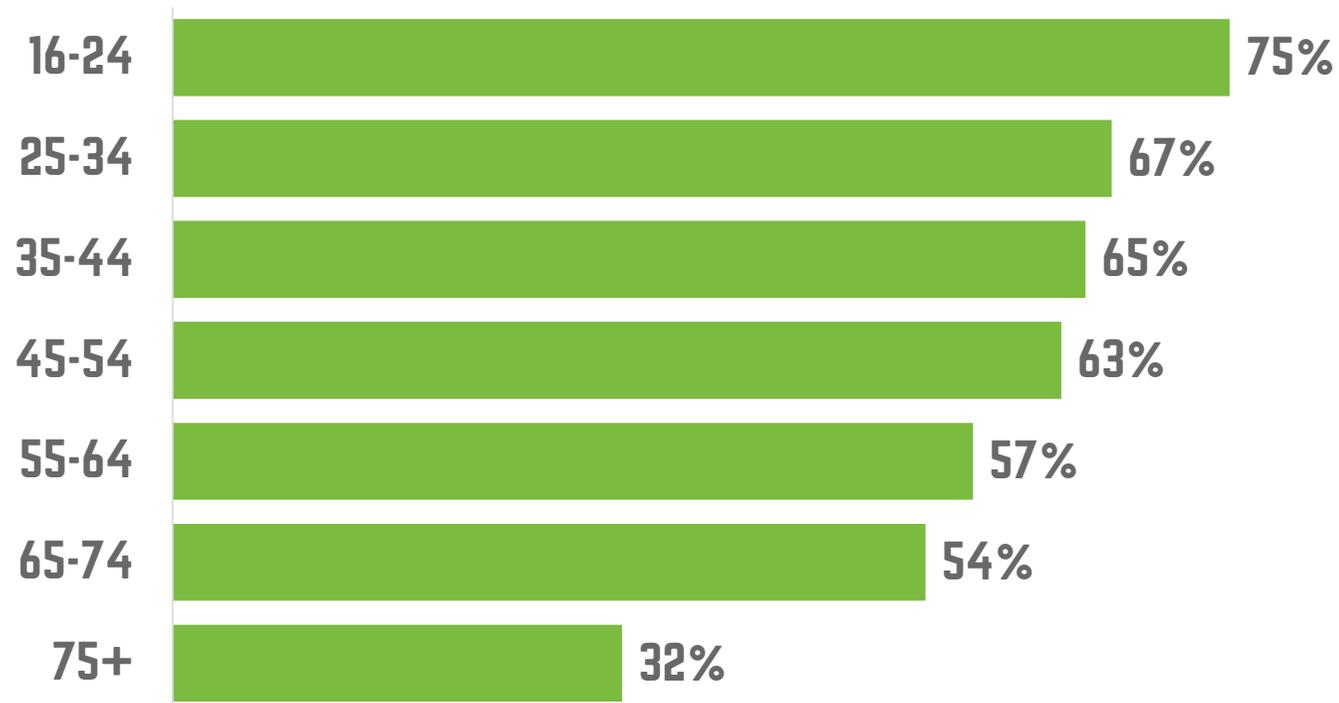
GENDER

Men (**63%** OR **13.7 M**) are more likely to be active than women (**59%** OR **13.3M**).



