**The Active Lives Survey 3**

Active Lives survey looks at patterns of behaviour over a 12 month period. Some examples of what it measures includes walking, cycling for travel, and dance in addition to the sporting and fitness activities. The third Active Lives data was released on 22 March 2018, and presents data from the period November 2016 to November 2017. The fourth Active Lives data will be released in October 2018.

**Measure 1 – Sport & Physical Activity Levels (Adults Aged 16+)**

These are linked to the Chief Medical Officers guidelines on physical activity (excluding gardening). There are 3 measures as follows: -

* **Inactive** – less than 30 minutes per week moderate intensity physical activity
* **Fairly Active** – between 30 – 149 minutes per week moderate intensity physical activity
* **Active** – more than 150 minutes per week moderate intensity physical activity

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Area** |  | **Respondents** | **Inactive** **(<30 minutes per week)** | **Fairly Active** **(30-149 minutes per week)** | **Active** **(150+ minutes per week)** |
|  | **Population total** | **Rate**  | **Population total** | **Rate**  | **Population total** | **Rate**  |
| **England** | ALS2ALS3 | 214,284196,635 | 11,456,90011,485,300 | 25.6%25.7%⇧ | 6,179,6005,595,000 | 13.8%12.5%⇩ | 27,102,40027,658,700 | 60.6%61.8%⇧ |
| **North West** | ALS2ALS3 | 30,52027,560 | 1,561,2001,554,800 | 26.7%26.6%⇩ | 783,100702,700 | 13.4%12.0%⇩ | 3,508,1003,594,900 | 59.9%61.4%⇧ |
| **Cumbria** | ALS2ALS3 | 3,3002,953 | 101,80096,200 | 24.5%23.1%⇩ | 53,00044,600 | 12.7%10.7%⇩ | 261,200275,100 | 62.8%66.1%⇧ |
| **Allerdale** | ALS2ALS3 | 532496 | 18,20017,100 | 22.5%21.1%⇩ | 10,4008,400 | 12.9%10.4%⇩ | 52,40055,500 | 64.7%68.5%⇧ |
| **Barrow-in-Furness** | ALS2ALS3 | 528506 | 17,10015,500 | 30.9%28.0%⇩ | 6,9005,300 | 12.4%9.6%⇩ | 31,40034,600 | 56.7%62.4%⇧ |
| **Carlisle** | ALS2ALS3 | 558487 | 22,50019,200 | 25.2%21.5%⇩ | 11,90012,200 | 13.3%13.7%⇧ | 54,90057,900 | 61.5%64.8%⇧ |
| **Copeland** | ALS2ALS3 | 556485 | 16,60015,800 | 28.7%27.4%⇩ | 8,0006,300 | 13.8%10.9%⇩ | 33,10035,600 | 57.5%61.7%⇧ |
| **Eden**  | ALS2ALS3 | 556491 | 11,70010,400 | 26.1%23.4%⇩ | 4,4004,800 | 9.9%10.8%⇧ | 28,60029,400 | 64.0%65.9%⇧ |
| **South Lakeland** | ALS2ALS3 | 570488 | 15,70018,300 | 17.9%20.8%⇧ | 11,5007,600 | 13.1%8.6%⇩ | 60,70062,000 | 69.1%70.5%⇧ |

**Key Cumbria Information**

Cumbria’s active population is 66.1%, which is the 3rd highest out of 45 county sport partnership areas across England.

Cumbria’s inactive population is 23.1%, which is the 36th lowest out of 45 county sport partnership areas across England.

**Measure 2 – Adults (aged 16+) who have taken part in sport and physical activity at least twice in the last 28 days**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Area** |  | **Respondents** | **Population Total** | **Rate (%)** |
| **England** | ALS2ALS3 | 214,284196,635 | 34,531,40034,521,000 | 77.2%77.2%⬄ |
| **North West** | ALS2ALS3 | 30,52027,560 | 4,451,1004,458,300 | 76.1%76.2%⇧ |
| **Cumbria** | ALS2ALS3 | 3,3002,953 | 325,600333,300 | 78.3%80.1%⇧ |
| **Allerdale** | ALS2ALS3 | 532496 | 65,40066,900 | 80.7%82.5%⇧ |
| **Barrow-in-Furness** | ALS2ALS3 | 528506 | 38,90041,700 | 70.2%75.2%⇧ |
| **Carlisle** | ALS2ALS3 | 558487 | 70,00073,000 | 78.4%81.8%⇧ |
| **Copeland** | ALS2ALS3 | 556485 | 43,10044,900 | 74.7%77.8%⇧ |
| **Eden**  | ALS2ALS3 | 556491 | 34,30035,400 | 76.9%79.3%⇧ |
| **South Lakeland** | ALS2ALS3 | 570488 | 73,90071,500 | 84.0%81.3%⇩ |

**Key Cumbria Information**

Cumbria’s population taking part in sport and physical activity at least twice in the last 28 days is 80.1%, which is the 10th highest out of 45 county sport partnership areas across England.