

Adult Physical Activity Behaviour



**active
lincolnshire**

Children and young people activity levels

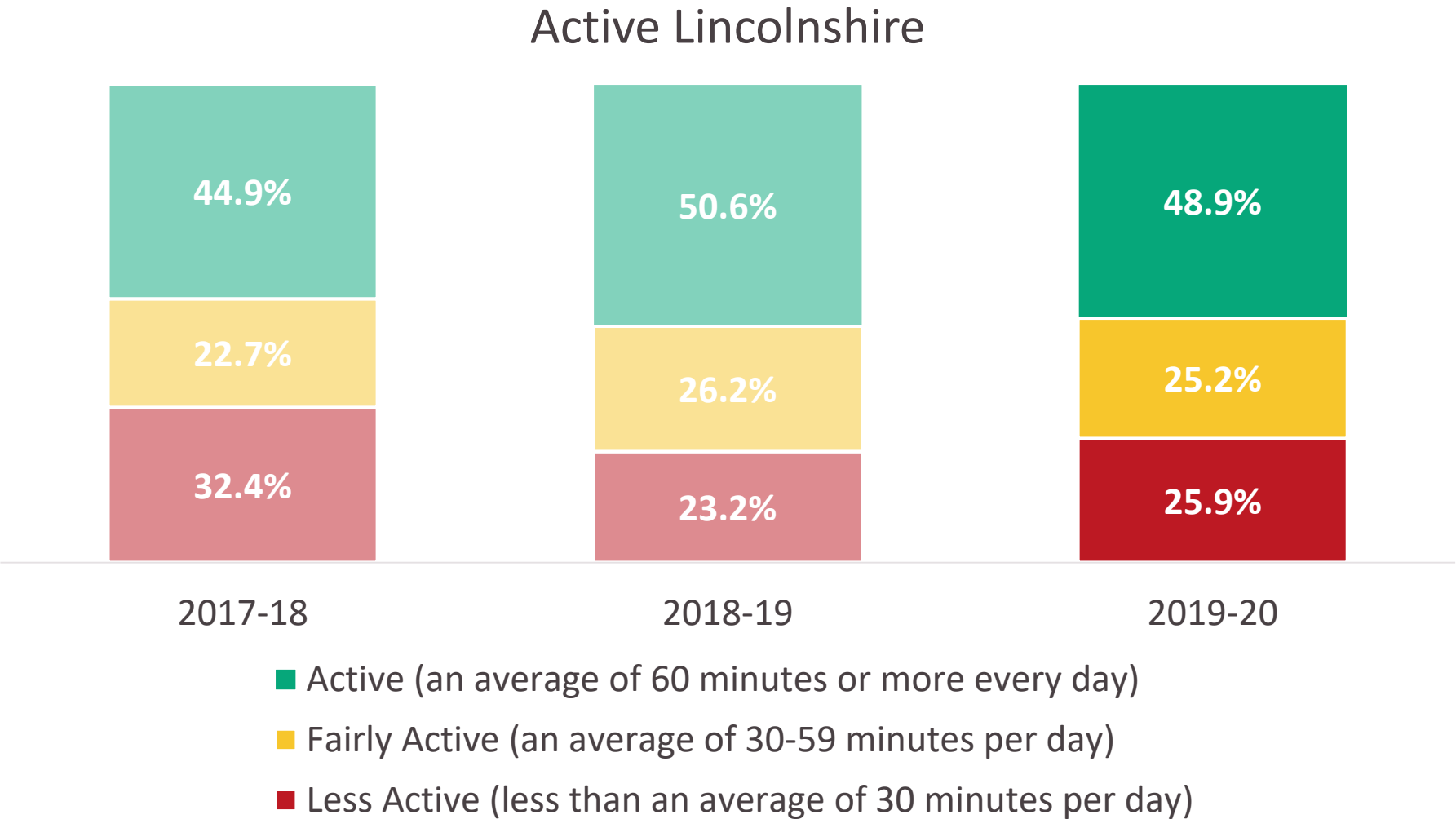


Full year results

Year	Sample size
2017-18	1,434
2018-19	1,739
2019-20	2,381

Sample size higher than previous year

Geographical flags: None



Summary

Only half of our children and young people are doing enough physical activity for it to benefit their health and development. Year 2 Lincolnshire: 51%, England: 47% Year 3 Lincolnshire 49%, England: 45%

