

# Westmorland & Furness Headline Statistics for Sport & Physical Activity 2023-24 | Adults

**20.3%**  
of people (16+) in  
Westmorland & Furness are  
**inactive**

= **39,300**  
people



compared to **25.1%** in England

**71.6%**  
of people (16+) in  
Westmorland & Furness are  
**active**

= **139,000**  
people are happier,  
healthier  
and stronger



compared to **63.7%** in England

**Volunteered at least once  
in the previous 12 months**  
to support sport and physical  
activity across various roles.

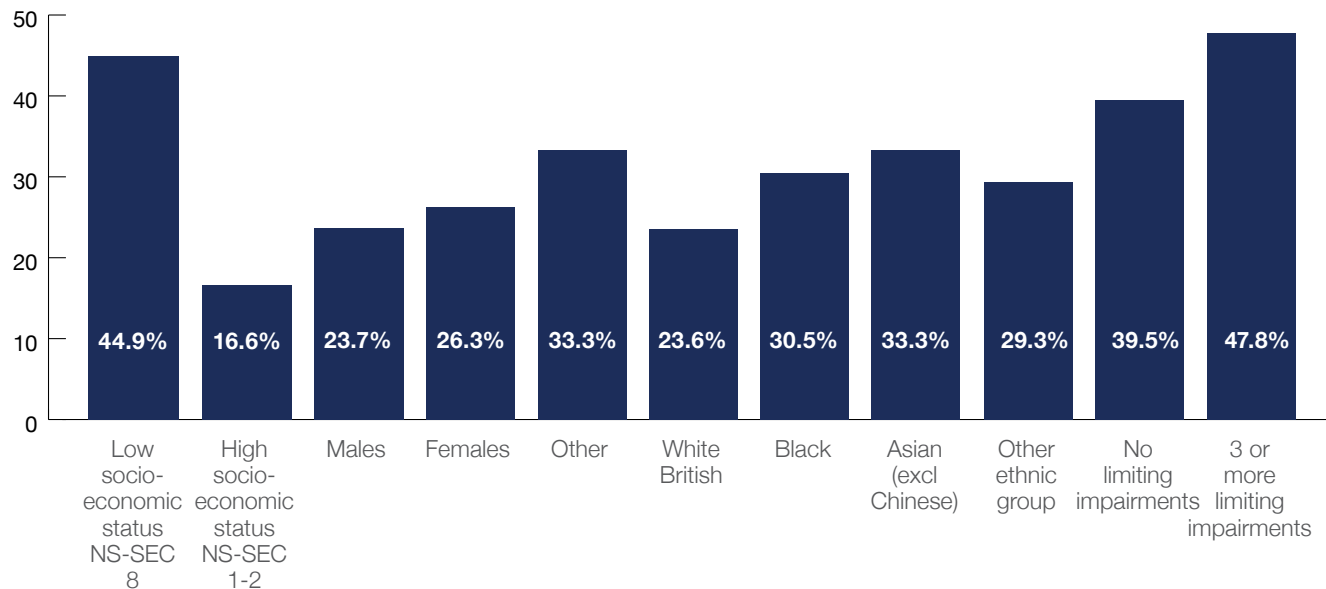
Westmorland & Furness **23.6%**



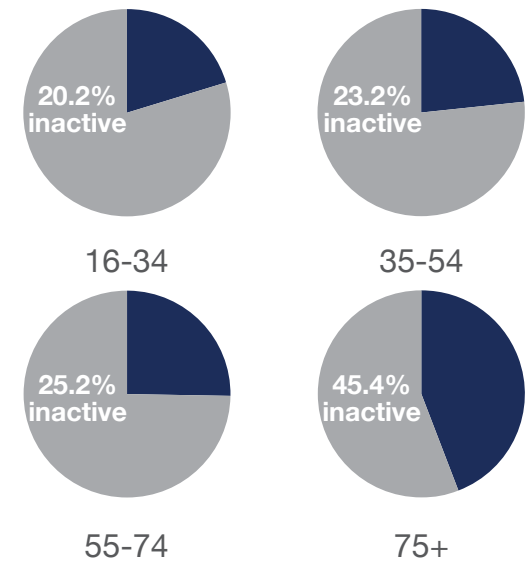
compared to **21.8%** in England

## Inequalities in participation

### Inactive



### Inactivity increases with age



(Data from Active Lives Survey 14)

Be part of it!



