

# Allerdale 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 Allerdale is **£1,700,000** every year

(Sport England Local Sport Profiles)

**27.8%**

of children aged 4-5



**38.7%**

of children aged 10-11



**64.7%**

of adults 18+



**are overweight or obese in Allerdale**

(PHE Public Health Profiles)



## 1 in 4

will experience a mental health problem this year

(Mental Health Foundation, 2017)

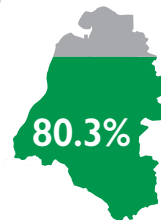
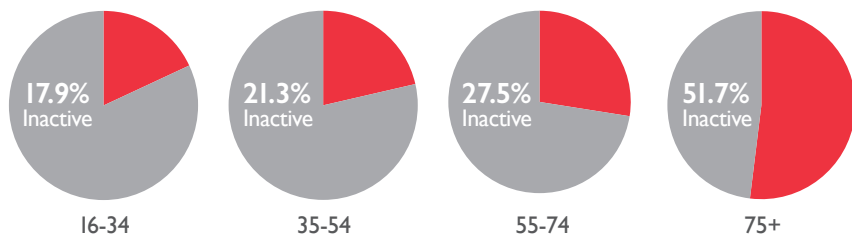


# 58

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

(Sport England Local Sport Profiles)

## Inequalities in participation



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



(Active Lives Survey 4, 2018)

**23.2%** of people (16+) in Allerdale are **inactive**

**18,900** people



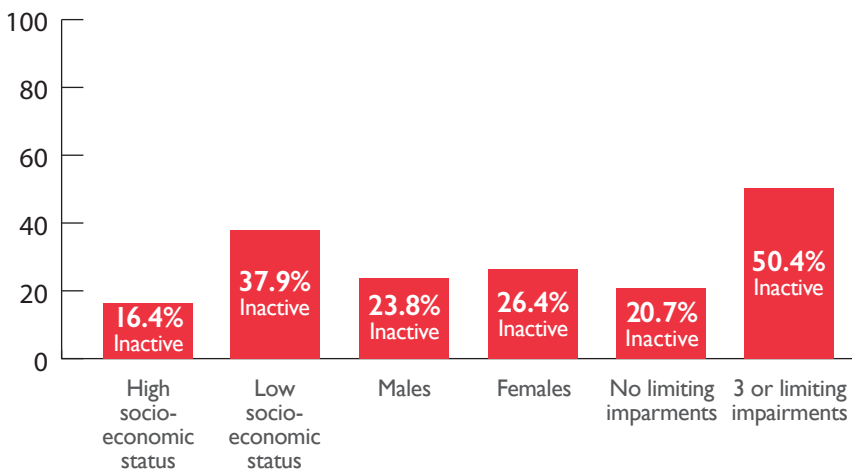
(Active Lives Survey 4, 2018)

**64.7%** of people (16+) in Allerdale are **active**

**52,500** people are happier, healthier and stronger



(Active Lives Survey 4, 2018)



(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%**  
Allerdale **15.7%**

(Active Lives Survey 4, 2018)

**83.5%** of adults in Allerdale and **83.1%** of adults in England **do not** cycle at least once per month



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



**16%** of adults in Allerdale 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)