

Cumbria Headline Statistics for Sport & Physical Activity 2023-24 | Adults

24.0%
of people (16+)
in Cumbria are
inactive

=

101,400
people



compared to **25.7%** in England

67.5%
of people (16+)
in Cumbria are
active

=

285,700
people are happier,
healthier
and stronger



compared to **63.4%** in England

**Volunteered at least once
in the previous 12 months**
to support sport and physical
activity across various roles.

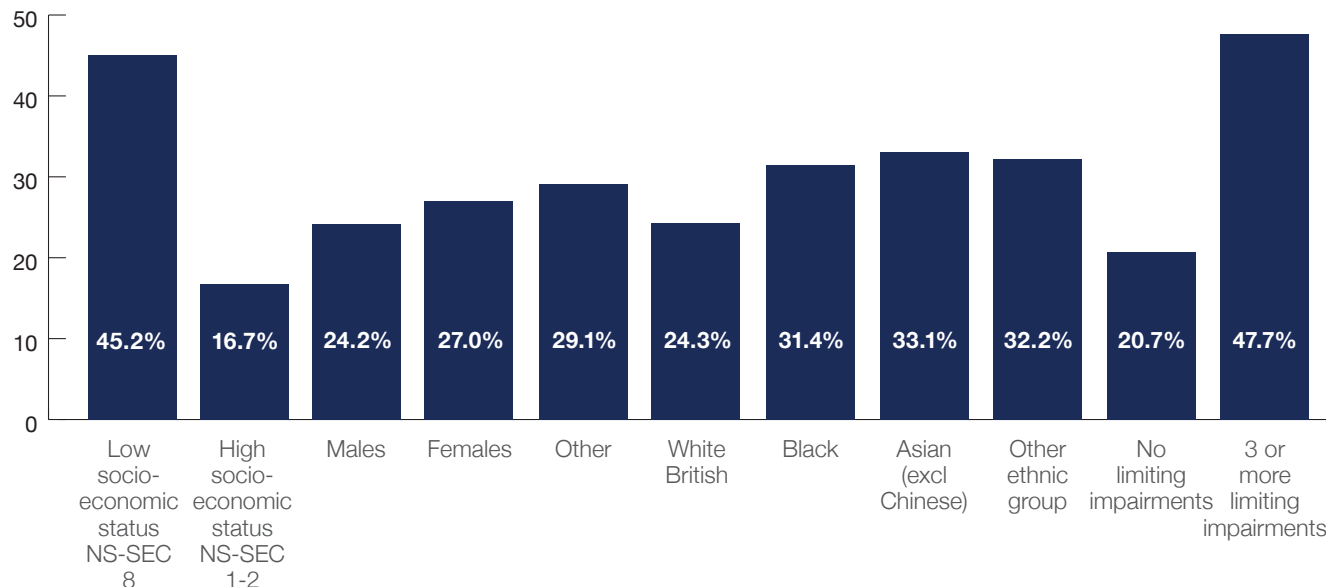
Cumbria 24.2%



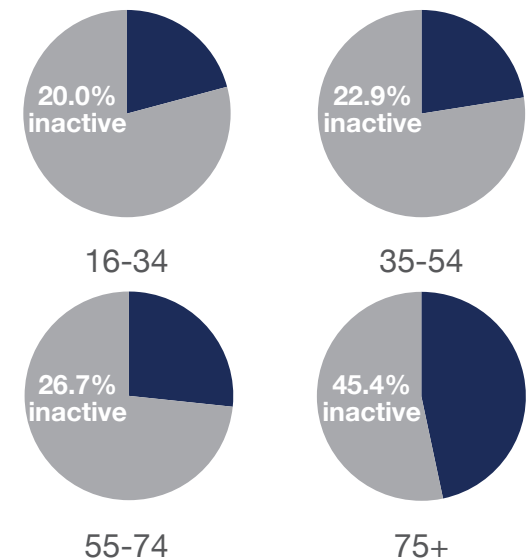
compared to **21.5%** in England

Inequalities in participation

Inactive



Inactivity increases with age



(All data from Active Lives Survey 13)

Cumbria Headline Statistics for Sport & Physical Activity 2023-24 | Children & Young People