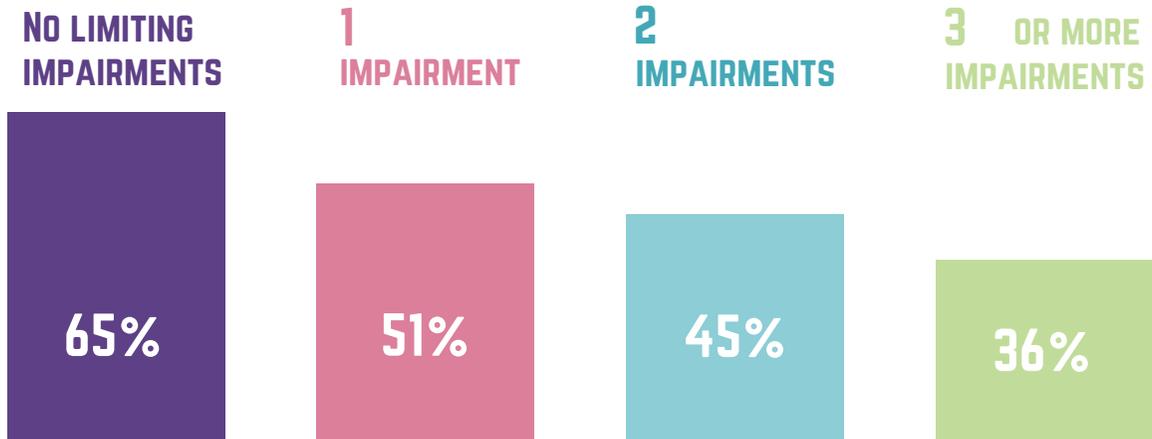
AGE

There is a clear pattern in activity levels by age. Those aged 16-24 are most likely to be active (**75% OR 4.7M**) and those aged 75+ are least likely to be active (**32% OR 1.4M**).



DISABILITY

In terms of activity, there are differences between those with or without a disability; only **36%** of those with three or more impairments are active compared with **65%** of those without a disability.

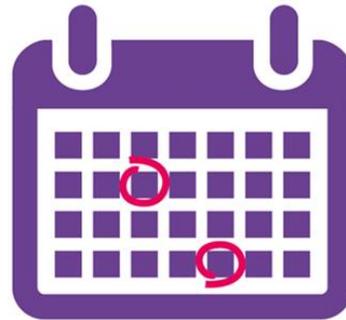


TYPES OF ACTIVITY

THIS CHAPTER PRESENTS INFORMATION ON THE TYPES OF SPORT AND PHYSICAL ACTIVITY PEOPLE HAVE TAKEN PART IN AT LEAST TWICE IN THE LAST 28 DAYS.

DEFINITION

WE MEASURE SPORT & PHYSICAL ACTIVITY IF IT'S DONE...



AT LEAST **TWICE** IN THE LAST **28** DAYS

AT LEAST
MODERATE
INTENSITY

As with previous strategies, Sport England continues working to increase the number of people taking part in:

- Sporting activities
- Cycling for sport and leisure
- Fitness activities

Towards an Active Nation extended Sport England's remit to cover the following additional activities:

