

Copeland Headline Statistics for Sport & Physical Activity 2018

1 in 6

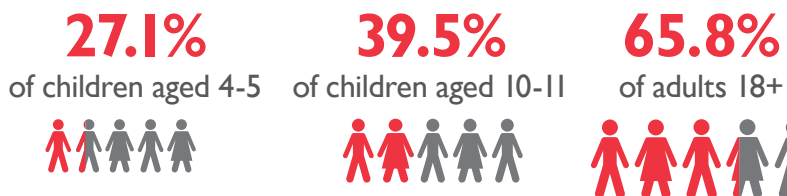
adults in the UK die a year as a result of being inactive



(Sport England, 2016)

Health cost of inactivity to Copeland is **£1,300,000** every year

(Sport England Local Sport Profiles)



are overweight or obese in Copeland

(PHE Public Health Profiles)



1 in 4

will experience a mental health problem this year

(Mental Health Foundation, 2017)

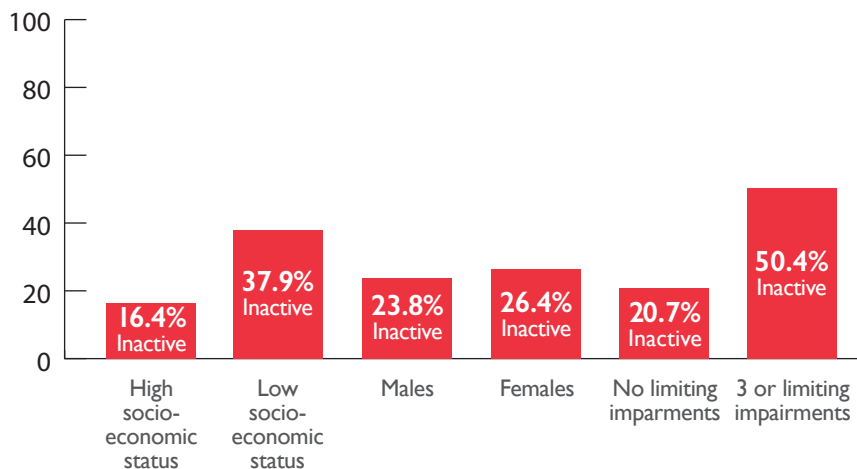
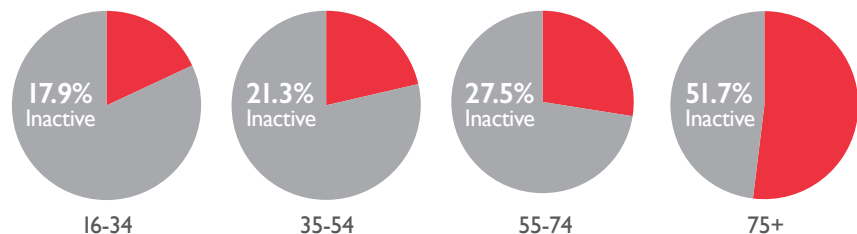


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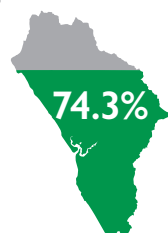
deaths could be prevented each year if 75% of the adult population aged 40-75 in Copeland met Chief Medical Officer Guidelines

(Sport England Local Sport Profiles)

Inequalities in participation



(Active Lives Survey 4, 2018)



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



(Active Lives Survey 4, 2018)

27.2% of people (16+) in Copeland are **inactive** = **15,500** people

(Active Lives Survey 4, 2018)

60.9% of people (16+) in Copeland are **active** = **34,800** 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%**
Copeland **17.6%**

(Active Lives Survey 4, 2018)

84% of adults in Copeland and **83.1%** of adults in England **do not** cycle at least once per month



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



23.4% of adults in Copeland 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)