# Westmorland & Furness Headline Statistics for Sport & Physical Activity 2024-25 | Children & Young People

**Volunteered** to support exercise and sports **in the last year**



**Overall years 5-11**

**48.0%** compared to England **48.2%**

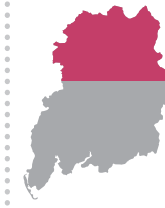
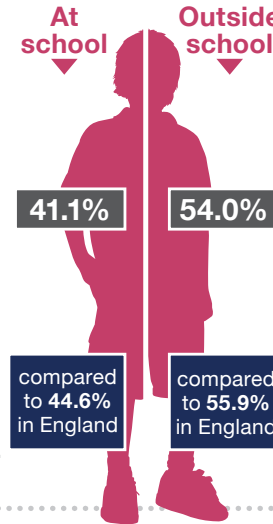
## Key Findings

- 1 The number of children and young people playing sport and taking part in physical activity in England is at the highest level since 2017-18
- 2 Girls (46%) are also less likely to be active than boys (52%), and the gender gap is widest between boys and girls from Asian (11.2%), Black (10.6%) and other (12.5%) ethnic groups.
- 3 There are clear inequalities in sport and physical activity engagement. Children and young people with 2+ characteristics of inequality are the least active, least likely to volunteer and have the lowest levels of physical literacy.
- 4 We continue to see a positive association between activity levels and mental wellbeing.
- 5 The % of CYP regarded as being active in Westmorland & Furness has decreased by 2.5% to 38.6% compared to the results achieved last academic year and is now 10.5% below the national average of 49.1%.
- 6 The % of CYP regarded as being inactive in Westmorland & Furness has increased by 11.5% compared to last academic year to 39.3%, and this figure is now 10.9% higher than the national average of 28.4%.



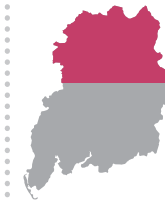
## Sport and Physical Activity Levels

The percentage of children that are 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.



children and young people in Westmorland & Furness are meeting the new Chief Medical Officers recommendations of doing an average of 60 minutes activity every day = **38.6%**

compared to **49.1%** in England



children and young people in Westmorland & Furness are doing an average of less than 30 minutes of activity every day = **39.3%**

compared to **28.4%** in England

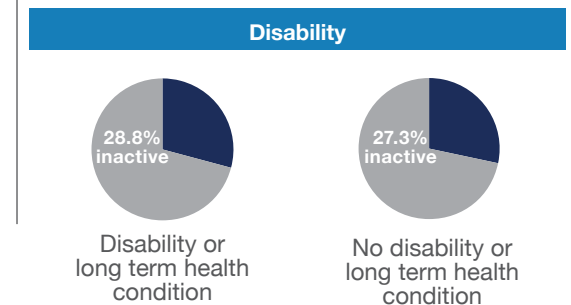
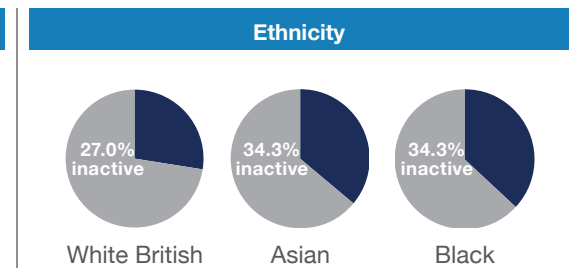
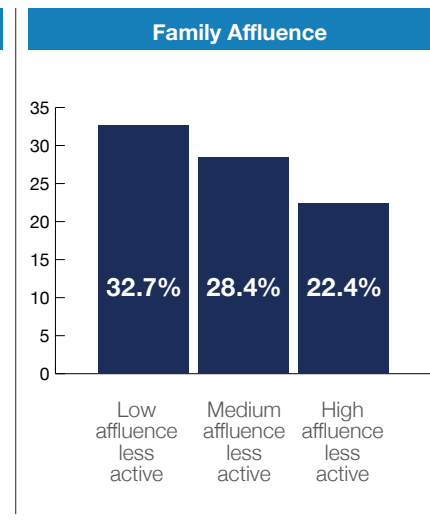
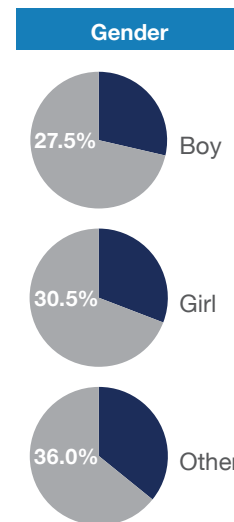


**73%** of children in Westmorland & Furness can swim 25m unaided



compared to **60.2%** in England

## Inequalities in participation - less active every day



(Data from Active Lives Survey 2023-2024 & 2024-2025)

Be part of it!

