**Active Lives Survey 2**

**Headline Results October 2017**

**The Active Lives Survey 2**

Active Lives has preplaced the Active People survey, and is much broader in what it measures. For example it includes walking, cycling for travel, and dance in addition to the sporting and fitness activities previously measured by Active People. The new survey looks at patterns of behaviour over a 12 month period, as opposed to a snapshot over the previous 4 weeks.

The second Active Lives data was released on 12 October 2017, and presents data from the period mid - May 2016 to mid - May 2017.

The third Active Lives data will be released in March 2018.

**Measure 1 – Sport & Physical Activity Levels (Adults Aged 16+)**

These are linked to the Chief Medical Officers guidelines on physical activity (excluding gardening). There are 3 measures as follows: -

**Inactive** – less than 30 minutes per week moderate intensity physical activity

**Fairly Active** – between 30 – 149 minutes per week moderate intensity physical activity

**Active** – more than 150 minutes per week moderate intensity physical activity

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Area** | **Respondents** | **Inactive**  **(<30 minutes per week)** | | **Fairly Active**  **(30-149 minutes per week)** | | **Active**  **(150+ minutes per week)** | |
| **Population total** | **Rate** | **Population total** | **Rate** | **Population total** | **Rate** |
| **England** | 214,284 | 11,456,900 | 25.61% | 6,179,600 | 13.81% | 27,102,400 | 60.58% |
| **North West** | 30,520 | 1,561,200 | 26.68% | 783,100 | 13.38% | 3,508,100 | 59.94% |
| **Cumbria** | 3,300 | 101,800 | 24.47% | 53,000 | 12.74% | 261,200 | 62.8% |
| **Allerdale** | 532 | 18,200 | 22.46% | 10,400 | 12.86% | 52,400 | 64.68% |
| **Barrow-in-Furness** | 528 | 17,100 | 30.93% | 6,900 | 12.36% | 31,400 | 56.71% |
| **Carlisle** | 558 | 22,500 | 25.23% | 11,900 | 13.29% | 54,900 | 61.48% |
| **Copeland** | 556 | 16,600 | 28.73% | 8,000 | 13.81% | 33,100 | 57.47% |
| **Eden** | 556 | 11,700 | 26.1% | 4,400 | 9.85% | 28,600 | 64.04% |
| **South Lakeland** | 570 | 15,700 | 17.86% | 11,500 | 13.07% | 60,700 | 69.07% |

**Key Cumbria Information**

Cumbria’s active population is 62.8%, which is the 10th highest out of 45 county sport partnership areas across England.

Cumbria’s inactive population is 24.47%, which is the 20th lowest out of 45 county sport partnership areas across England.

**Measure 2 – Adults (aged 16+) who have taken part in sport and physical activity at least twice in the last 28 days**

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| --- | --- | --- | --- |
| **Area** | **Respondents** | **Population Total** | **Rate (%)** |
| **England** | 214,284 | 34,531,400 | 77.18% |
| **North West** | 30,520 | 4,451,100 | 76.06% |
| **Cumbria** | 3,300 | 325,600 | 78.26% |
| **Allerdale** | 532 | 65,400 | 80.68% |
| **Barrow-in-Furness** | 528 | 38,900 | 70.15% |
| **Carlisle** | 558 | 70,000 | 78.43% |
| **Copeland** | 556 | 43,100 | 74.72% |
| **Eden** | 556 | 34,300 | 76.87% |
| **South Lakeland** | 570 | 73,900 | 84.02% |

**Key Cumbria Information**

Cumbria’s population taking part in sport and physical activity at least twice in the last 28 days is 78.26%, which is the 19th highest out of 45 county sport partnership areas across England.