Across Lincolnshire inequalities are present between different groups of children and young people

- Children and young people from **low family affluence** are doing the least amount of activity across all demographic groups
- **Girls** of all ages are doing less activity than boys
- There are some indications that children and young people from **Asian** and **Other** ethnic backgrounds are doing less activity than any other ethnic groups
- Children and young people that **strongly agree with physical literacy statements** are doing more activity than others. It is the firmness of the agreement that is vital to impact on behaviour

And

- The latest data suggests that **COVID** has had, and will continue to have, **a big impact on physical activity behaviour** particularly amongst those groups who are already underrepresented

**Data adult at
whole population
level**



Why the make up of the local population is important

When comparing inactivity levels of a partnership area to England it is important to consider how the populations are different

Some demographic groups such as older adults have higher levels of inactivity compared to the whole population.

- If your partnership has a larger proportion of older people compared to England then you could expect higher levels of inactivity
- If your partnership has a smaller proportion, you could expect to have lower levels of inactivity

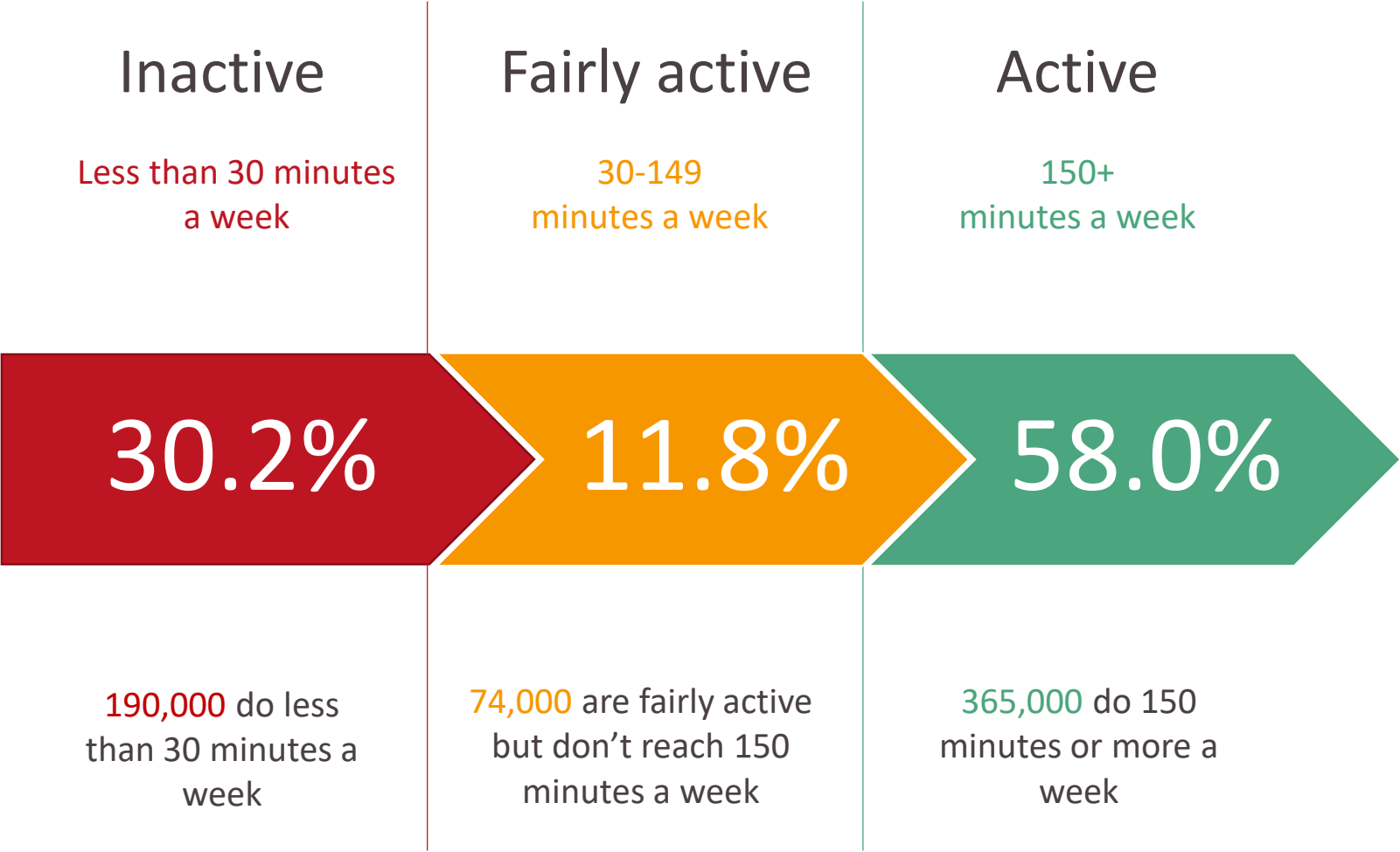
It is not quite as straight forward as this. As well as age other characteristics impact on inactivity levels such as disability, socio-economic group, ethnicity and a combination of other factors all impact on inactivity levels.

