

# **RISE.**

## Sport England Adult Active Lives Survey Review Nov 2021 – Nov 2022

Release Date: 20/04/2023

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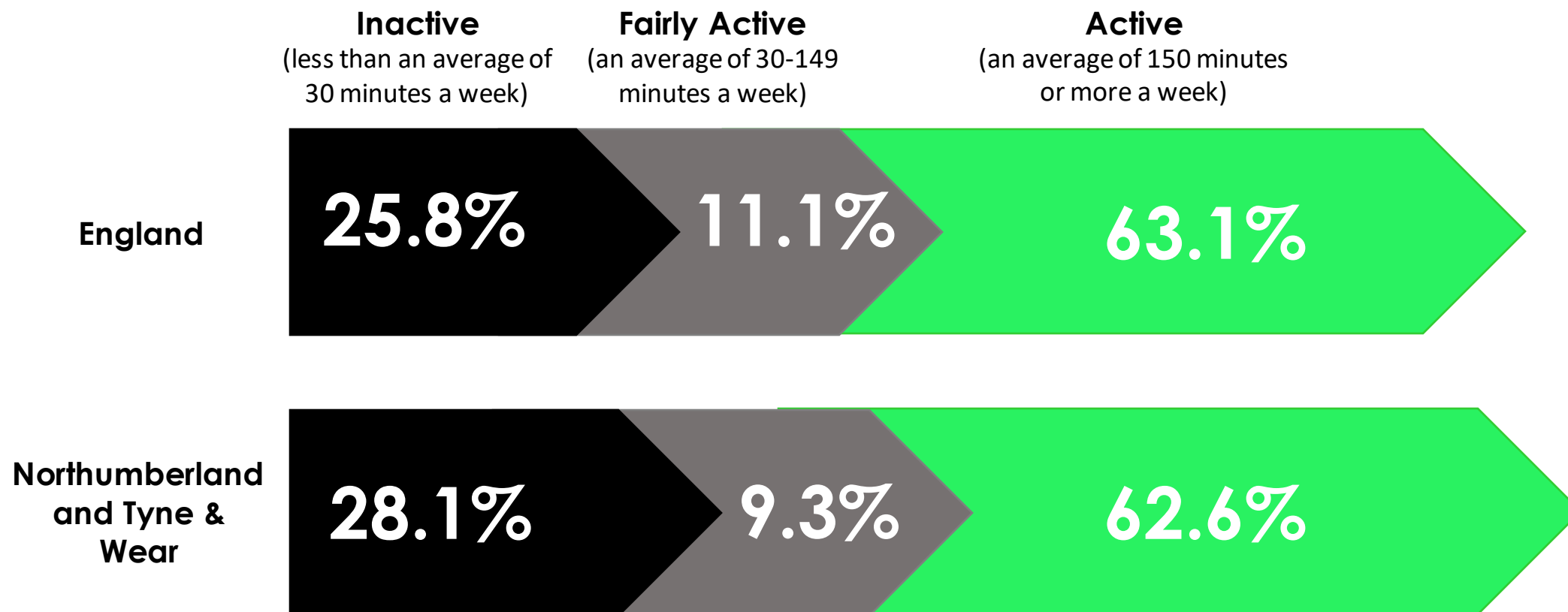
The UK Chief Medical Officer's physical activity guidelines, released in September 2019, state:

*“For good physical and mental health, adults should be active every day. Any activity is better than none, and more is better still...Each week, adults should accumulate at least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or a combination of moderate, vigorous and very vigorous intensity activity.”*

The Sport England Active Lives results provide a picture of physical activity in adults in England aged 16yrs+. This report is a summary of the data for Northumberland and Tyne & Wear.

# Adults' physical activity levels in England, during the year November 2021 to November 2022

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## Local findings: Northumberland and Tyne & Wear



- Across Northumberland and Tyne and Wear, three Local Authorities saw a higher percentage of adults achieving 150+ minutes of activity a week than the average across England (63.1%): Newcastle (64.7%), Northumberland (64.4%), and Sunderland (63.3%).
- When compared to the last annual results (Nov 20 – Nov 21) the proportion of adults achieving 150+ plus of activity a week is higher in Newcastle, North Tyneside, South Tyneside and Sunderland, but lower in Gateshead and Northumberland. However, these changes are not statistically significant.
- When compared to the last annual results (Nov 20 – Nov 21) there has been an increase in the proportion of 'inactive' adults in Gateshead, North Tyneside and South Tyneside. There has been a decrease in 'inactive' adults in Sunderland and Newcastle, with rates in Northumberland unchanged. These changes are not statistically significant.

