

Cumbria 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 Cumbria is **£9,100,000** every year

(Sport England Local Sport Profiles)

26% of children aged 4-5
35.3% of children aged 10-11
62.4% of adults 18+



are overweight or obese in Cumbria

(PHE Public Health Profiles)



1 in 4

will experience a mental health problem this year

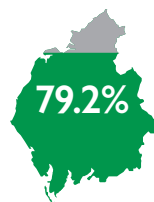
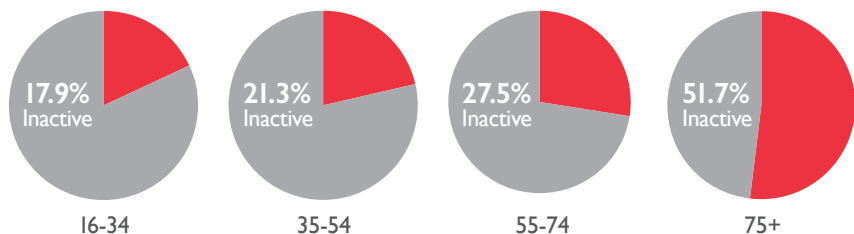
(Mental Health Foundation, 2017)

287

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

(Sport England Local Sport Profiles)

Inequalities in participation



of Cumbrians have taken part in sport and physical activity at least twice in the last 28 days



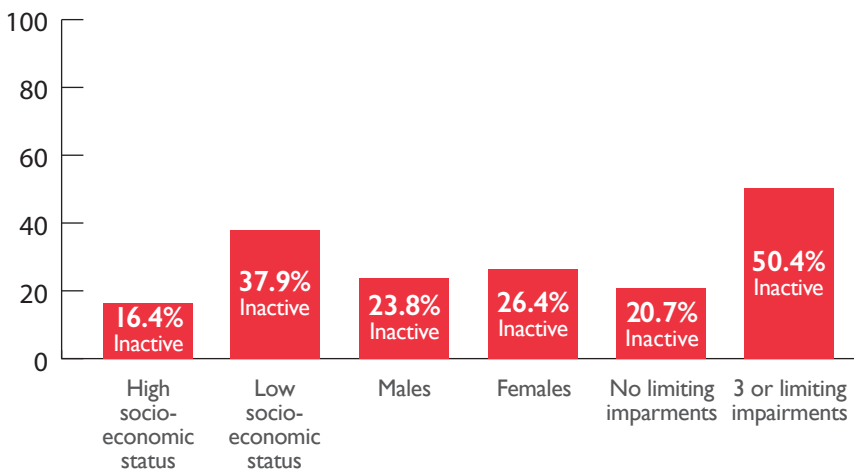
(Active Lives Survey 4, 2018)

23.7% of people (16+) in Cumbria are **inactive** = **98,700** people

(Active Lives Survey 4, 2018)

64.4% of people (16+) in Cumbria are **active** = **267,800** 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%

(Active Lives Survey 4, 2018)

82.1% of adults in Cumbria and **83.1%** of adults in England **do not** cycle at least once per month



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



19.8% of adults in Cumbria 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)