

NE LINCOLNSHIRE JSNA INDICATOR SUMMARY

TITLE:	PROPORTION OF PHYSICALLY ACTIVE AND INACTIVE ADULTS
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SUBTITLE:	2.13i Proportion of adults achieving at least 150 minutes of physical activity per week 2.13ii Proportion of adults classified as 'inactive'
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Domain:	Health Improvement
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Frequency of Availability:	Annual
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Time Period Of Data Analysis:	2012/13 to 2013/14
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AVAILABLE COMPARISONS

TYPE	AVAILABLE
National, Regional or Peer Group	Yes
Electoral Ward	No
Neighbourhood	No
Socioeconomic Differences	No
Targets, Trends & Projections	Yes

KEY POINTS

-ve	52.1% of North East Lincolnshire adults aged 16+ years and surveyed for Active People Survey 8 achieved at least 150 minutes of physical activity per week. This is lower (worse) than both the England (56.0%) and Yorkshire and the Humber (55.3) averages, however neither of these differences are significant.
-ve	29.9% of North East Lincolnshire adults aged 16+ years and surveyed for Active People Survey 8 achieved less than 30 minutes of physical activity per week. This is higher (worse) than both the England (28.9%) and the Yorkshire and the Humber (28.7) averages, however neither of these differences are significant
+ve	33.8% of North East Lincolnshire adults surveyed for the APS7 (2012/13), reported participating in at least 30 minutes of physical activity at moderate intensity at least once a week. This was an increase from the original APS1 (2005-06) participation of 29.9%, and also an increase from the previous APS6 (2011-12) participation of 31.8%.

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DESCRIPTION

Physical activity provides important health benefits across the life-course.

The Active People Survey is the largest ever survey of sport and active recreation to be undertaken in Europe and identifies how participation varies from place to place and between different groups in the population.

The first year of the survey, Active People Survey 1, was conducted between October 2005 and October 2006, and was a telephone survey of 363,724 adults in England (aged 16 plus) and provides statistics on participation in sport and active recreation for all Local Authorities in England, (a minimum of 1,000 interviews were completed in every Local Authority in England).

The second year of the survey, Active People Survey 2, commenced on 15 October 2007 and was completed on 14 October 2008. The survey involved the interview of 191,000 adults in England (age 16+) by telephone.

Active People Survey 3 (2008/9) began on 15 October 2008 and was completed on 14 October 2009. Results were published on 17 December 2009.

Active People Survey 4 (2009/10) commenced on 15 October 2009 and was completed on 14 October 2010. Results were published on 16 December 2010.

Active People Survey 5 (2010/11) commenced on 15 October 2010 and was completed on 14 October 2011.

Active People Survey 6 (2011/12) commenced on 15 October 2011 and was completed on 14 October 2012. Results were published on 6 December 2012.

Active People Survey 7 (2012/13) commenced on 15 October 2012 and was completed on 14 October 2013. Results were published in December 2013

Active People Survey 8 (2013/14) commenced on 16 October 2013 and was completed October 2014.

During October 2014, fieldwork for Active People 9 (2014/15) started. Active People 9 will run until October 2015 and results will be released in December 2015.

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NATIONAL, REGIONAL OR PEER GROUP

This indicator is comprised of two sections relating to adults aged 16+ years and which measure activity (at least 150 minutes of physical activity per week) and inactivity (less than 30 minutes of physical activity per week).

Figures detailed in Table 1 show that 52.1% of North East Lincolnshire adults aged 16+ years and surveyed for Active People Survey 8 achieved at least 150 minutes of physical activity per week. This is lower (worse) than both the England (56.0%) and Yorkshire and the Humber (55.3) averages, however neither of these differences are significant. The proportion of North East Lincolnshire adults achieving 150 minutes of physical activity per week has decreased from the previous APS7 figure of 55.4%.