- Walking for leisure
- Walking for travel
- Cycling for travel
- Dance

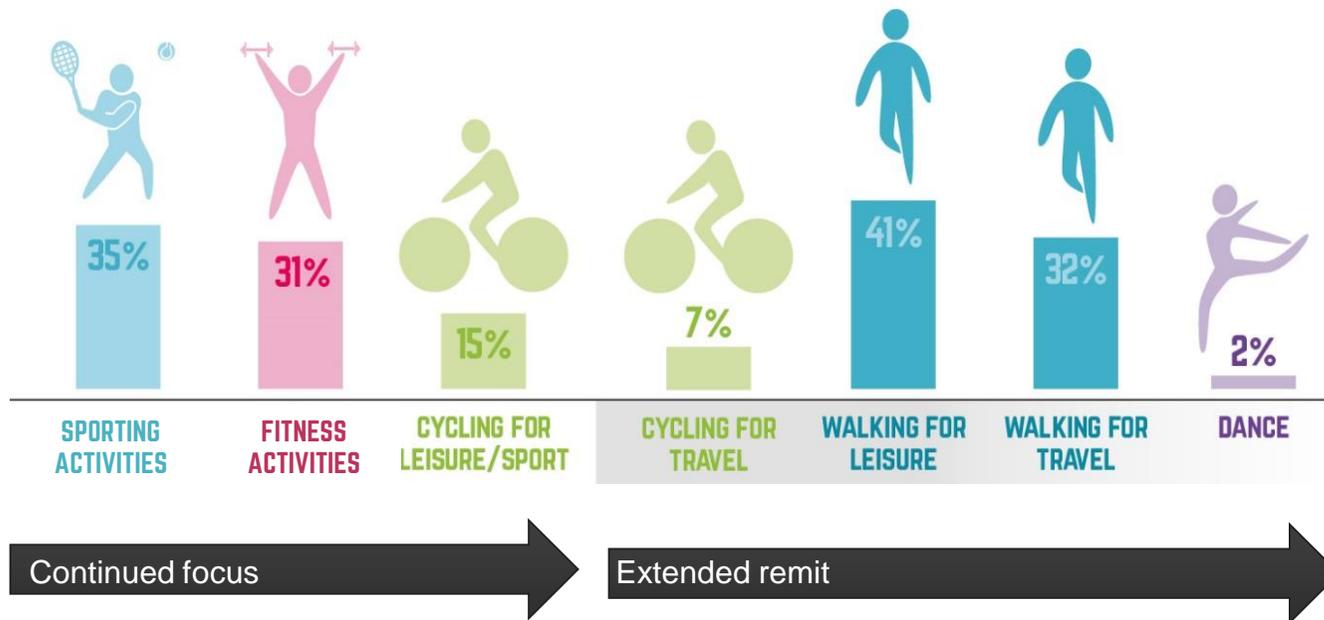


TYPES OF ACTIVITY

People take part in sport and physical activity in different ways, with many doing a range of activities*.

The results below show the proportion of adults taking part at least twice (at moderate intensity for the equivalent of 30 minutes) in the last 28 days