

# South Lakeland 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 South Lakeland is **£1,900,000** every year

(Sport England Local Sport Profiles)

**25.4%**

of children aged 4-5



**30.3%**

of children aged 10-11



**56.3%**

of adults 18+



**are overweight or obese in South Lakeland**

(PHE Public Health Profiles)



**1 in 4**

will experience a mental health problem this year

(Mental Health Foundation, 2017)

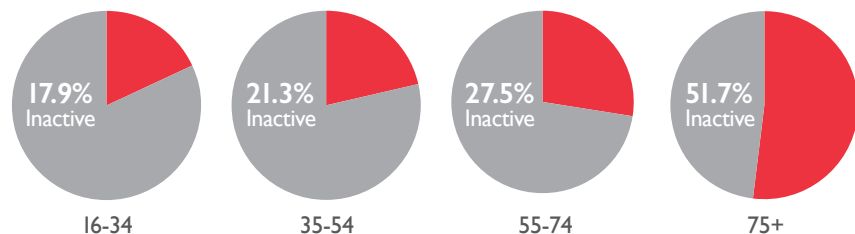


**55**

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

(Sport England Local Sport Profiles)

## Inequalities in participation



**82.4%** of people in South Lakeland have taken part in sport and physical activity at least twice in the last 28 days



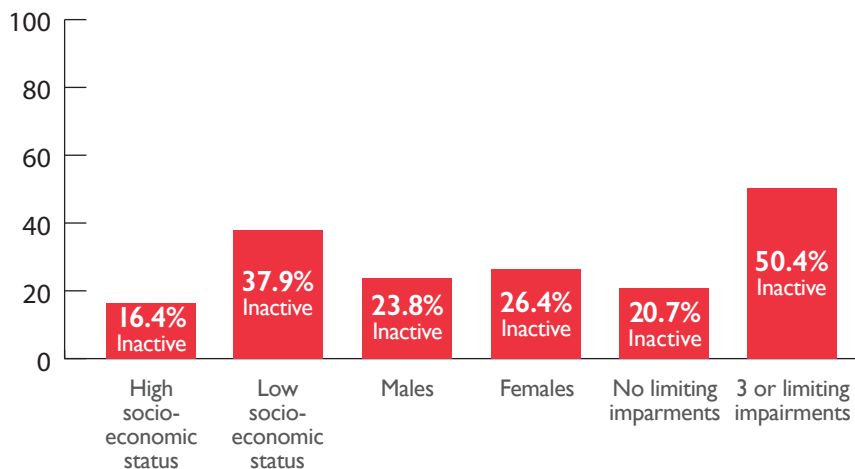
(Active Lives Survey 4, 2018)

**20.8%** of people (16+) in South Lakeland are **inactive** = **18,400** people

(Active Lives Survey 4, 2018)

**69.5%** of people (16+) in South Lakeland are **active** = **61,700** people are happier, healthier and stronger

(Active Lives Survey 4, 2018)



(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%**  
South Lakeland **18.9%**

(Active Lives Survey 4, 2018)

**77.2%** of adults in South Lakeland and **83.1%** of adults in England **do not** cycle at least once per month



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



**19%** of adults in South Lakeland 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)