

Cumbria Headline Statistics for Sport & Physical Activity 2023 - 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.

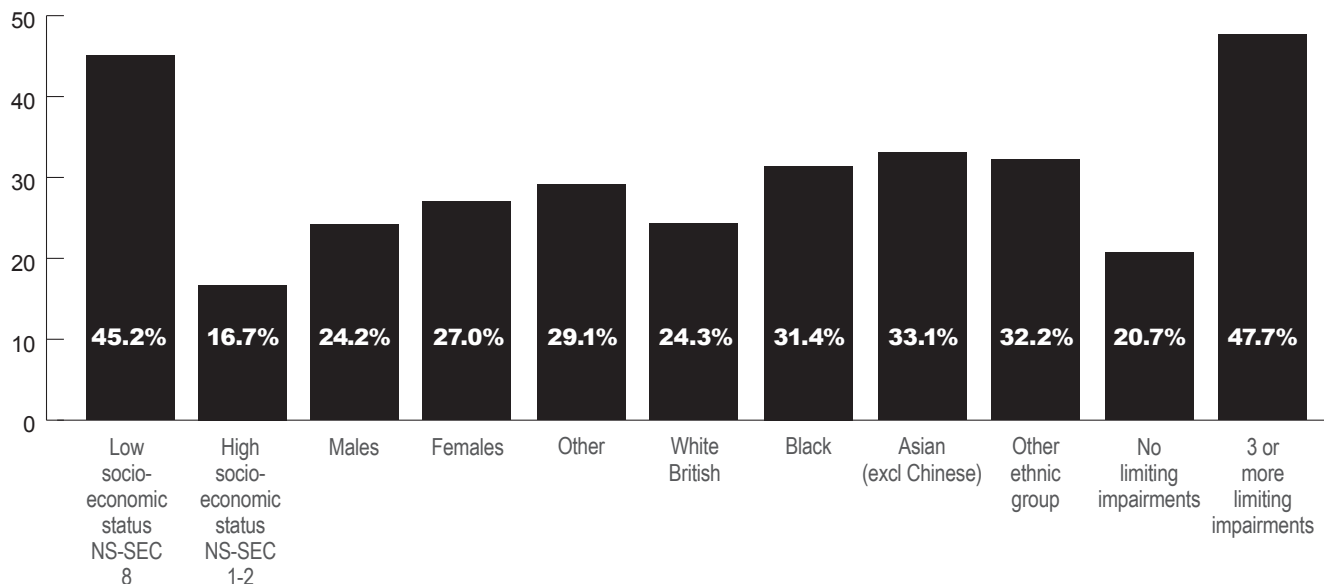
Cumbria **24.2%**



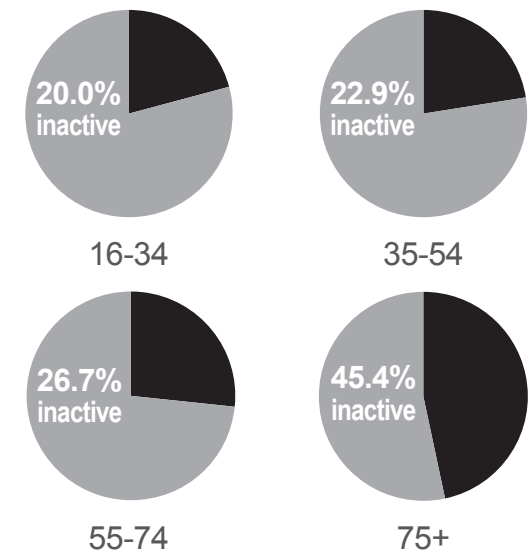
compared to **21.5%** in England

Inequalities in participation

Inactive



Inactivity increases with age



(All data from Active Lives Survey 13)

Be part of it!

