Eden 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 Eden is £1,000,000 every year

24.8% of people (16+) in Eden are inactive

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

compared to 24.6% in England

compared to 63.3% in England

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

Eden 20.4%

compared to 13.4% in England

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

61.5% of adults 18+ are overweight or obese in Eden

compared to 62.0% in England

Inequalities in participation

Inactivity increases with age

16.6% of adults in Eden do not walk for 10 minutes at least once a month

compared to 21.8% in England

(Active Lives Survey 7, 2020)

(Mental Health Foundation, 2017)

(DoT Walking and Cycling Statistics 2017-18)

(Sport England Local Sport Profiles)

(Sport England Local Sport Profiles)

(DoT Walking and Cycling Statistics 2017-18)
Eden 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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<tbody>
<tr>
<td>22.1% of children aged 4-5</td>
<td>22.6% of children aged 10-11</td>
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<tr>
<td>Compared to</td>
<td>Compared to</td>
</tr>
<tr>
<td>22.6% of children aged 4-5</td>
<td>31.2% of children aged 10-11</td>
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<tr>
<td>are overweight or obese in Eden</td>
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<td><strong>(National Childhood Measurement Programme 2018/19)</strong></td>
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The percentage of children that are not meeting the new Chief Medical Officers recommendations of doing an average of 60 minutes activity every day = 46.9% compared to 46.8% in England

- **Outside school**
  - 58.8% in England
  - 39.3% in England

- **At school**
  - 42.8% in England

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

- Overall years 5–11 (ages 9–16)
  - 41.9% compared to England 38%

**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

Be part of it!