

# Westmorland & Furness Headline Statistics for Sport & Physical Activity 2023-24 | Adults

**22.2%**  
of people (16+) in  
Westmorland & Furness are  
**inactive**

= **42,900**  
people



compared to **25.7%** in England

**69.9%**  
of people (16+) in  
Westmorland & Furness are  
**active**

= **135,300**  
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.

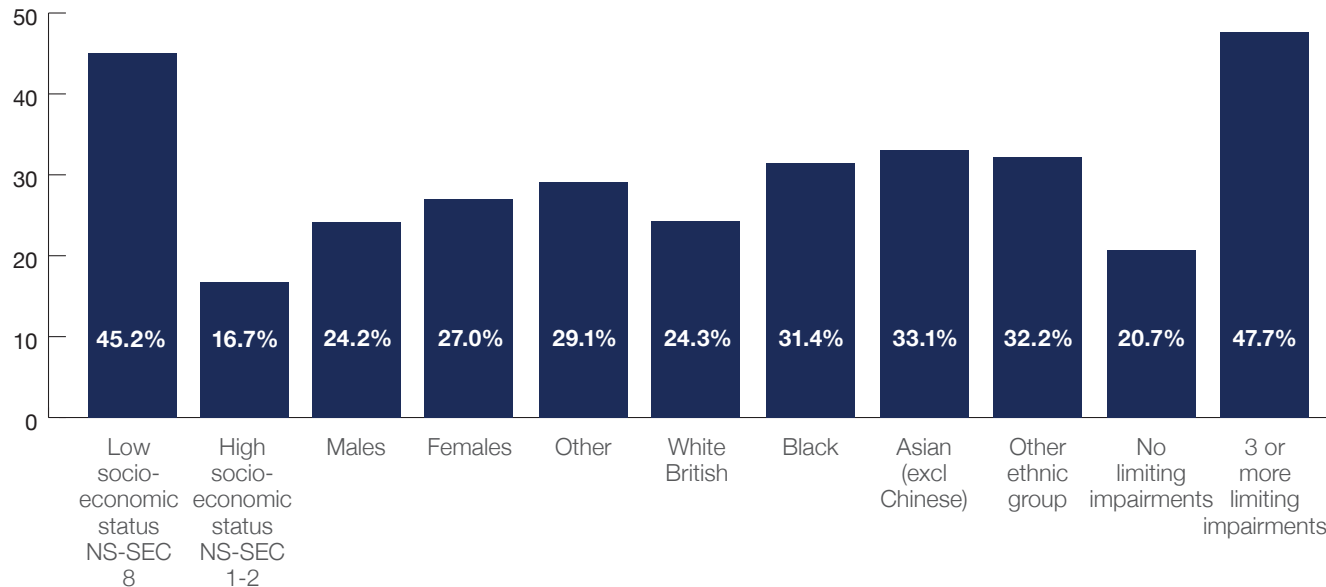
Westmorland & Furness **28.1%**



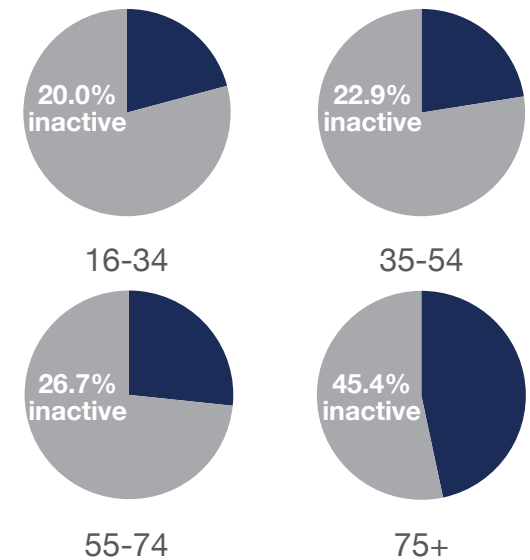
compared to **21.5%** in England

## Inequalities in participation

### Inactive



### Inactivity increases with age



(All data from Active Lives Survey 13)

Be part of it!



# Westmorland & Furness 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  
48.6% compared to England 46.9%

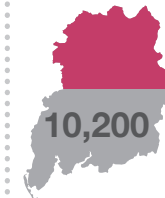
## Key Findings

- 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 inactive in Westmorland & Furness has reduced by 1.7% compared to last academic year to 27.8%, and this figure is below the national average of 29.6%.



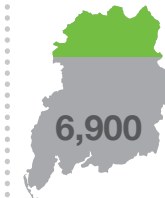
## Sport and Physical Activity Levels

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 Westmorland & Furness are meeting the new Chief Medical Officers recommendations of doing an average of 60 minutes activity every day = 41.1%

compared to 47.8% in England



children and young people in Westmorland & Furness are doing an average of less than 30 minutes of activity every day = 27.8%

compared to 29.6% in England

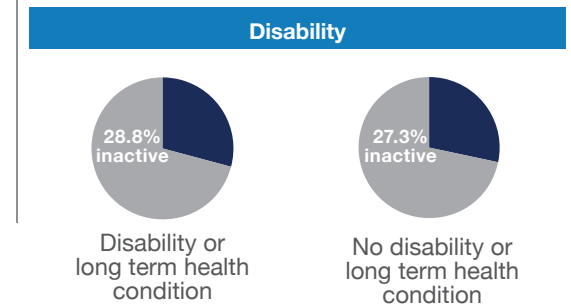
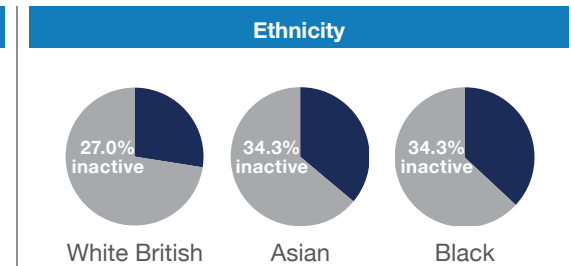
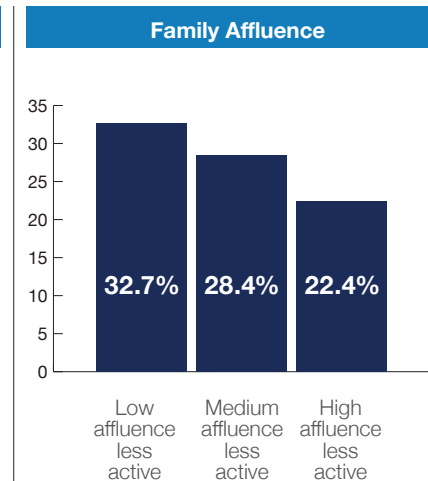
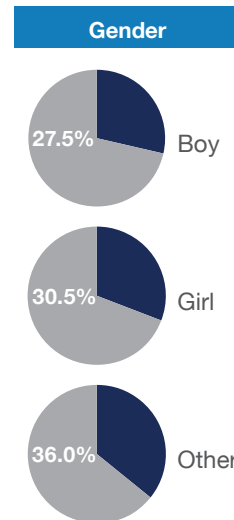


67.1% of children in Westmorland & Furness can swim 25m unaided



compared to 57.6% in England

## Inequalities in participation - less active every day



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

Be part of it!