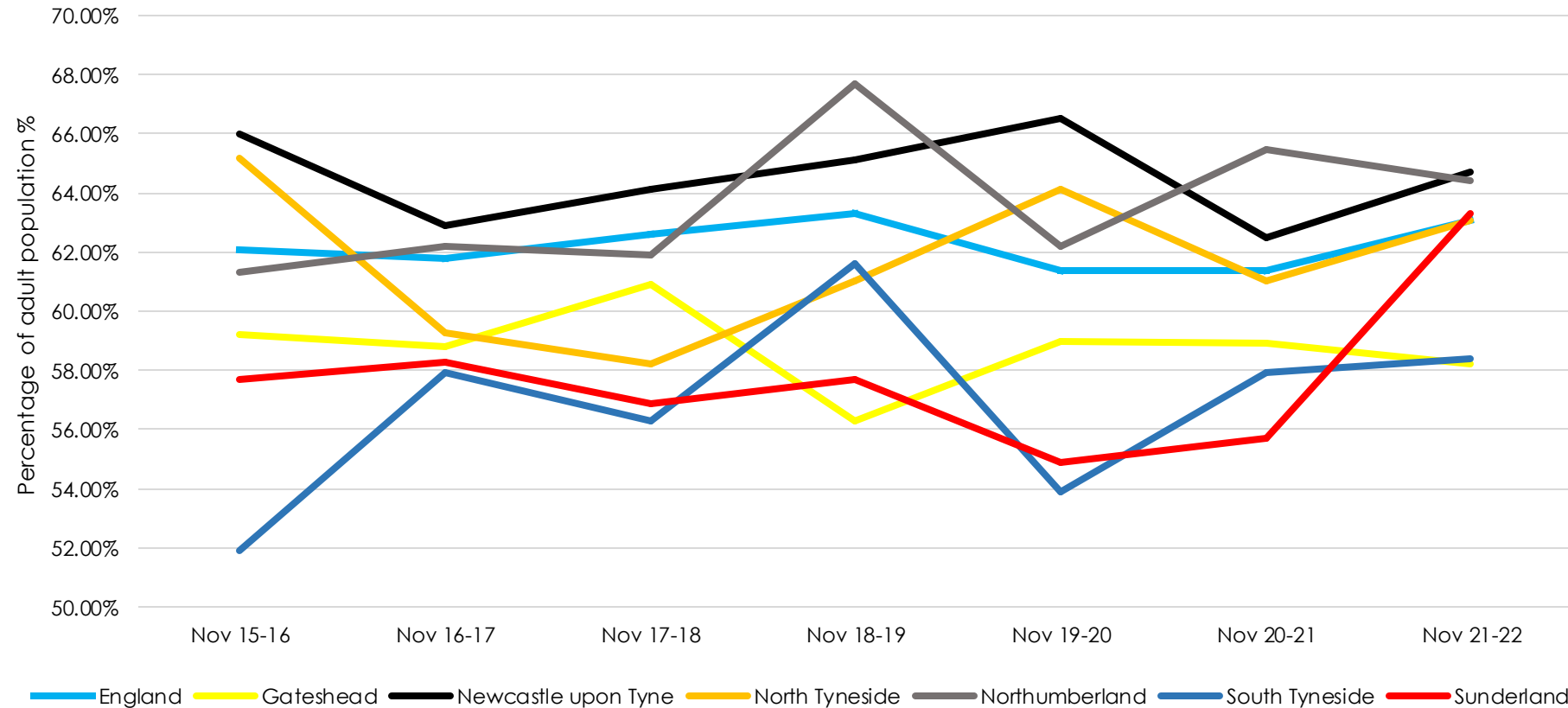


## Northumberland and Tyne & Wear, during the year Nov 2021 to Nov 2022

	England	Gateshead	Newcastle	North Tyneside	Northumberland	South Tyneside	Sunderland
<b>Active</b> (>150 min+ per week)	<b>63.1%</b>	<b>58.2%</b>	<b>64.7%</b>	<b>63.1%</b>	<b>64.4%</b>	<b>58.4%</b>	<b>63.3%</b>
<b>Fairly Active</b> (30-149 mins a week)	<b>11.1%</b>	<b>11.6%</b>	<b>10.4%</b>	<b>6.5%</b>	<b>9.9%</b>	<b>9.8%</b>	<b>7.7%</b>
<b>Inactive</b> (<30 min per week)	<b>25.8%</b>	<b>30.2%</b>	<b>24.9%</b>	<b>30.4%</b>	<b>25.7%</b>	<b>31.9%</b>	<b>29.1%</b>

