**The Active Lives Survey 6**

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 fourth Active Lives data was released on 17 October 2019, and presents data from the period May 2018 to May 2019. The seventh Active Lives data will be released in March 2020.

**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** | ALS6 | 177,876 | 11,217,600 | 24.8% | 5,446,000 | 12.0% | 28,565,100 | 63.2% |
| **North West** | ALS6 | 26,785 | 1,524,200 | 25.9% | 713,700 | 12.1% | 3,659,200 | 62.1% |
| **Cumbria** | ALS6 | 2,992 | 104,300 | 25.0% | 49,500 | 11.9% | 262,900 | 63.1% |
| **Allerdale** | ALS6 | 493 | 18,100 | 22.3% | 9,200 | 11.3% | 54,100 | 66.4% |
| **Barrow-in-Furness** | ALS6 | 506 | 15,600 | 28.2% | 6,900 | 12.5% | 32,800 | 59.3% |
| **Carlisle** | ALS6 | 461 | 28,300 | 31.8% | 12,200 | 13.7% | 48,600 | 54.6% |
| **Copeland** | ALS6 | 485 | 13,700 | 24.2% | 8,600 | 15.2% | 34,500 | 60.7% |
| **Eden**  | ALS6 | 546 | 9,800 | 22.0% | 4,300 | 9.6% | 30,700 | 68.5% |
| **South Lakeland** | ALS6 | 501 | 18,700 | 21.0% | 8,300 | 9.4% | 62,000 | 69.6% |

**Key Cumbria Information**

Cumbria’s active population is 63.1%, which is the 23rd highest out of 45 active partnership areas across England.

Cumbria’s inactive population is 25.0%, which is the 24th lowest out of 45 active partnership areas across England.