in the broad groupings of activity that make up sport and physical activity.

TYPE OF ACTIVITY



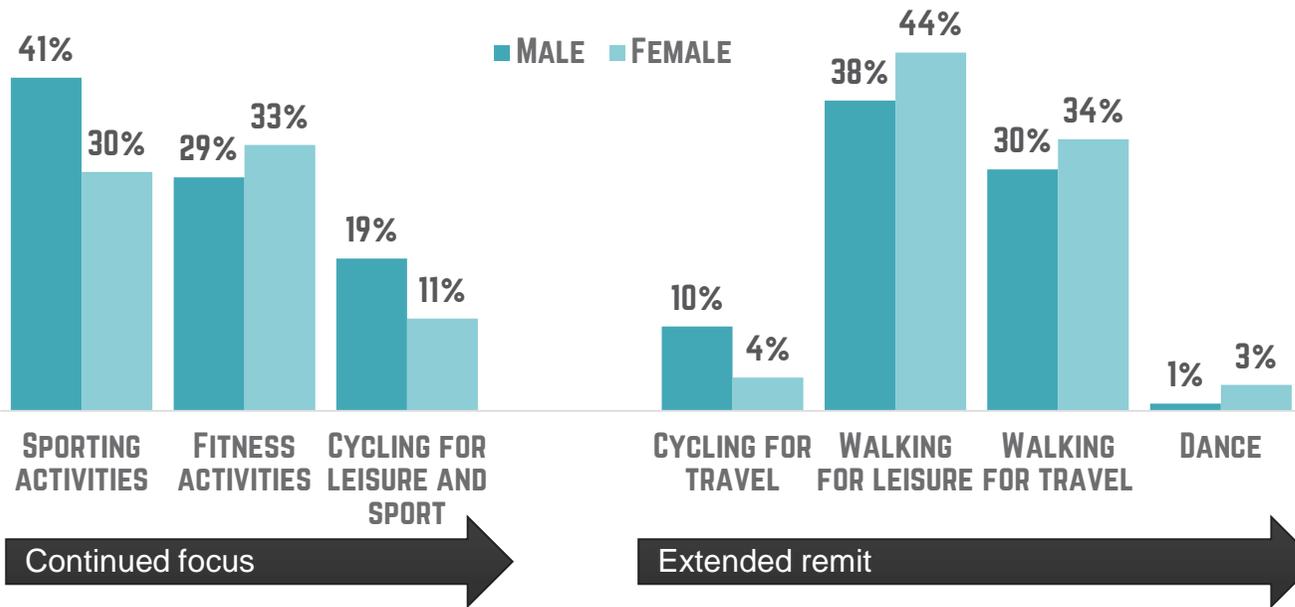
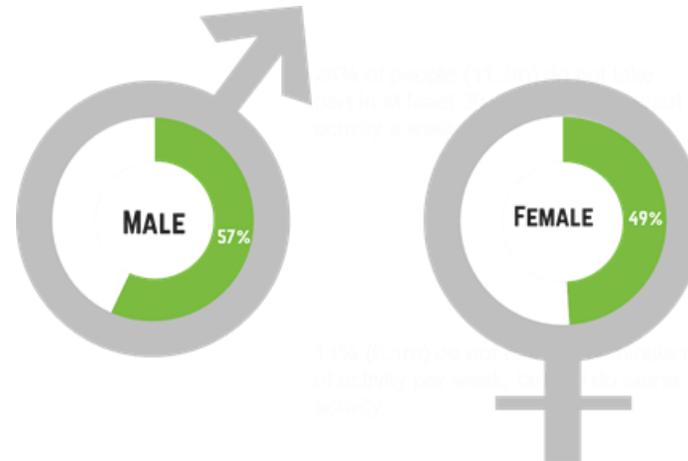
* Where an individual has taken part at least twice in the last 28 days in more than one of the activities above, they will be included in the results for each. They will not be double counted on the overall results.