## Active Lives Adult Survey Active (150+ mins per week)

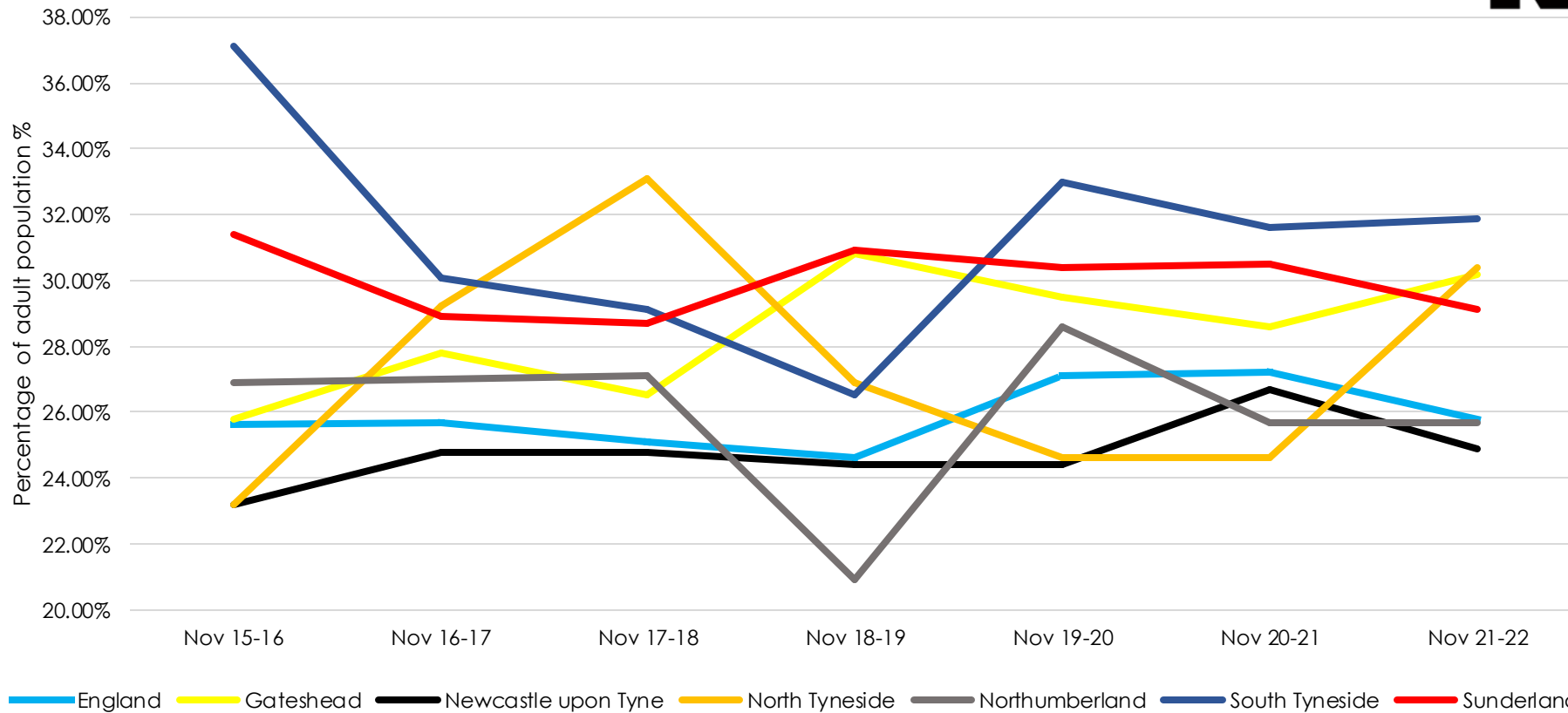
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Adult Active Lives findings data for local authorities in Northumberland and Tyne & Wear. Graph displays the percentage (%) of population who are active in each local authority area covered by Rise (the Active Partnership for Northumberland and Tyne & Wear).

