

# Eden Headline Statistics for Sport & Physical Activity 2018

# 1 in 6

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



(Sport England, 2016)

Health cost of inactivity to Eden is **£1,000,000** every year

(Sport England Local Sport Profiles)

**23.9%**

of children aged 4-5



**34.8%**

of children aged 10-11



**65%**

of adults 18+



**are overweight or obese in Eden**

(PHE Public Health Profiles)



# 1 in 4

will experience a mental health problem this year

(Mental Health Foundation, 2017)

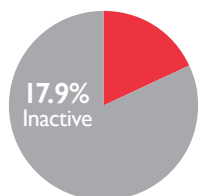


# 25

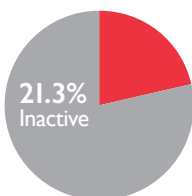
deaths could be prevented each year if 75% of the adult population aged 40-75 in Eden met Chief Medical Officer Guidelines

(Sport England Local Sport Profiles)

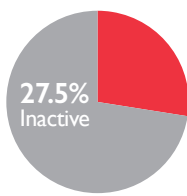
## Inequalities in participation



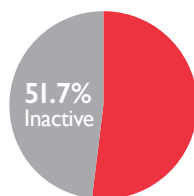
16-34



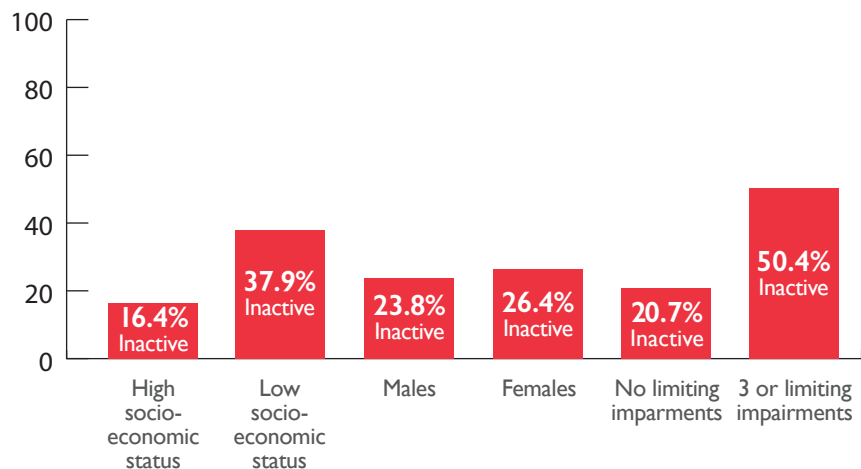
35-54



55-74



75+



(Active Lives Survey 4, 2018)



of people in Eden have taken part in sport and physical activity at least twice in the last 28 days



(Active Lives Survey 4, 2018)

**23.4%** of people (16+) in Eden are **inactive** = **10,500** people

(Active Lives Survey 4, 2018)

**63.6%** of people (16+) in Eden are **active** = **28,400** people are happier, healthier and stronger

(Active Lives Survey 4, 2018)

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



England **13.9%**  
Cumbria **16.6%**  
Eden **17.3%**

(Active Lives Survey 4, 2018)

**85.6%** of adults in Eden and **83.1%** of adults in England **do not** cycle at least once per month



(DoT Walking and Cycling Statistics 2016-17 Table CW0303)



**21.7%** of adults in Eden and **21.6%** of adults in England **do not** walk for 10 minutes at least once a month

(DoT Walking and Cycling Statistics 2016-17 Table CW0303)