

Copeland Headline Statistics for Sport & Physical Activity 2020 - 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 Copeland is **£1,300,000** every year

(Sport England Local Sport Profiles)

24.2% of people (16+) in Copeland are **inactive**

=

13,700 people

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

60.7% of people (16+) in Copeland are **active**

=

34,500 people are happier, healthier and stronger

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



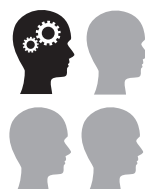
44

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

(Sport England Local Sport Profiles)

73.1% of adults 18+ are **overweight or obese** in Copeland

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)

84.0% of adults in Copeland **do not** cycle at least once per month

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

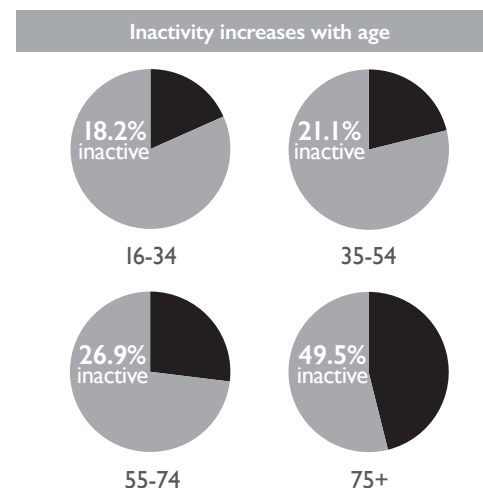
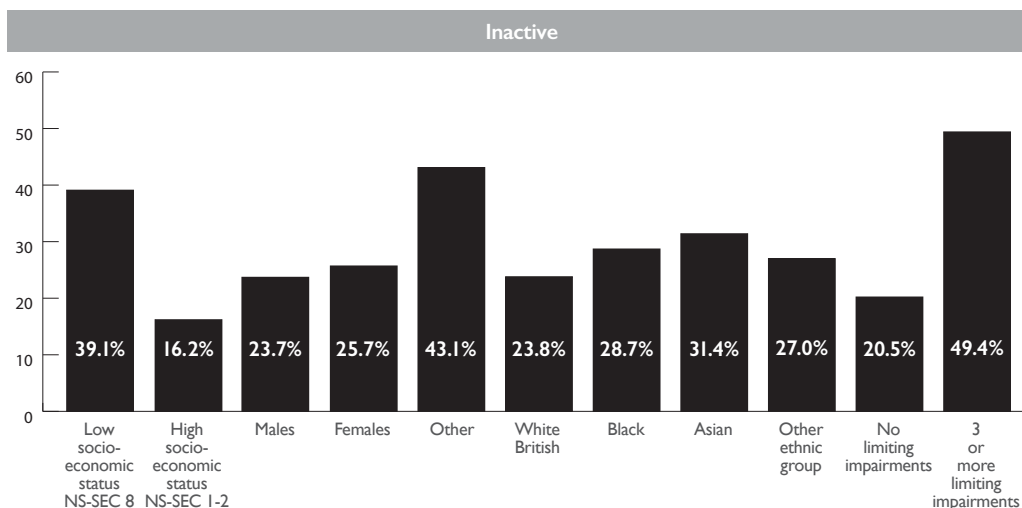


People who **volunteered** to support sport & physical activity **at least twice** in the past year

Copeland 13.1%

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

Inequalities in participation



23.4% of adults in Copeland **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!

Copeland Headline Statistics for Sport & Physical Activity 2020 - Children & Young People

Childhood Obesity

Starting primary school

Leaving primary school

24.0%

of children aged 4-5



compared to

22.6%

of children aged 4-5



are **overweight or obese** in England

(National Childhood Measurement Programme 2018/19)

39.6%

of children aged 10-11



compared to

34.3%

of children aged 10-11



are **overweight or obese** in England



of children and young people in Copeland are meeting the new Chief Medical Officers recommendations of **doing an average of 60 minutes activity every day = 40.7%** compared to **46.8%** in England

(Active Lives Survey CYP 2, 2019)



The percentage of children that are not meeting the new Chief Medical Officers recommendations of **30 minutes of their daily physical activity through the school day and 30 minutes outside of school.**

(Active Lives Survey CYP 2, 2019)

Sport and Physical Activity Levels

At school

Outside school

69.3%

compared to **59.6%** in England

51.1%

compared to **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)

26.1% compared to England **38%**

(Active Lives Survey CYP 2, 2019)



children and young people in Copeland are **doing an average of less than 30 minutes of activity every day = 33.5%** compared to **29.0%** in England

(Active Lives Survey CYP 2, 2019)

Key Findings

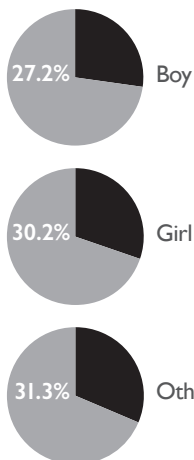
1. More physically literate children and young people are more likely to be active. Physical literacy has four elements – motivation (measured through enjoyment), confidence, competence and knowledge and understanding. The more elements present, the more active a child or young person is likely to be
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

(Active Lives Survey CYP Attitudes 1, 2019)

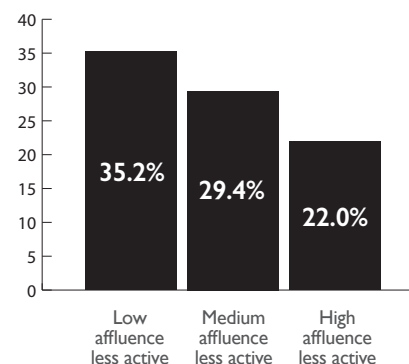


Inequalities in participation - less active every day

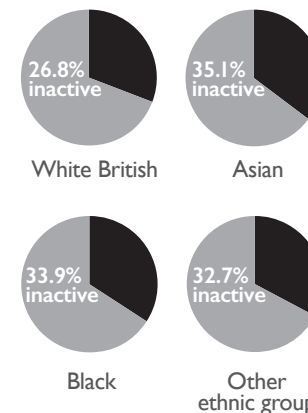
Gender



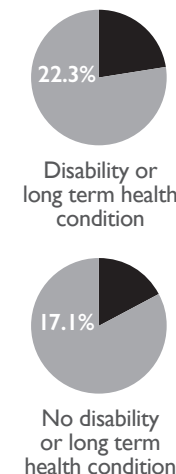
Family Affluence



Ethnicity



Disability



(Active Lives Survey CYP 2, 2019)

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