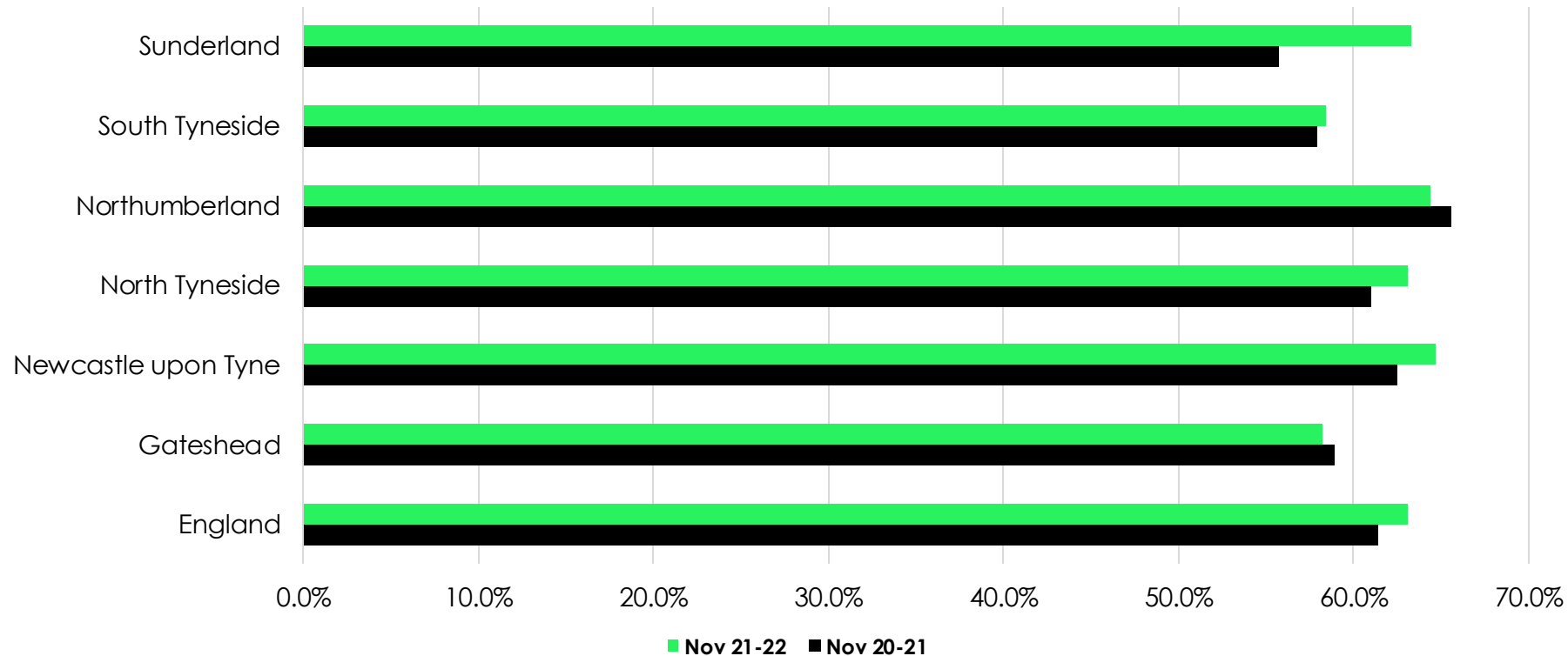
## Active Lives Adult Survey Inactive (<30 mins per week)

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Adult Active Lives findings data for local authorities in Northumberland and Tyne & Wear. Graph displays the percentage (%) of population who are