**Carlisle Headline Statistics for Sport & Physical Activity 2020 - Adults**

1 in 6 adults in the UK die a year as a result of being inactive.

<table>
<thead>
<tr>
<th>Inactivity</th>
<th>No. of People</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>28.3%</td>
<td>25,200 people</td>
<td>active</td>
</tr>
<tr>
<td>58.6%</td>
<td>52,300 people</td>
<td>active</td>
</tr>
<tr>
<td>71.4%</td>
<td>85,500 people</td>
<td>inactive</td>
</tr>
</tbody>
</table>

Health cost of inactivity to Carlisle is **£1,900,000** every year.

60 deaths could be prevented each year if 75.0% of the adult population aged 40-75 in Carlisle met Chief Medical Officer Guidelines.

In Carlisle:
- 62.9% of adults 18+ are overweight or obese.
- 22.5% of adults do not walk for 10 minutes at least once a month.
- 62.9% of adults 18+ are inactive, compared to 62.0% in England.
- 58.6% of adults 18+ are active, compared to 63.3% in England.
- 28.3% of people (16+) in Carlisle do not walk for 10 minutes at least once a month.
- 58.6% of people (16+) in Carlisle are active.

84.7% of adults in Carlisle do not cycle at least once per month.

75.0% of the adult population aged 40-75 in Carlisle met Chief Medical Officer Guidelines.

In Carlisle:
- 52,300 people are happier, healthier and stronger.
- 28.3% of people (16+) in Carlisle are inactive.
- 66.7% of people (16+) in Carlisle are active.

55.7% of adults 18+ are inactive, compared to 62.0% in England.

62.9% of adults 18+ are inactive, compared to 62.0% in England.

People who volunteered to support sport & physical activity at least twice in the past year.

In Carlisle:
- 12.4% of adults who volunteered to support sport & physical activity.
- Compared to 13.4% in England.

Inactivity increases with age.

- 16-34: 19.0% inactive
- 35-54: 21.3% inactive
- 55-74: 26.2% inactive
- 75+: 46.4% inactive

Inequalities in participation:

<table>
<thead>
<tr>
<th>Socio-economic Status</th>
<th>Percentage Inactive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low NS-SEC 8</td>
<td>39.4%</td>
</tr>
<tr>
<td>High NS-SEC 1-2</td>
<td>16.2%</td>
</tr>
<tr>
<td>Males</td>
<td>23.6%</td>
</tr>
<tr>
<td>Females</td>
<td>25.3%</td>
</tr>
<tr>
<td>Other</td>
<td>42%</td>
</tr>
<tr>
<td>White British</td>
<td>23.2%</td>
</tr>
<tr>
<td>Black</td>
<td>29.5%</td>
</tr>
<tr>
<td>Asian (excl Chinese)</td>
<td>33.3%</td>
</tr>
<tr>
<td>Other ethnic group</td>
<td>26.2%</td>
</tr>
<tr>
<td>No limiting impairments</td>
<td>20.5%</td>
</tr>
<tr>
<td>3 or more impairments</td>
<td>48.1%</td>
</tr>
</tbody>
</table>

Inequalities in participation:

- Low socio-economic status:
  - NS-SEC 8: 39.4%
  - NS-SEC 1-2: 16.2%
- Males: 23.6%
- Females: 25.3%
- Other: 42%
- White British: 23.2%
- Black: 29.5%
- Asian (excl Chinese): 33.3%
- Other ethnic group: 26.2%
- No limiting impairments: 20.5%
- 3 or more impairments: 48.1%

Be part of it!
Carlisle Headline Statistics for Sport & Physical Activity 2020 - Children & Young People

**Childhood Obesity**

- Starting primary school: 25.5% of children aged 4-5 are overweight or obese in Carlisle, compared to 22.6% in England.
- Leaving primary school: 33.3% of children aged 10-11 are overweight or obese in Carlisle, compared to 34.3% in England.

*(Active Lives Survey CYP 2, 2019)*

**Sport and Physical Activity Levels**

- At school: 62.3% in Carlisle compared to 59.6% in England.
- Outside school: 48.9% in Carlisle compared to 42.8% in England.

*(Actively Lives Survey CYP 2, 2019)*

**Volunteered** to support sport and physical activity at least twice in the last twelve months.

- Overall years 5–11 (ages 9-16): 31.7% compared to England 38%.

*(Active Lives Survey CYP 2, 2019)*

5,400 children and young people in Carlisle are meeting the new Chief Medical Officers recommendations of doing an average of 60 minutes activity every day = 42.5% compared to 46.8% in England.

*(Active Lives Survey CYP 2, 2019)*

**Key Findings**

1. More physically literate children and young people are more likely to be active. Physical literacy has four elements – motivation (measured through enjoyment), confidence, competence and knowledge and understanding. The more elements present, the more active a child or young person is likely to be.
2. Physical literacy changes with age, as they grow older, they report lower levels of enjoyment, confidence, competence and understanding.
3. There are important inequalities that must be tackled.
4. More physically literate children and young people are happier, more resilient and more trusting of other children and young people.

*(Active Lives Survey CYP Attitudes 1, 2019)*

**Inequalities in participation - less active every day**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Family Affluence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boy</td>
<td>Low affluence: 35.2%  Medium affluence: 29.4%  High affluence: 22.0%</td>
</tr>
<tr>
<td>Girl</td>
<td>Low affluence: 30.2%  Medium affluence: 29.4%  High affluence: 22.0%</td>
</tr>
<tr>
<td>Other</td>
<td>Low affluence: 31.3%  Medium affluence: 29.4%  High affluence: 22.0%</td>
</tr>
</tbody>
</table>

*(Active Lives Survey CYP 2, 2019)*

**Ethnicity**

- White British: 26.8% inactive
- Asian: 35.1% inactive
- Black: 33.9% inactive

*(Active Lives Survey CYP 2, 2019)*

**Disability**

Children and young people in years 3-11 (ages 7-16) with a disability or long term health condition are more likely to be less active than those without.

*(Active Lives Survey CYP 2, 2019)*