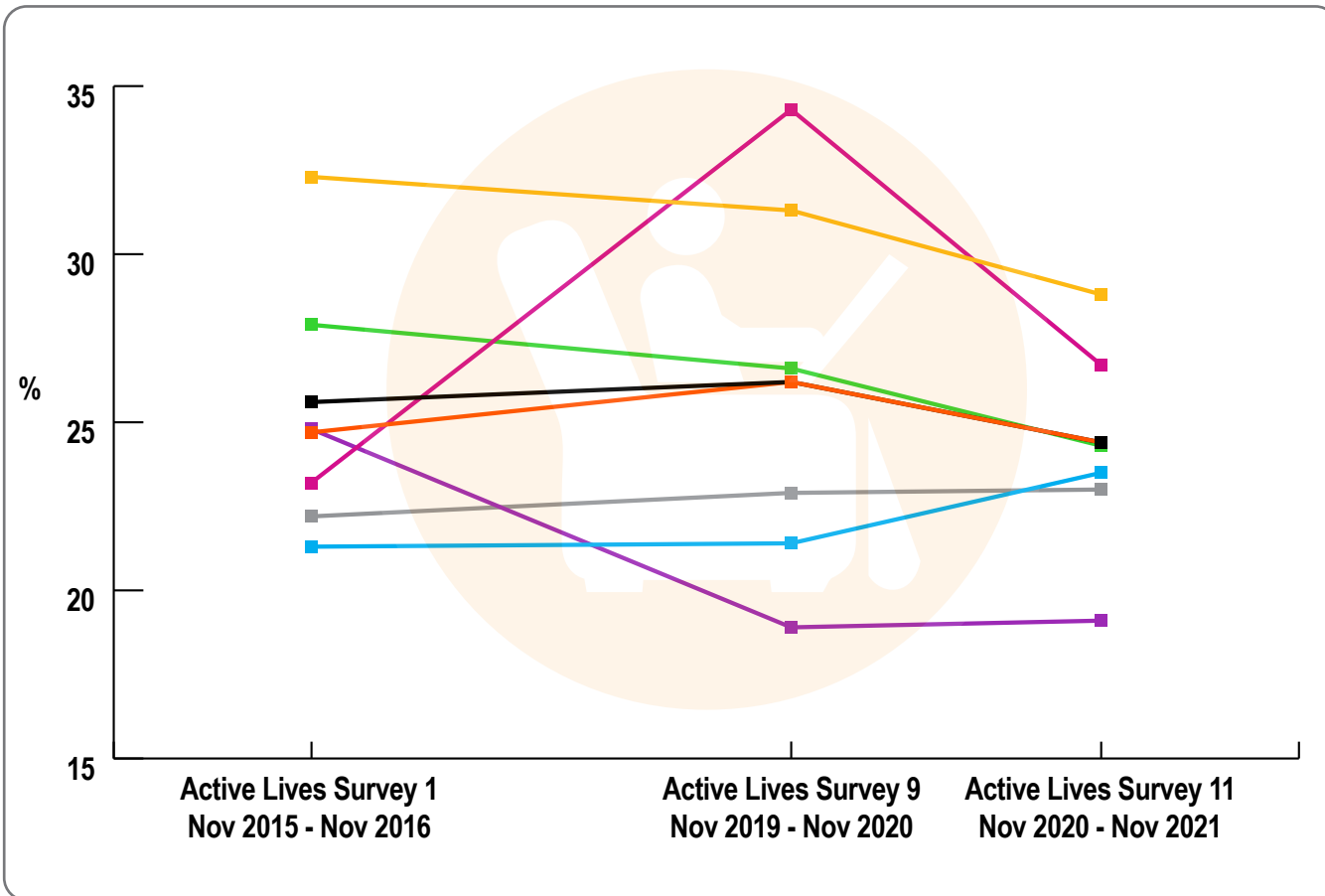


Active Lives Survey 2022 - Data and comparisons - Inactive (<30 mins a week)



Sport & Physical Activity Levels (Adults Aged 16+)