inactive in each local authority area covered by Rise (the Active Partnership for Northumberland and Tyne & Wear). Trend data for each individual LA is provided on slides 10-12.

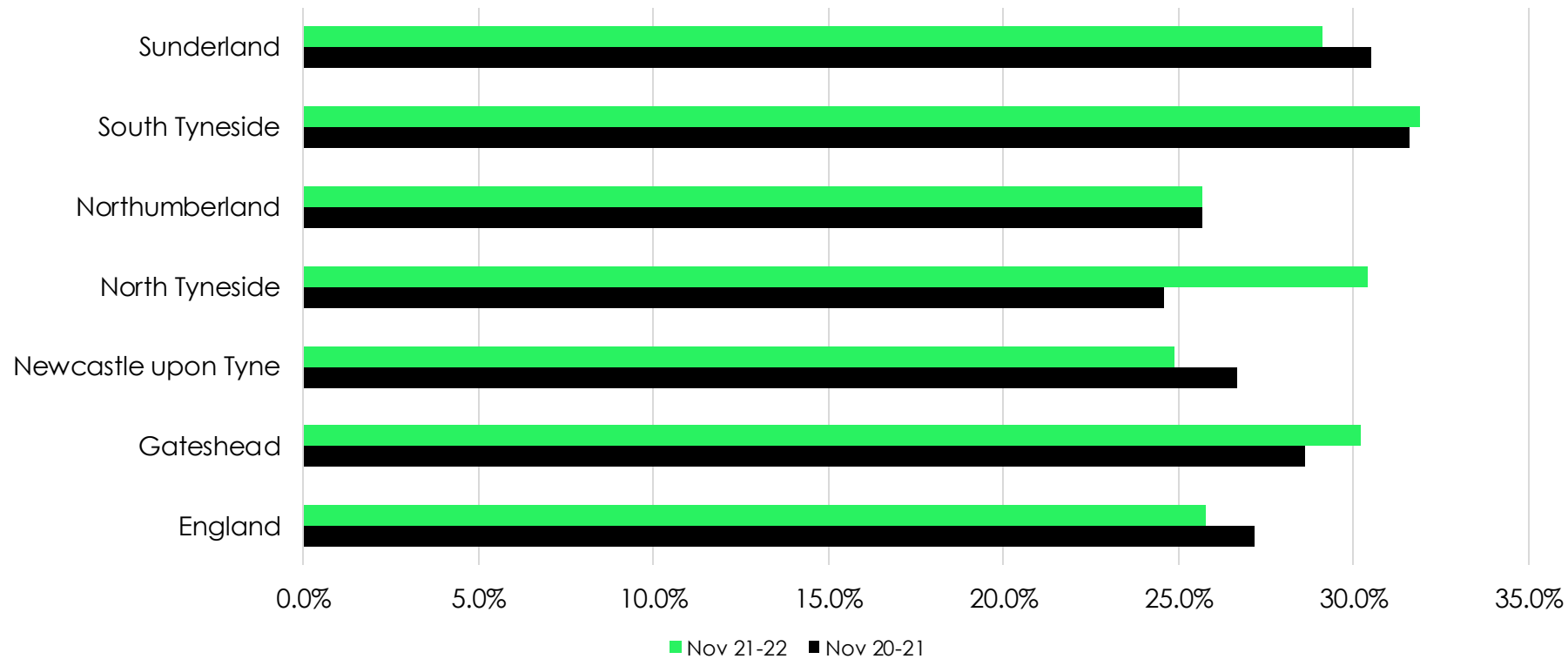
## Yearly Comparison: Active Lives Adult Survey Active (150+ mins per week)