Volunteered to support exercise and sports in the last year



Overall years 5-11
50.0% compared to England 46.9%

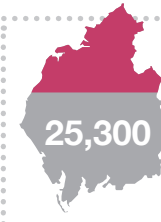
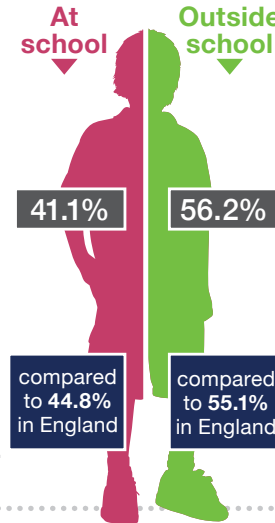
Key Findings

- 1 There has been little movement over the last two years, with activity levels, volunteering and positive attitudes all remaining unchanged.
- 2 There are clear inequalities in sport and physical activity engagement. Children and young people with 2+ characteristics of inequality are the least active, least likely to volunteer and have the lowest levels of positive attitudes and wider outcomes.
- 3 We continue to see a positive association between activity levels and mental wellbeing.
- 4 The % of CYP regarded as being active in Cumbria as a whole has increased by 0.2% to 44.6% during the last 12 month period and is now 3.2% below the national average.

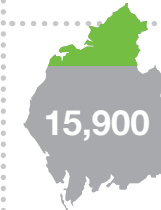


Sport and Physical Activity Levels

The percentage of children that are meeting the new Chief Medical Officers recommendations of 30 minutes of their daily physical activity through the school day and 30 minutes outside of school.



children and young people in Cumbria are meeting the new Chief Medical Officers recommendations of doing an average of 60 minutes activity every day = 44.6% compared to 47.8% in England



children and young people in Cumbria are doing an average of less than 30 minutes of activity every day = 27.9% compared to 29.6% in England

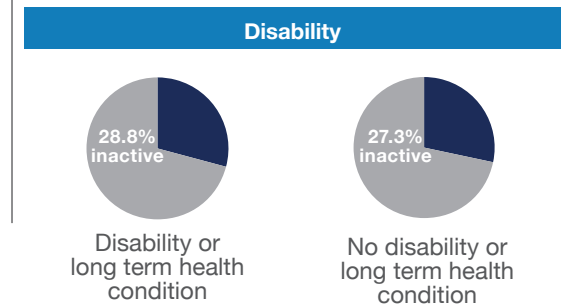
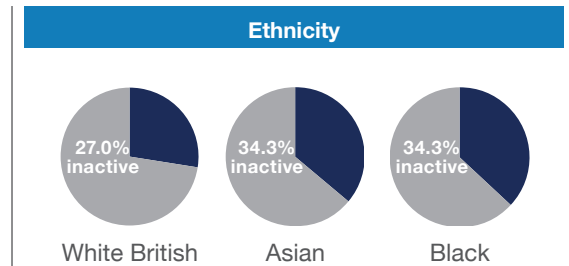
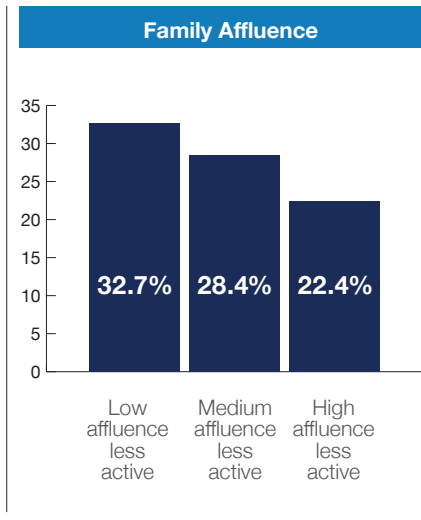
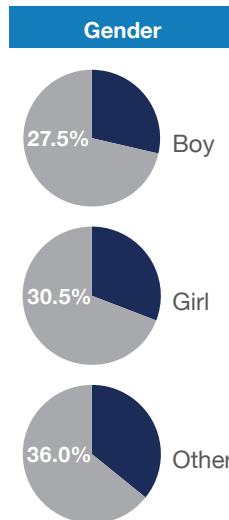


60.5% of children in Cumbria can swim 25m unaided



compared to 57.6% in England

Inequalities in participation - less active every day



(Data from Active Lives Survey 2022-2023 and 2023-2024)