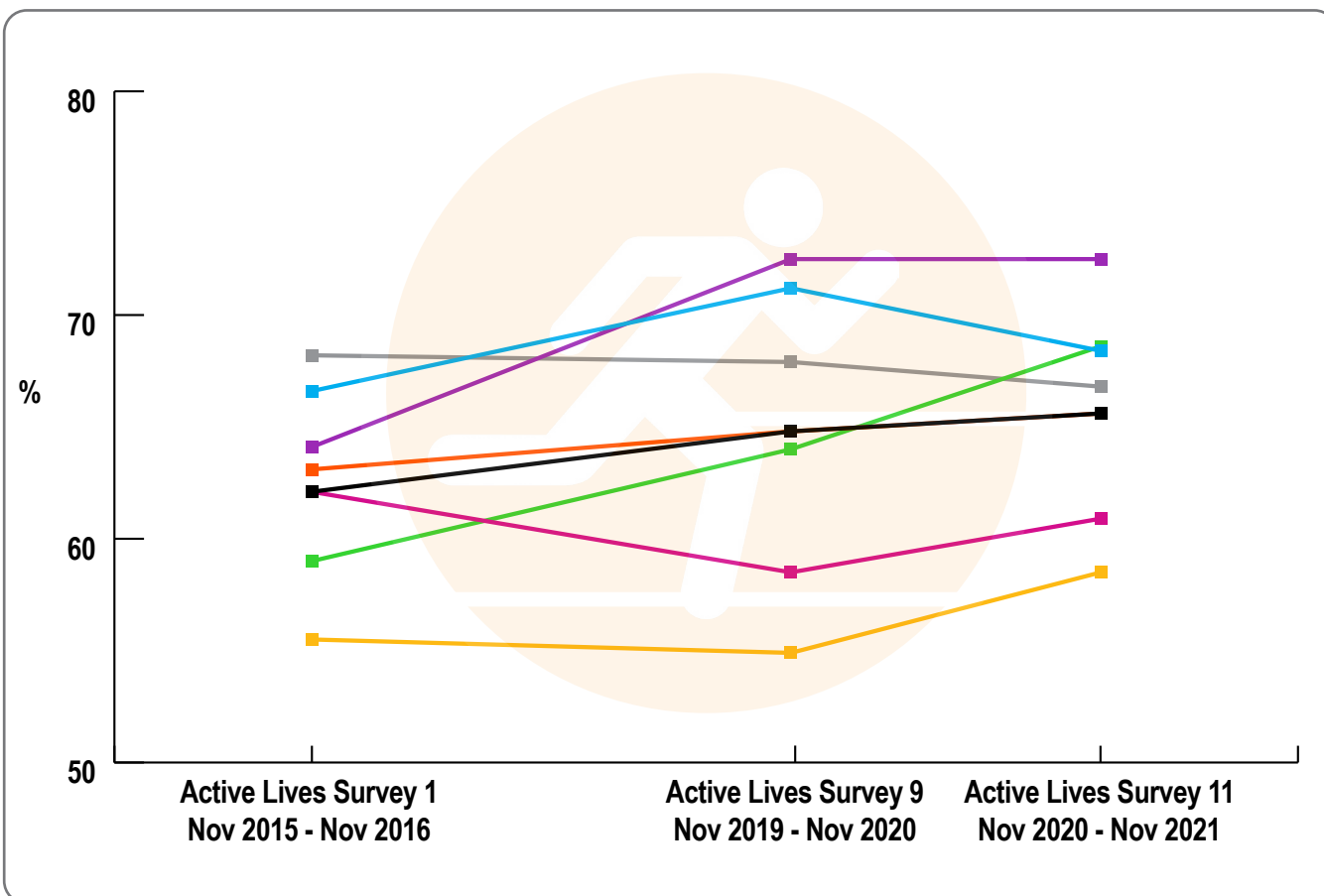
Area	Comparison to previous 12 months ALS 11 to ALS 9	Comparison to baseline ALS 11 to ALS 1
England	-1.8%	-1.2%
Cumbria	▼ -1.8%	▼ -0.3%
Allerdale	▲ 2.1%	▲ 2.2%
Barrow	▼ -2.5%	▼ -3.5%
Carlisle	▼ -7.6%	▲ 3.5%
Copeland	▼ -2.3%	▼ -3.6%
Eden	▲ 0.2%	▼ -5.7%
South Lakeland	▲ 0.1%	▲ 0.8%

Be part of it!

Active Lives Survey 2022 - Data and comparisons - Active (150+ mins a week)



Sport & Physical Activity Levels (Adults Aged 16+)



Area	Comparison to previous 12 months ALS 11 to ALS 9	Comparison to baseline ALS 11 to ALS 1
England	0.8%	3.5%
Cumbria	▲ 0.8%	▲ 2.5%
Allerdale	▼ -2.8%	▲ 1.8%
Barrow	▲ 3.6%	▲ 3.0%
Carlisle	▲ 2.4%	▼ -1.2%
Copeland	▲ 4.6%	▲ 9.6%
Eden	◀▶ 0.0%	▲ 8.4%
South Lakeland	▼ -1.1%	▼ -1.4%

Be part of it!