[LINK TO DATA TABLES](#) ▶

TYPES OF ACTIVITY

GENDER

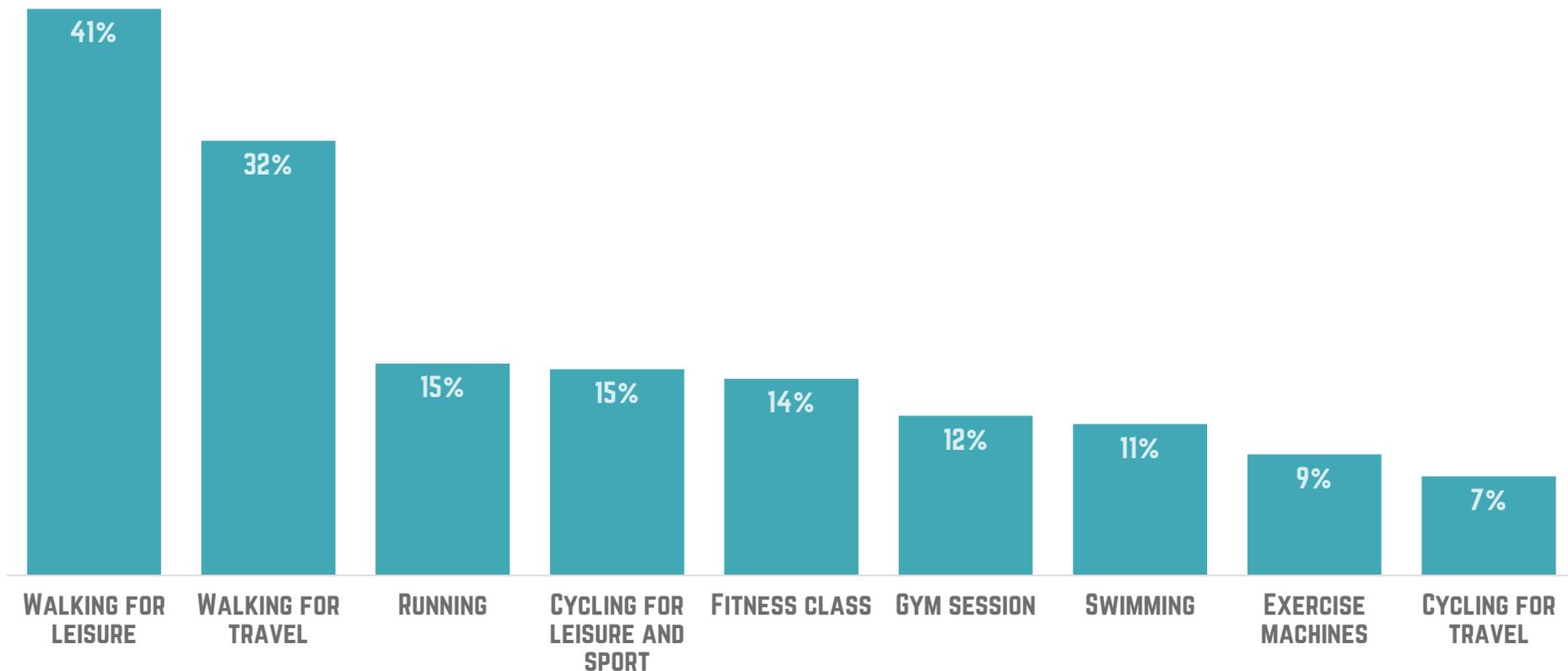
Based on those activities that are the continued focus of Sport England's work (sport, fitness and cycling for leisure), men (**57% OR 12.4M**) are more likely to be active than women (**49% OR 11.1M**).