Within Lincolnshire

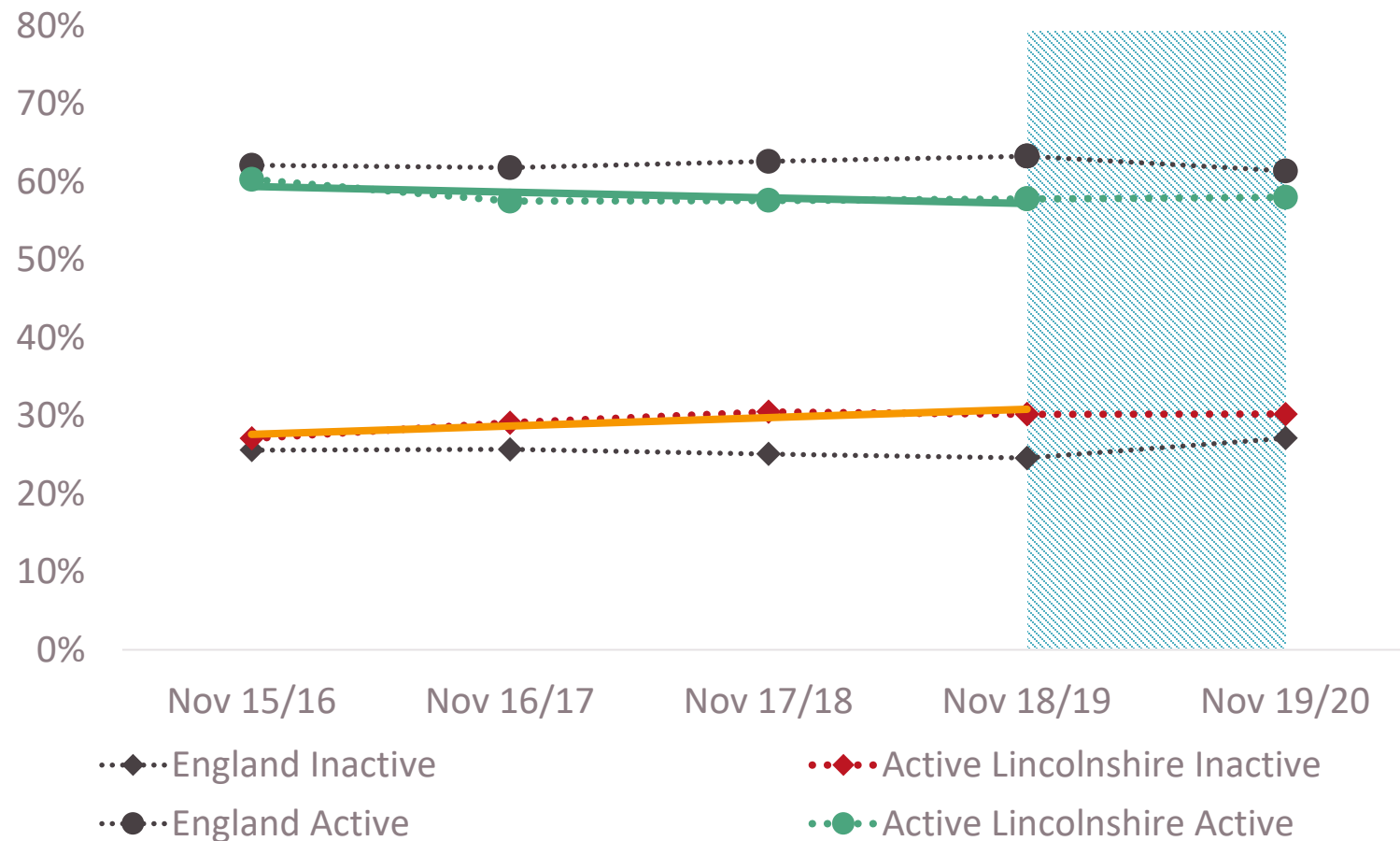
The age profile of Lincolnshire appears older than England which may impact on physical activity levels. Other factors which may have an impact include:

- More people with a limiting illness
- More people from NS SeC 6-8
- Less people from ethnic minority groups

Physical activity levels in Active Lincolnshire



Physical activity levels have changed

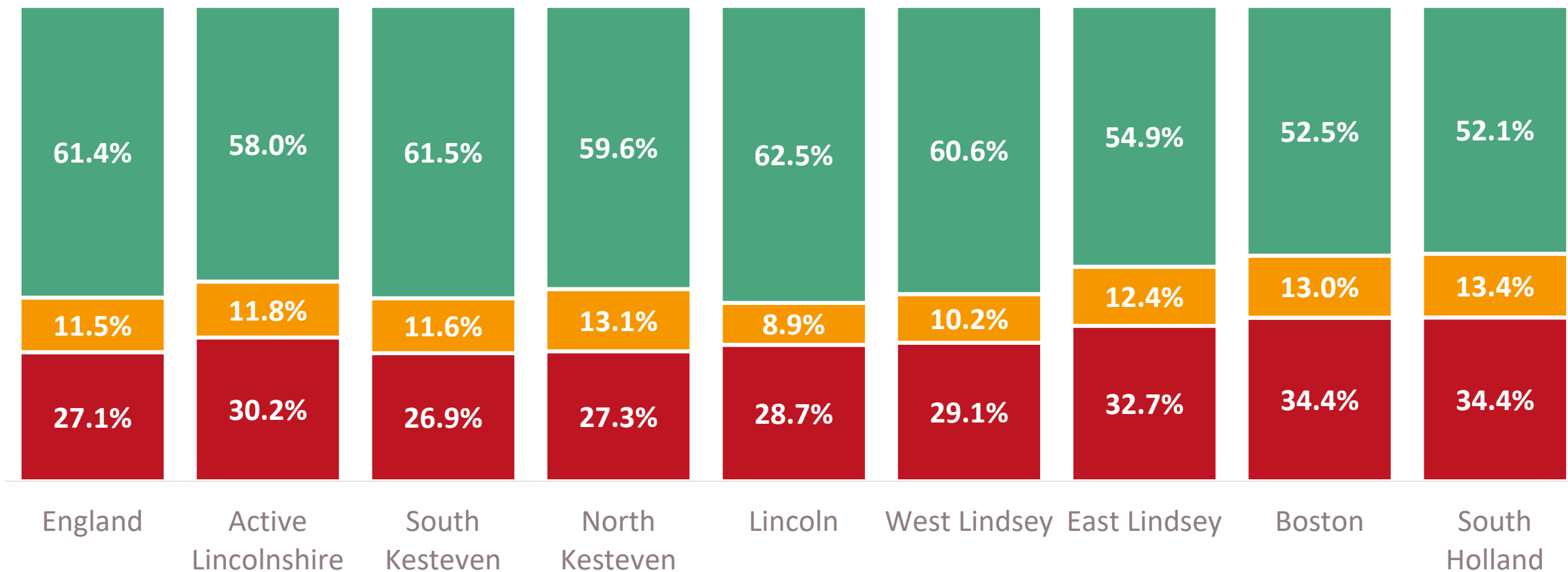


Activity levels had been worsening since the Nov 15/16 baseline. Inactivity has increased from 27.1% in Nov 15/16 to 30.2% in Nov 19/20.

