

**HEALTH AND WELLBEING BOARD: 29<sup>th</sup> NOVEMBER 2018****REPORT OF THE DIRECTOR OF PUBLIC HEALTH****ACTIVE LIVES SURVEY 2018 – PHYSICAL ACTIVITY LEVELS IN  
LEICESTERSHIRE****Purpose of report**

1. The purpose of this report is to inform the Health and Well Being Board of the results of the latest 'Active Lives' Survey by Sport England and to highlight trends in physical activity in Leicestershire.

**Link to the local Health and Care System**

2. Increasing levels of physical activity in the population would have a positive impact on four of the outcomes of the Leicestershire Health and Well Being Strategy:
  - Outcome 1: The people of Leicestershire are enabled to take control of their own health and wellbeing
  - Outcome 2: The gap between health outcomes for different people and places has reduced
  - Outcome 3: Children and young people in Leicestershire are safe and living in families where they can achieve their potential and have good health and wellbeing
  - Outcome 4: People plan ahead to stay healthy and age well and older people

**Recommendation**

3. The Board is asked to note the latest performance data on levels of physical activity

**Background**

4. The Active Lives Survey 2018 is the third in a series of surveys by Sport England to measure physical activity across the country. Nationally 185,000 responded to the survey with 3,496 of those from Leicestershire.
5. The survey produces estimates of the percentage of people meeting the Chief Medical Officer's (CMO) guideline of undertaking 150 minutes or more of physical activity a week. It also provides data on the percentage of 'fairly active' and inactive people as well as data on the types of activity undertaken.
6. These estimates include the activities of walking, cycling, dance, fitness and sporting activities, but exclude gardening which is seen as outside of Sport England's remit.

## Physical activity performance

### Leicestershire Performance

7. Although three surveys worth of data makes it difficult to draw long term conclusions, the figures do show some worrying signs of decline in physical activity in Leicestershire.
8. Since the active lives survey was first carried out in 15/16, Leicestershire has gone from being above the national average to below the national average. In 2015/16, the percentage of Leicestershire residents doing more than 150+ physical activity was 62.3%, compared to a national average of 62.1%. This declined in 16/17 to 60.9% (national average 62.0%) and has seen a further decline in 17/18 to 59.3% (compared to a national average of 62.3%). The decline in physical activity in the last three years is statistically significant.

### District performance

9. Table 1 shows the performance by district for 17/18. Activity levels range from a low in North West Leicestershire of 57.2% doing 150+mins of physical activity to a high in Harborough of 63.4%
10. Compared to the baseline year of 15/16, some districts have achieved modest gains in performance. The percentage of active adults in Harborough has increased by 3.2% and in Blaby & Melton up 1% each. In other districts large falls in active adults have occurred. In North West Leicestershire the percentage of active adults has declined by 8.3% and in Charnwood by 9.2%. The falls in North West Leicestershire and Charnwood are statistically significant.

Table 1 :Physical activity levels: May 2017 - May 2018

	Active (150+ minutes a week)	Change compared to baseline	Change in the last 12 months
Blaby	59.7%	+1.2%	-0.3%
Charnwood	58.4%	<b>-9.2%</b>	<b>-3.4%</b>
Harborough	63.4%	+3.2%	+3.2%
Hinckley and Bosworth	58.4%	<b>-3.4%</b>	<b>-1.1%</b>
Melton	61.8%	+1.8	+0.9%
North West Leicestershire	57.2%	<b>-8.3%</b>	<b>-5.9%</b>
Oadby and Wigston	58.5%	<b>-1.4%</b>	<b>-1.0%</b>
Leicestershire	59.3%	<b>-3.6%</b>	<b>-1.6%</b>
England	62.3%	+0.2	+0.3

### National trends in activity

11. Local analysis of the types of activity undertaken is not yet available from Sport England, but national figures would suggest that, for men, participation in sport has declined (although not significantly) whereas walking for leisure and for travel has increased significantly.

12. For women, the national trend is towards a significant increase in walking for leisure and a significant decline in participation in dance for fitness.

### **Comparison across councils nationally**

13. Analysis by County Council areas shows those that have achieved a statistically significant increase in physical activity since the baseline year are Suffolk, Nottinghamshire and Hampshire. The only County to see a statistically significant decline is Leicestershire.
14. Across unitaries, met boroughs and district councils there is no immediately discernible pattern by authority, although it is of note those areas that are relatively more affluent (Test Valley, Runnymede, Poole, Eastleigh for example) have achieved significant increases in performance while more deprived areas seem to be associated with worsening performance (Corby, Sefton and Rotherham for example). However this is by no means a uniform pattern with some deprived areas (Manchester, Salford, Chorley) making significant gains and some relatively affluent areas (North West Leicestershire, Charnwood, Broadland, Wealden) seeing falls in performance.

### **Conclusion**

15. Although difficult to draw conclusions at this stage, if the local decline in certain areas is due to falls in broader physical activity, such as walking and cycling, rather than a decline in sporting participation, it may point to the desirability of a better joined up approach across Leicestershire. This should bring together sport, physical activity, transport, infrastructure planning and green spaces in one system.
16. Given the split in responsibilities for the different elements of that system in two-tier areas, with public health, transport and county parks being the responsibility of the County Council and parks, leisure facilities and planning the responsibilities of districts, a joined up approach to increasing physical activity on a 'place' basis is a real opportunity for Leicestershire.

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