The difference between the number of men and women taking part is greatest for sporting activities and cycling for leisure. Several of the new activities that form Sport England's extended remit are more popular with women than with men.

[LINK TO DATA TABLES](#) ▶

TYPES OF ACTIVITY



Active Lives collects data about a wide range of sporting and physical activities. The results above show the proportion of adults taking part in some of the most popular activities. A full set of activity-specific results are included in the tables published as part of this release of data.

Note: Fitness class, gym session and exercise machines are more specific groups of activity forming part of the broader fitness activities grouping presented on pages 14 and 15.

[LINK TO DATA TABLES](#) 

INACTIVITY ACROSS ENGLAND

LOCAL LEVEL DATA

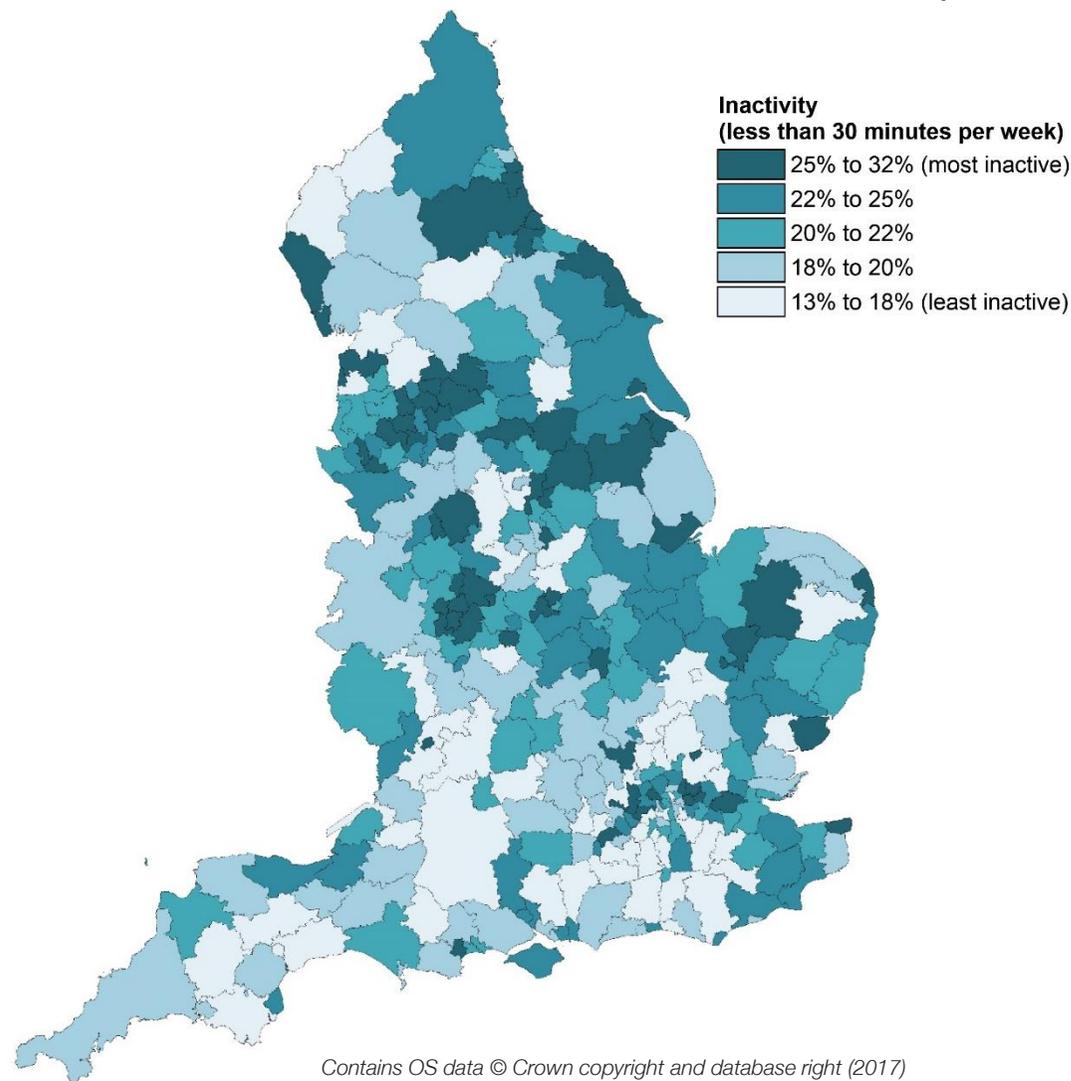
DATA FOR LOCAL AREAS, INCLUDING;
9 REGIONS, 44 COUNTY SPORTS
PARTNERSHIPS, AND 353 LOCAL
AUTHORITIES ARE AVAILABLE FOR
THE FOLLOWING MEASURES:

- PHYSICAL ACTIVITY (INCLUDING
GARDENING)

[LINK TO DATA TABLE](#)

- TAKING PART AT LEAST TWICE IN
THE LAST 28 DAYS

[LINK TO DATA TABLE](#)



Note: The above map includes gardening activity within the definition of physical activity. All other figures in this report exclude gardening activity which is not part of Sport England's remit.

NOTES

MODERATE ACTIVITY

This is defined as activity where you raise your heart rate and feel a little out of breath.

VIGOROUS ACTIVITY

This is where you're breathing hard and fast and your heart rate has increased significantly (you won't be able to say more than a few words without pausing for breath).

SAMPLE AND WEIGHTING

The achieved sample was 198,911 (16+).

The Active Lives Survey is a 'push-to-web' survey carried out by Ipsos MORI. It involves postal mailouts inviting participants to complete the survey online. The survey is 'device-agnostic' and can be completed on mobile or desktop devices. A paper questionnaire is also sent out to maximise response rates. More information on the survey can be found [here](#).

Data have been weighted to ONS population measures for geography and key demographics.

Confidence intervals can be found in the linked tables. These indicate that if repeated samples were taken and confidence intervals computed for each sample, 95% of the intervals would contain the true value. Only differences which are statistically significant are reported on as differences in the commentary. Where results are reported as being the same for two groups, this means there is no statistically significant difference.

Population totals are estimated values and have been calculated using ONS mid-2015 estimates. Confidence intervals also apply to these. More detail can be found [here](#).

SPORT SPECTATING

Whilst not covered in this report, data tables showing the number of people attending live sports events form part of this release.

[LINK TO MORE INFORMATION ON MEASURES AND DEMOGRAPHICS](#)



[LINK TO DATA TABLES](#)