Comparison of Adult Active Lives findings from Nov 2020 – 2021 and Nov 2021 – 2022. Graph displays the percentage (%) of population who are active in each local authority area covered by Rise (the Active Partnership for Northumberland and Tyne & Wear).

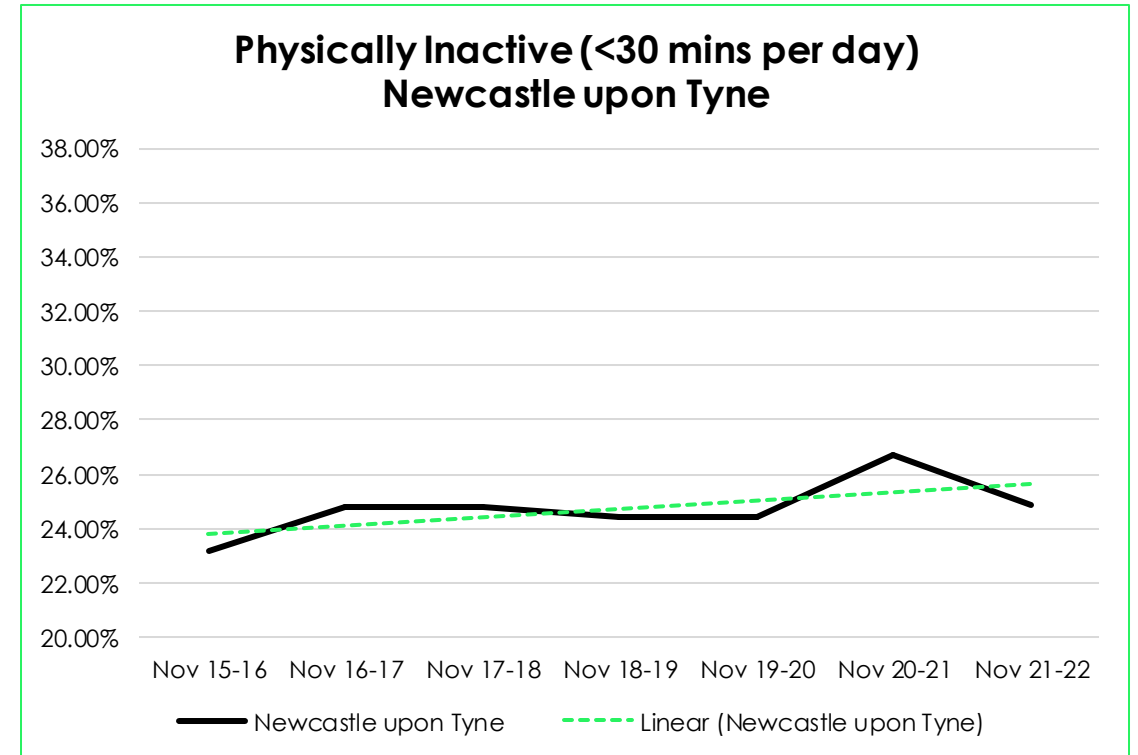
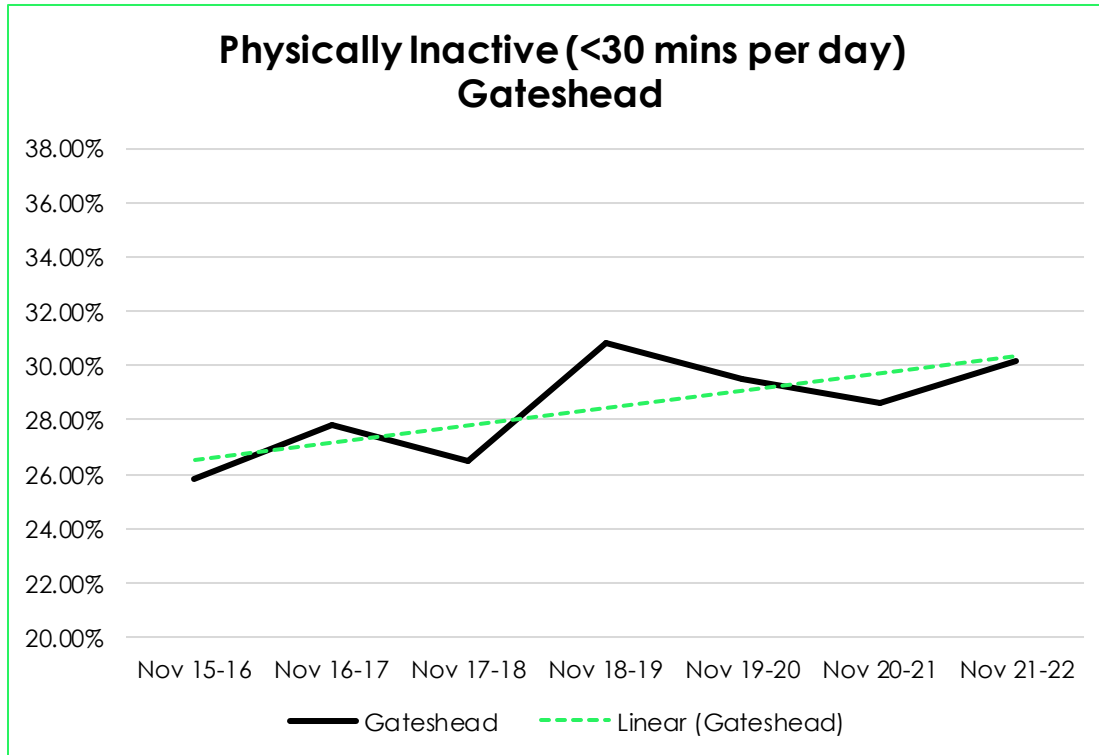


