

Cumbria Headline Statistics for Sport & Physical Activity 2023-24 | Adults

22.3%
of people (16+)
in Cumbria are
inactive

=

94,600
people



compared to **25.1%** in England

68.2%
of people (16+)
in Cumbria are
active

=

289,900
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.

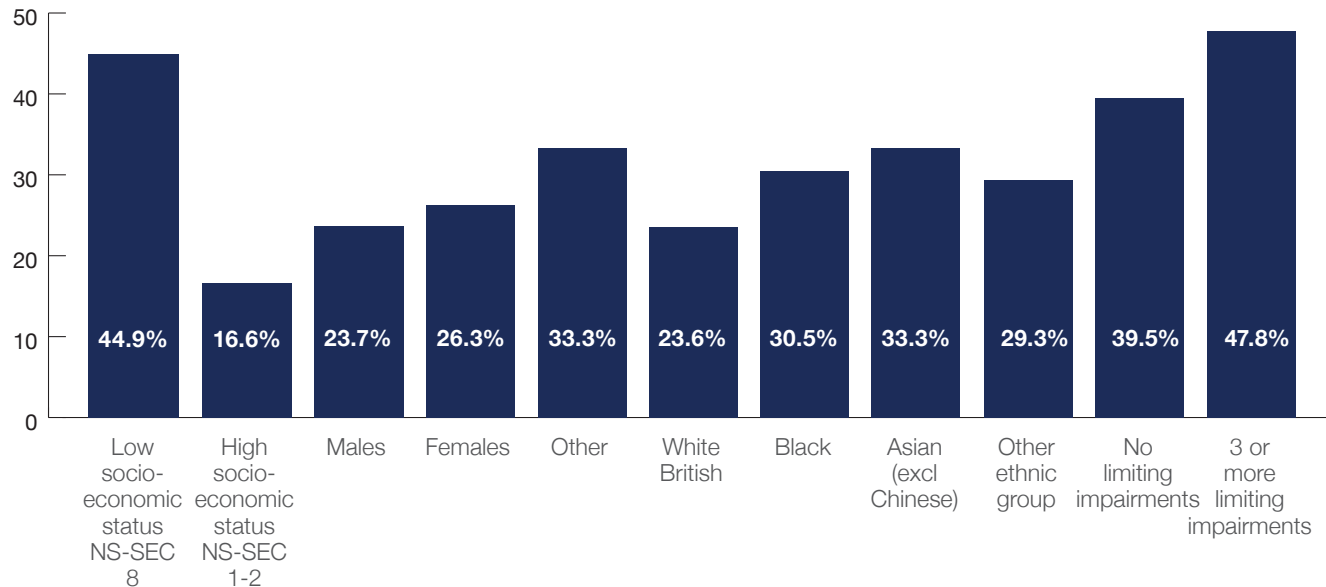
Cumbria 23.0%



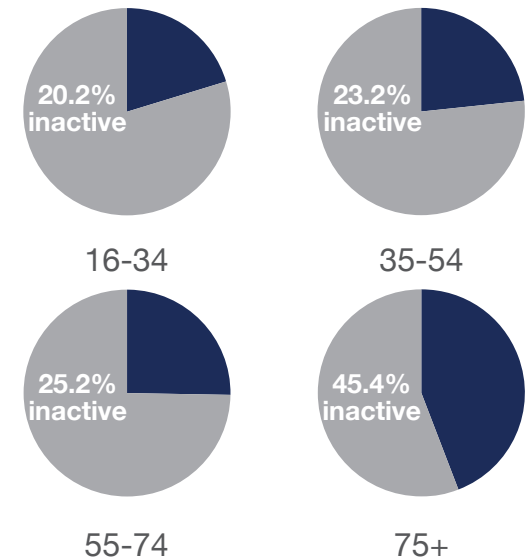
compared to **21.8%** in England

Inequalities in participation

Inactive



Inactivity increases with age



(Data from Active Lives Survey 14)

Cumbria 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

48.3% compared to England **48.2%**

Key Findings

- 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
- 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.
- 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.
- We continue to see a positive association between activity levels and mental wellbeing.
- The % of CYP regarded as being active in Cumbria as a whole has decreased by 0.1% to 44.5% during the last 12 month period and is now 4.6% below the national average.
- The % of CYP regarded as being less active in Cumbria has increased by 3.5% to 33.2% compared to the results achieved last academic year and is now 4.8% above the national average.



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 Cumbria are meeting the new Chief Medical Officers recommendations of doing an average of 60 minutes activity every day = **44.5%** compared to **49.1%** in England



children and young people in Cumbria are doing an average of less than 30 minutes of activity every day = **33.2%** compared to **28.4%** in England

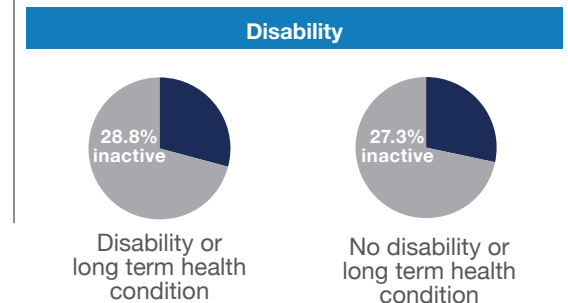
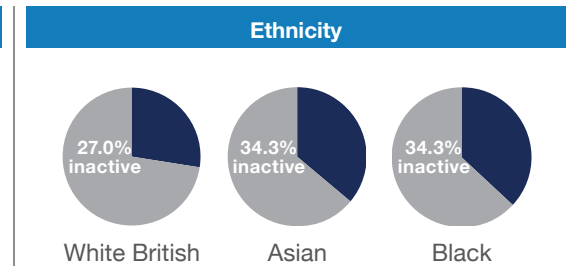
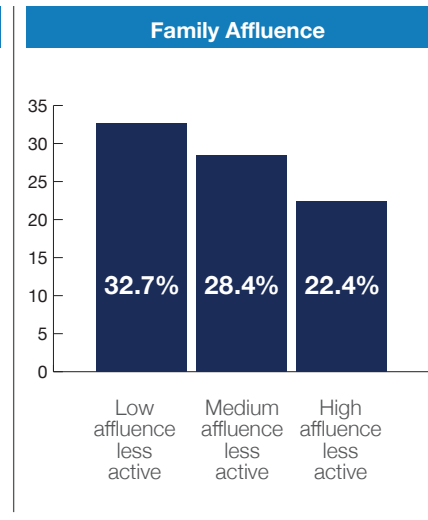
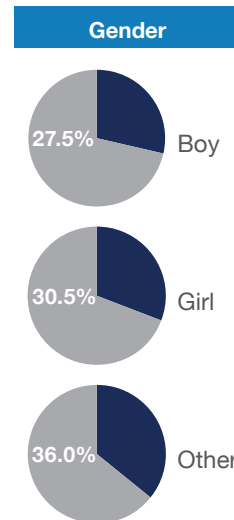


67.8% of children in Cumbria **can swim 25m** unaided



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!

