Barrow Headline Statistics for Sport & Physical Activity 2020 - Adults

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

Health cost of inactivity to Barrow is £1,300,000 every year.

24.2% of people (16+) in Barrow are inactive,
compared to 24.6% in England.

63.9% of people (16+) in Barrow are active,
compared to 63.3% in England.

67.4% of adults 18+ are overweight or obese in Barrow,
compared to 62.0% in England.

1 in 4 will experience a mental health problem this year.
85.1% of adults in Barrow do not cycle at least once per month.

Inequalities in participation

Inactivity increases with age

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

24.4% of adults in Barrow do not walk for 10 minutes at least once a month.

Inactivity increases with age:

- Low socio-economic status NS-SEC 8: 39.4%
- High socio-economic status NS-SEC 1-2: 16.2%
- Males: 23.6%
- Females: 25.3%
- Other: 42%
- White British: 23.2%
- Black: 29.5%
- Asian (excl Chinese): 33.3%
- Other ethnic group: 26.2%
- No limiting impairments: 20.5%
- 3 or more limiting impairments: 48.1%

Compared to 13.4% in England.

Mental health:

1 in 4 Barrow residents will experience a mental health problem this year.

Barrow 18.7% compared to 24.6% in England.

Overweight or obese Barrow: 67.4% compared to 62.0% in England.

Health cost of inactivity:

£1,300,000 every year.

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

85.1% of adults in Barrow are active.


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


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

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.

Inequalities in participation - less active every day

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

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.