## Yearly Comparison: Active Lives Adult Survey Inactive (<30 mins per week)



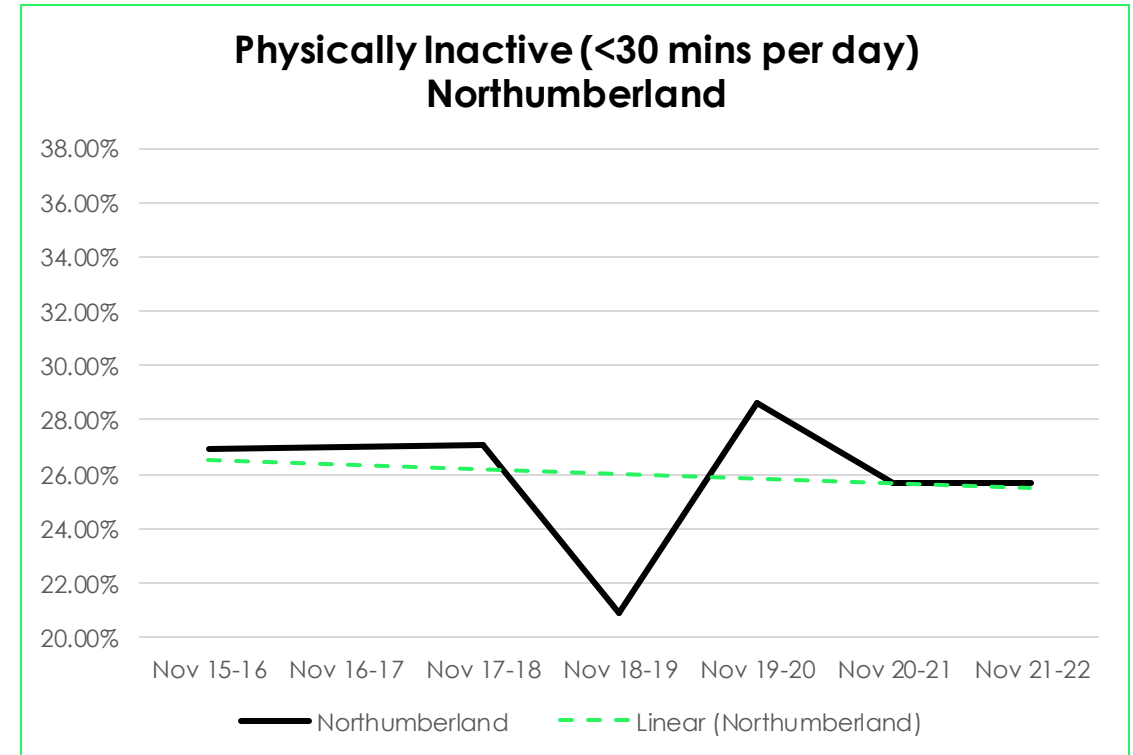
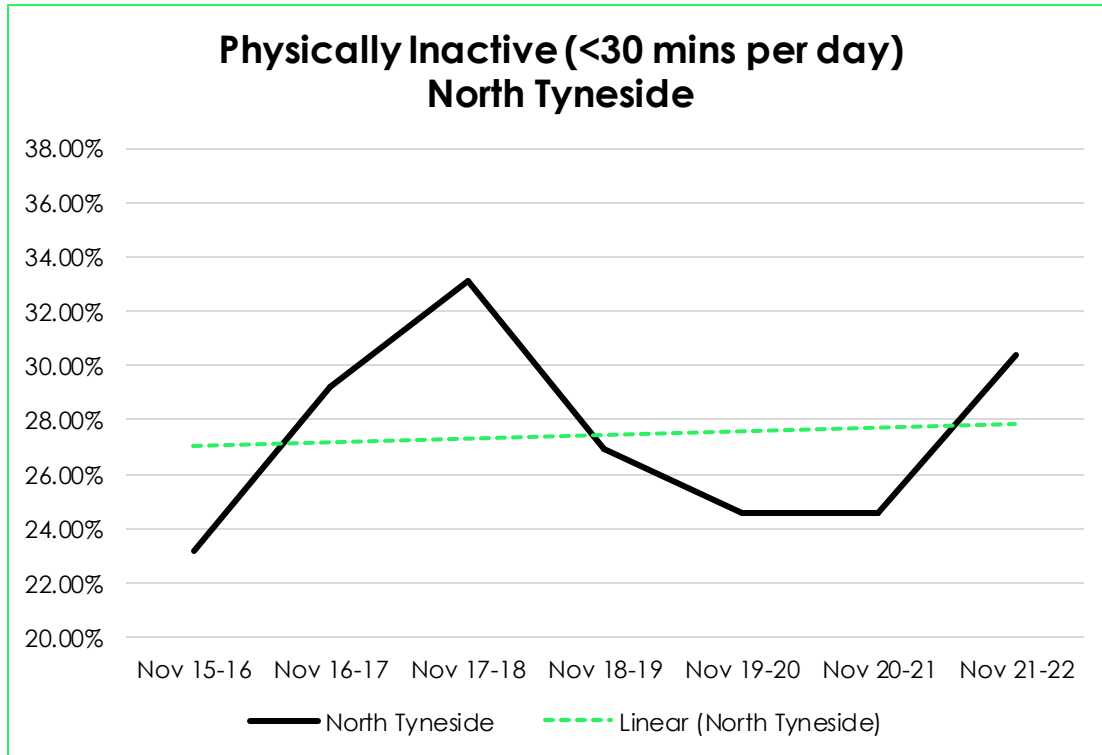
Comparison of Adult Active Lives findings from Nov 2020 – 2021 and Nov 2021 – 2022. Graph displays the percentage (%) of population who are inactive in each local authority area covered by Rise (the Active Partnership for Northumberland and Tyne & Wear).