Table 1 2.13i Proportion of adults (16+) achieving at least 150 minutes of physical activity per week in accordance with UK CMO recommended guidelines on physical activity, 2012-2013

Area	2012 APS7 %	2013 APS8 %	2013 LCI	2013 UCI
England	56.0	56.0	55.8	56.3
Yorkshire and the Humber	55.3	55.3	54.3	56.2
East Riding	59.1	59.4	55.2	63.7
Hull	43.8	49.8	45.5	54.0
North East Lincolnshire	55.4	52.1	47.8	56.3
North Lincolnshire	55.5	49.2	44.9	53.6

Source: Active People Survey, Sport England.

Figures detailed in Table 2 show that 29.9% of North East Lincolnshire adults aged 16+ years and surveyed for Active People Survey 8 achieved less than 30 minutes of physical activity per week. This is higher (worse) than both the England (28.9%) and the Yorkshire and the Humber (28.7) averages, however neither of these differences are significant. The proportion of North East Lincolnshire adults who do less than 30 minutes of physical activity per week has increased from the previous APS7 figure of 29.5%.

Table 2 2.13ii Proportion of adults (16+) who do less than 30 minutes of physical activity per week – classified as 'inactive', 2012-2013

Area	2012 APS7 %	2013 APS8 %	2013 LCI	2013 UCI
England	28.5	28.9	28.6	29.1
Yorkshire and the Humber	30.3	28.7	27.9	29.6
East Riding	26.4	25.8	22.1	29.6
Hull	36.1	33.4	29.4	37.4
North East Lincolnshire	29.5	29.9	26.0	33.7
North Lincolnshire	28.2	35.4	31.2	39.6

Source: Active People Survey, Sport England.

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TRENDS, TARGETS & PROJECTIONS

Sport England's 1x30 Indicator

This sports participation indicator measures the number of adults (aged 16 and over) participating in at least 30 minutes of sport at moderate intensity at least once a week. It does not include recreational walking or infrequent recreational cycling, but does include cycling if done at least once a week at moderate intensity and for at least 30 minutes. It also includes more intense/strenuous walking activities such as power walking, hill trekking, cliff walking and gorge walking.

Figures detailed in Table 3 show that whilst there have been significant increases in the number of adults achieving at least 30 minutes of physical activity sport per week between APS1 and APS7 for England and the Yorkshire and the Humber region, there has been no significant changes for the Humber local authorities. For the period 2012/13 (APS7), East Riding achieved the highest proportion of adults participating in at least 30 minutes of physical activity sport per week in the Humber sub-region (37.6%), followed by Hull (34.2%), then followed by North East Lincolnshire (33.8%), with North Lincolnshire achieving the lowest proportion (30.6%).

Table 3 Proportion of adults (16+) who participate in 30 minutes of moderate intensity physical activity sport (at least 1 session per week or at least 4 sessions in the previous 28 days)

AREA	APS1 2005- 2006	APS2 2007- 2008	APS3 2008- 2009	APS4 2009- 2010	APS5 2010- 2011	APS6 2011- 2012	APS7 2012- 2013	Sig change from APS1 to APS7
England	34.2%	35.8%	35.7%	35.3%	34.8%	36.0%	35.7%	Increase
Y&H GOR	33.1%	35.5%	34.0%	35.2%	34.6%	36.3%	36.2	Increase
East Riding UA	35.2%	35.1%	31.5%	34.0%	31.4%	38.3%	37.6%	No change
Hull UA	31.3%	32.5%	32.0%	31.1%	33.3%	34.1%	34.2%	No change
NEL UA	29.9%	33.2%	32.4%	31.9%	36.0%	31.8%	33.8%	No change
NL UA	33.0%	34.7%	34.1%	29.2%	32.3%	30.0%	30.6%	No change

Source: Active People Survey, Sport England.

Public Data Sources:	http://www.sportengland.org/research/about-our-research/what-is-the-active-people-survey/
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