Cumbria Headline Statistics for Sport & Physical Activity 2020 - Adults

1 in 6 adults in the UK die a year as a result of being inactive

24.2% of people (16+) in Cumbria are inactive

64.8% of people (16+) in Cumbria are active

24.6% in England

62.6% of adults 18+ are overweight or obese in Cumbria

62.0% in England

1 in 4 will experience a mental health problem this year

85.2% of adults in Cumbria do not cycle at least once per month

83.9% in England

Inactivity increases with age

20.9% of adults in Cumbria do not walk for 10 minutes at least once a month

21.8% in England

Health cost of inactivity to Cumbria is £9,100,000 every year

287 deaths could be prevented each year if 75.0% of the adult population aged 40-75 in Cumbria met Chief Medical Officer Guidelines

64.8% of people (16+) in Cumbria are active

270,000 people are happier, healthier and stronger

(Active Lives Survey 7, 2020)

(DoT Walking and Cycling Statistics 2017-18)

85.2% of adults in Cumbria do not cycle at least once per month

83.9% in England

People who volunteered to support sport & physical activity at least twice in the past year

Cumbria 17.6%

compared to 13.4% in England

(Active Lives Survey 7, 2020)

(DoT Walking and Cycling Statistics 2017-18)
Cumbria 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>
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</thead>
<tbody>
<tr>
<td>25.6% of children aged 4-5</td>
<td>22.6% of children aged 4-5</td>
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<tr>
<td>compared to</td>
<td>compared to</td>
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<tr>
<td>are overweight or obese in Cumbria</td>
<td>are overweight or obese in England</td>
</tr>
</tbody>
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(National Childhood Measurement Programme 2018/19)

**Sport and Physical Activity Levels**

- **At school**
  - Overall years 5–11 (ages 9-16)
  - 33.8% compared to 38% in England

- **Outside school**
  - 63.2%
  - 46.2%

**Volunteered** to support sport and physical activity at least twice in the last twelve months

- Overall years 5–11 (ages 9-16)
  - 33.8% compared to England 38%

**Gender**

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

**Family Affluence**

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

**Ethnicity**

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

**Inequalities in participation - less active every day**

- 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

**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)