## Trends in physical inactivity across Northumberland and Tyne & Wear between November 2015 – November 2022



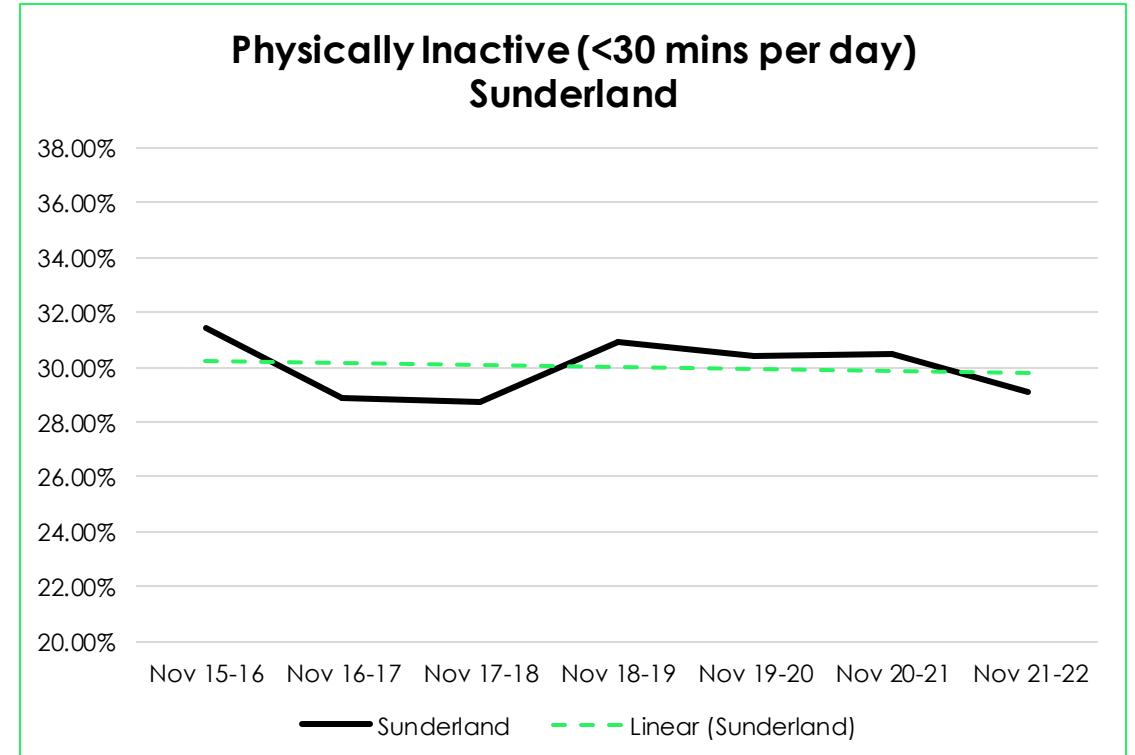
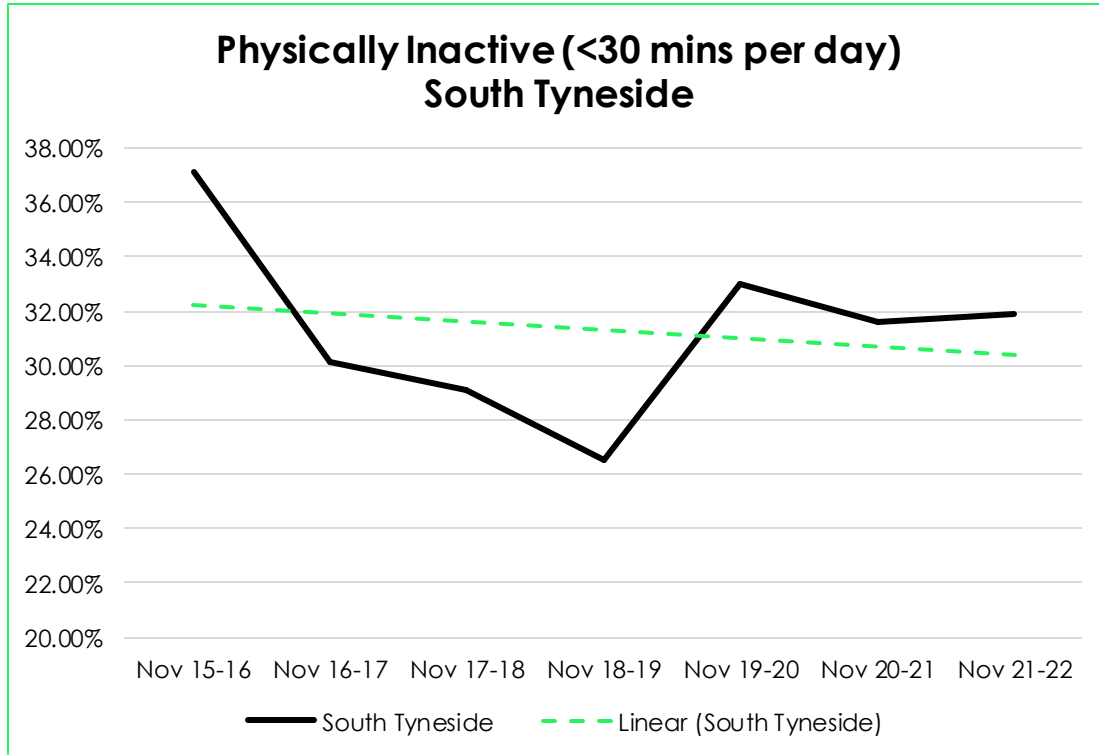
Trends in physical **inactivity** across Northumberland and Tyne & Wear from 2015 – 2022.

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## Summary of trends in physical inactivity across Northumberland and Tyne & Wear between November 2015 – November 2022



As can be seen from the individual trend charts, the different Local Authorities in Northumberland and Tyne & Wear have had differing experiences since the start of the Active Lives Survey with:

- Gateshead, Newcastle and North Tyneside experiencing an **upward trend in physical inactivity**.
- Northumberland, South Tyneside and Sunderland experiencing a **downward trend in physical inactivity**.