

## Allerdale Headline Statistics for Sport & Physical Activity 2019 - Adults

# 1 in 6

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



(Sport England, 2016)

Health cost of inactivity to Allerdale is **£1,700,000** every year

(Sport England Local Sport Profiles)

**22.3%** of people (16+) in Allerdale are **inactive**

=

**18,100** people

compared to **24.8%** in England  
(Active Lives Survey 6, 2019)

**66.4%** of people (16+) in Allerdale are **active**

=

**54,100** people are happier, healthier and stronger

compared to **63.2%** in England  
(Active Lives Survey 6, 2019)



# 58

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

(Sport England Local Sport Profiles)

**64.3%** of adults 18+ are **overweight or obese** in Allerdale

compared to **62.0%** in England  
(PHE Public Health Profiles 2017/18)



# 1 in 4

**will experience a mental health problem this year**

(Mental Health Foundation, 2017)

**83.5%** of adults in Allerdale **do not** cycle at least once per month

compared to **83.1%** in England  
(DoT Walking and Cycling Statistics 2016-17)



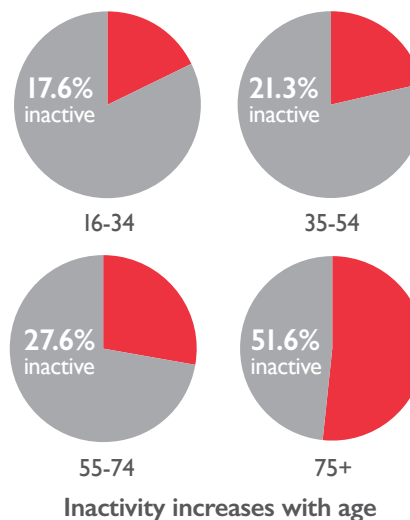
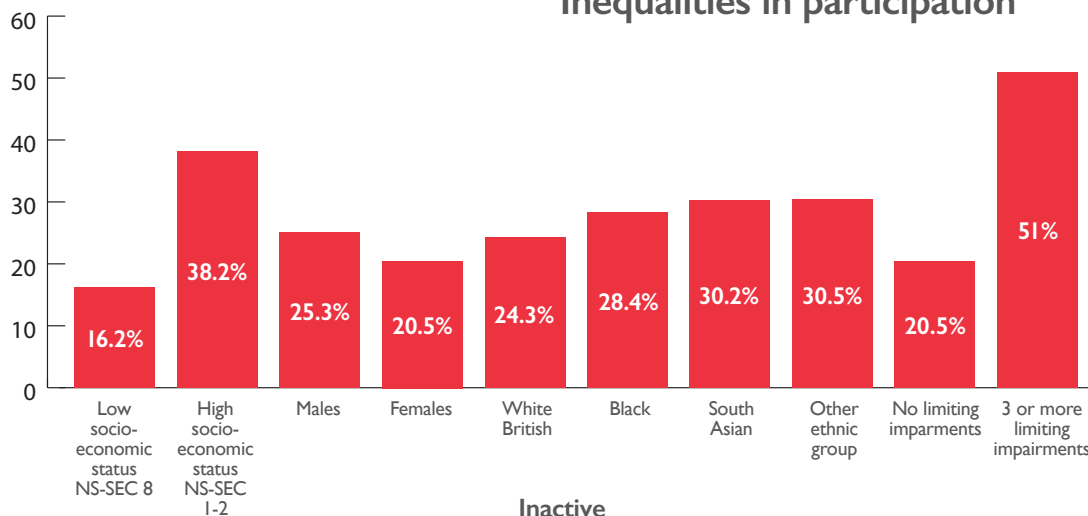
People who **volunteered** to support sport & physical activity **at least twice** in the past year

**Allerdale 17.5%**



compared to **13.7%** in England  
(Active Lives Survey 6, 2019)

### Inequalities in participation



**16%** of adults in Allerdale **do not** walk for 10 minutes at least once a month

compared to **21.6%** in England  
(DoT Walking and Cycling Statistics 2016-17)

Be part of it!

# Allerdale Headline Statistics for Sport & Physical Activity 2019 - Children & Young People

## Childhood Obesity

Starting primary school

Leaving primary school

**27.9%**  
of children aged 4-5  
are **overweight** or **obese** in Allerdale

compared to

**22.6%**  
of children aged 4-5  
are **overweight** or **obese** in England

**36.5%**  
of children aged 10-11  
are **overweight** or **obese** in Allerdale

compared to

**34.3%**  
of children aged 10-11  
are **overweight** or **obese** in England

(National Childhood Measurement Programme 2018/19)

## Secondary age

**34.0%** of young people are less active every day

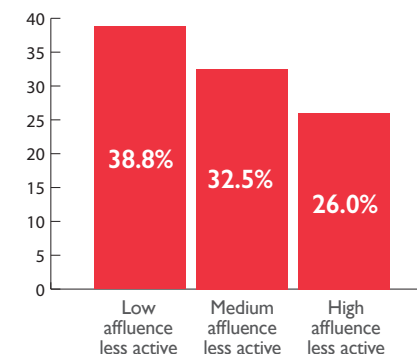
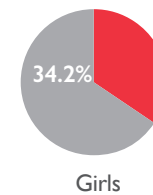
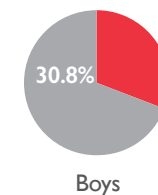
**22.1%** of children are less active every day

## Primary age

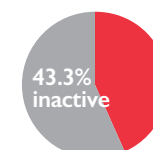
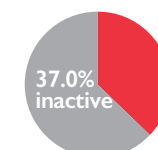
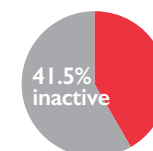
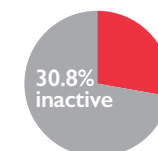
The percentage of children that are less active every day compared to those in the North West 33.8%

(Active Lives Survey CYP 1, 2018)

## Inequalities in participation - less active every day



Disability makes little difference in activity levels



(Active Lives Survey CYP 1, 2018)



children and young people in Allerdale are **doing less than 30 minutes of activity every day = 30.7%**



compared to **32.9%** in England

(Active Lives Survey CYP 1, 2019)

**Volunteered** to support exercise and sports **at least twice** in the past year



**Overall years 5-11 (ages 9-16)**  
**40.9%** compared to England **37.6%**

Years 5-6 (ages 9-11)  
**56.8%** compared to England **55.4%**

Years 7-8 (ages 11-13)  
**31.2%** compared to England **30.7%**

Years 9-11 (ages 13-16)  
**37.2%** compared to England **30.2%**

(Active Lives Survey CYP 1, 2018)



of children and young people in Allerdale are meeting the Chief Medical Officers recommendations of **60 minutes activity every day = 14.4%**

compared to **17.5%** in England

(Active Lives Survey CYP 1, 2018)



## Key Findings

1. Physically literate children and young people are more likely to be active  
Physical literacy has five elements – enjoyment, confidence, competence, understanding and knowledge. The more elements present, the more active a child or young person is likely to be.
2. Enjoyment is the biggest driver of activity
3. Physically literate children and young people are happier, more resilient and more trusting of other children and young people
4. Physical literacy declines with age
5. There are important inequalities that must be tackled.

(Active Lives Survey CYP Attitudes 1, 2019)



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