**South Lakeland Headline Statistics for Sport & Physical Activity 2020 - Adults**

- **1 in 6** adults in the UK die a year as a result of being inactive.
  - (Sport England, 2016)

- **20.6%** of people (16+) in South Lakeland are **inactive** compared to **24.6%** in England.
  - (Active Lives Survey 7, 2020)

- **Health cost of inactivity to South Lakeland is £1,900,000 every year**.
  - (Sport England Local Sport Profiles)

- **70.9%** of people (16+) in South Lakeland are **active** compared to **63.3%** in England.
  - (Active Lives Survey 7, 2020)

- **52.5%** of adults 18+ are **overweight or obese** in South Lakeland compared to **62.0%** in England.
  - (PHE Public Health Profiles 2017/18)

- **1 in 4** will experience a mental health problem this year compared to **83.9%** in England.
  - (Mental Health Foundation, 2017)

- **83.6%** of adults in South Lakeland **do not** cycle at least once per month compared to **83.9%** in England.
  - (DoT Walking and Cycling Statistics 2017-18)

- **17.6%** of adults in South Lakeland **do not** walk for 10 minutes at least once a month compared to **21.8%** in England.
  - (DoT Walking and Cycling Statistics 2017-18)

- **55** deaths could be prevented each year if 75.0% of the adult population aged 40-75 in South Lakeland met Chief Medical Officer Guidelines.

**Inequalities in participation**

<table>
<thead>
<tr>
<th>Status</th>
<th>Male (%)</th>
<th>Female (%)</th>
<th>Other (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low socio-economic status</td>
<td>39.4</td>
<td>16.2</td>
<td>23.6</td>
</tr>
<tr>
<td>High socio-economic status</td>
<td>16.2</td>
<td>16.2</td>
<td>23.6</td>
</tr>
<tr>
<td>Gender</td>
<td>Males</td>
<td>Females</td>
<td>Other</td>
</tr>
<tr>
<td>Male</td>
<td>39.4</td>
<td>23.6</td>
<td>25.3</td>
</tr>
<tr>
<td>Female</td>
<td>16.2</td>
<td>23.6</td>
<td>25.3</td>
</tr>
<tr>
<td>Ethnicity</td>
<td>White</td>
<td>Black</td>
<td>Other</td>
</tr>
<tr>
<td>British</td>
<td>39.4</td>
<td>23.6</td>
<td>25.3</td>
</tr>
<tr>
<td>Black</td>
<td>16.2</td>
<td>16.2</td>
<td>23.6</td>
</tr>
<tr>
<td>Other ethnic group</td>
<td>16.2</td>
<td>16.2</td>
<td>23.6</td>
</tr>
<tr>
<td>NS-SEC 1-2</td>
<td>39.4</td>
<td>16.2</td>
<td>23.6</td>
</tr>
<tr>
<td>NS-SEC 8</td>
<td>16.2</td>
<td>16.2</td>
<td>23.6</td>
</tr>
<tr>
<td>NS-SEC 1-2</td>
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<td>NS-SEC 8</td>
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<td>23.6</td>
</tr>
</tbody>
</table>

- People who **volunteered** to support sport & physical activity **at least twice** in the past year.
  - South Lakeland **24.0%**
    - compared to **13.4%** in England.
  - (Active Lives Survey 7, 2020)

- **63,200** people are happier, healthier and stronger.
  - (Sport England Local Sport Profiles)

- **£1,900,000** is the health cost of inactivity to South Lakeland every year.
  - (Sport England Local Sport Profiles)

- 55 deaths could be prevented each year if 75.0% of the adult population aged 40-75 in South Lakeland met Chief Medical Officer Guidelines.

Be part of it!
South Lakeland Headline Statistics for Sport & Physical Activity 2020 - Children & Young People

### Childhood Obesity

<table>
<thead>
<tr>
<th>Starting primary school</th>
<th>Leaving primary school</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>23.7%</strong></td>
<td><strong>22.6%</strong></td>
</tr>
<tr>
<td>of children aged 4-5</td>
<td>of children aged 4-5</td>
</tr>
</tbody>
</table>

**are overweight or obese** in South Lakeland compared to **29.0%** in England

(National Childhood Measurement Programme 2018/19)

### Sport and Physical Activity Levels

<table>
<thead>
<tr>
<th>At school</th>
<th>Outside school</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>55.7%</strong></td>
<td><strong>37.2%</strong></td>
</tr>
</tbody>
</table>

### Inequalities in participation - less active every day

#### Gender

- **27.2%** Boy
- **30.2%** Girl
- **31.3%** Other

#### Family Affluence

- **35.2%** Low affluence less active
- **29.4%** Medium affluence less active
- **22.0%** High affluence less active

#### Ethnicity

- **26.8%** White British inactive
- **35.1%** Asian inactive
- **33.9%** Black inactive

#### Disability

Children and young people in years 3-11 (ages 7-16) with a disability or long term health condition are more likely to be less active than those without

(Active Lives Survey CYP 2, 2019)

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Key Findings

1. More physically literate children and young people are more likely to be active. Physical literacy has four elements – motivation (measured through enjoyment), confidence, competence and knowledge and understanding. The more elements present, the more active a child or young person is likely to be.
2. Physical literacy changes with age, as they grow older, they report lower levels of enjoyment, confidence, competence and understanding.
3. There are important inequalities that must be tackled.
4. More physically literate children and young people are happier, more resilient and more trusting of other children and young people.

(Active Lives Survey CYP Attitudes 1, 2019)