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

Volunteered to support sport and physical activity **twice in the last 12 months**



Overall years 5-11
33.8% compared to England **32.7%**

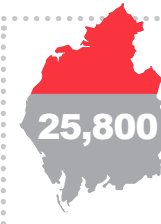
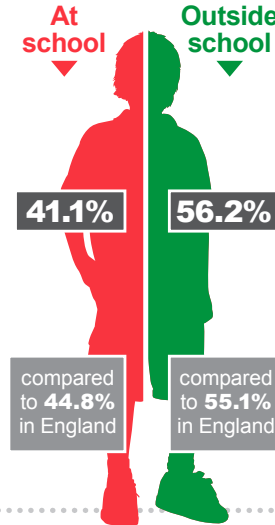
Key Findings

- Nationally, activity levels remain unchanged compared to 12 months ago, although they're up compared to 5 years ago.
- Physical literacy (as measured by positive attitudes) continues to recover but remains down compared to 5 years ago.
- We continue to see a positive association between activity levels and mental wellbeing.
- The % of CYP regarded as being active in Cumbria as a whole have fallen by 4.2% to 44.4% during the last 12 month period and are now 2.6% below the national average.
- Volunteering levels have shown a significant increase in Cumbria in the last 12 months, up 8.5% from last year to 33.8%, above the national average of 32.7%.



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 = 44.4%** compared to **47.0%** in England



children and young people in Cumbria are **doing an average of less than 30 minutes of activity every day = 31.9%** compared to **30.2%** in England

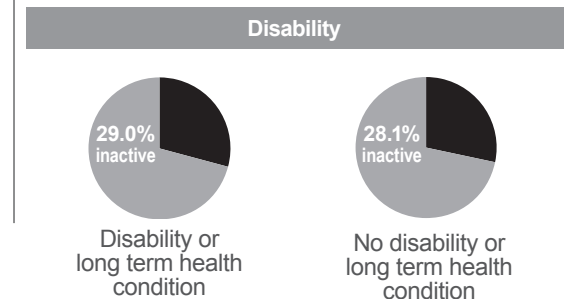
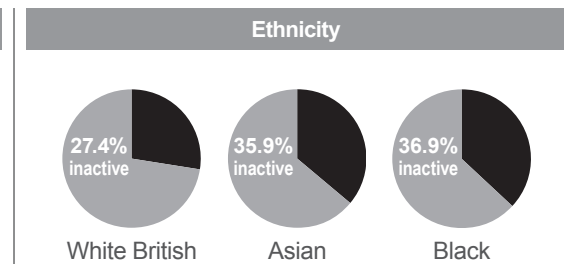
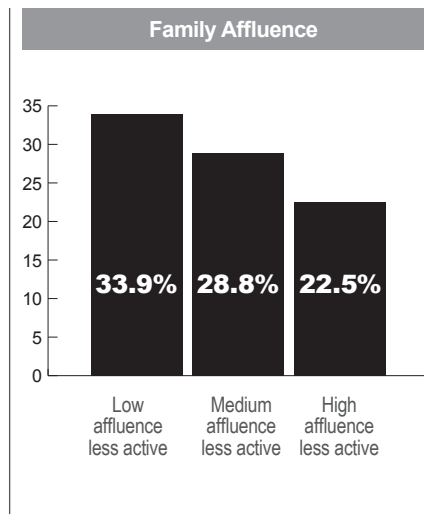
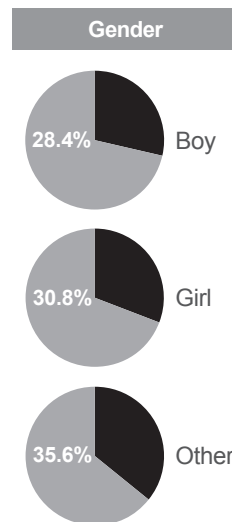


60.5% of children in Cumbria **can swim 25m** unaided



compared to **57.6%** in England

Inequalities in participation - less active every day



(Data from Active Lives Survey 2021-2022 and 2022-2023)

Be part of it!