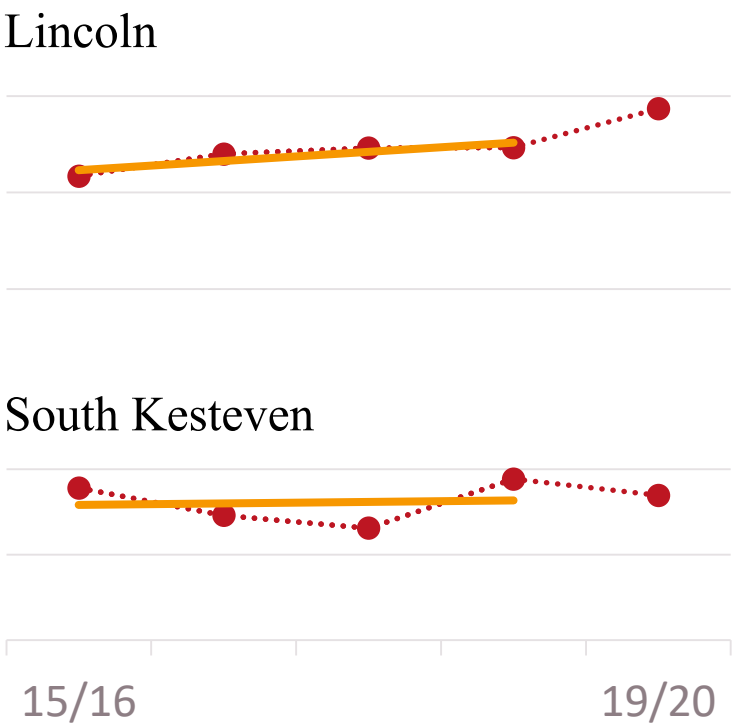
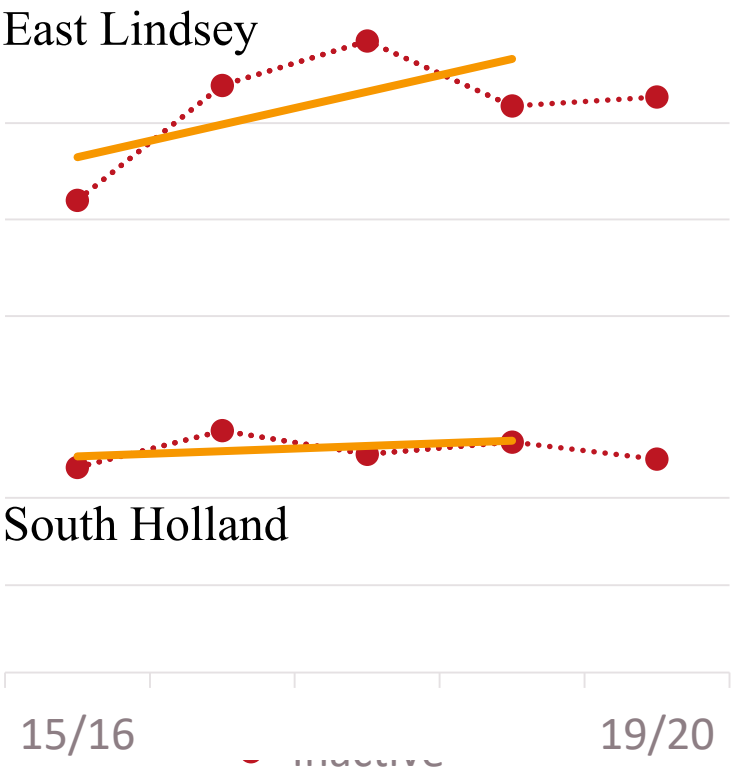
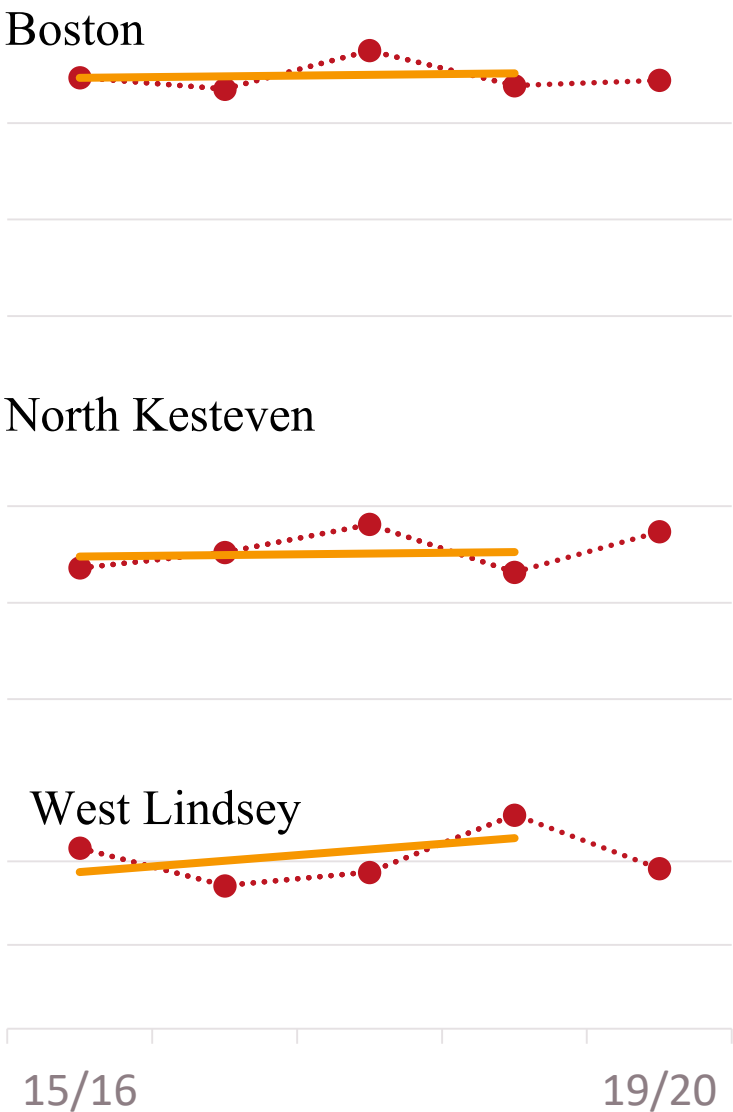
Inactivity levels at whole population level do not appear to have been impacted by the Covid-19 pandemic

Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 19/20

Physical activity by local authority



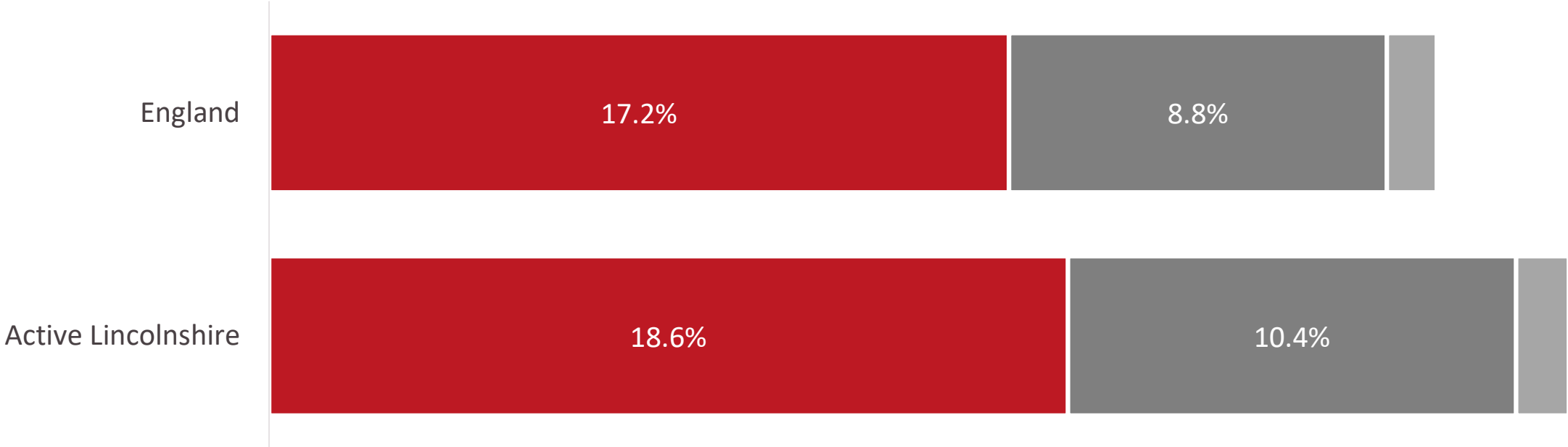
Inactivity by local authority



Nov 18/19 to Nov 19/20 update

- Inactivity has increased for Boston, East Lindsey, Lincoln and North Kesteven
- South Kesteven and West Lindsey have seen reductions from the high Nov 18/19 peaks

Most inactive people are sedentary



Demographic groups

What to look out for

When we split data by demographic groups we start to see differences.

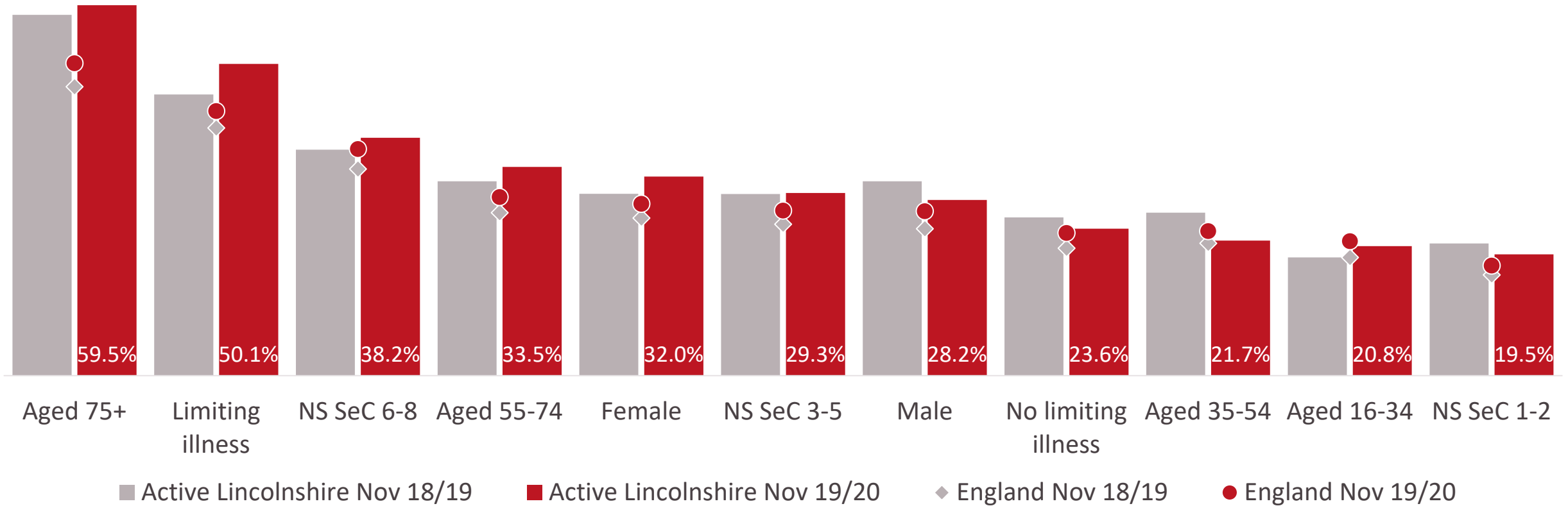
To help understand these inequalities, we need to look at each demographic group to see how they differ.

We are able to split the data by:

- Gender
- Prevalence of limiting illness
- Age groups
- Ethnicity
- Socio economic groups

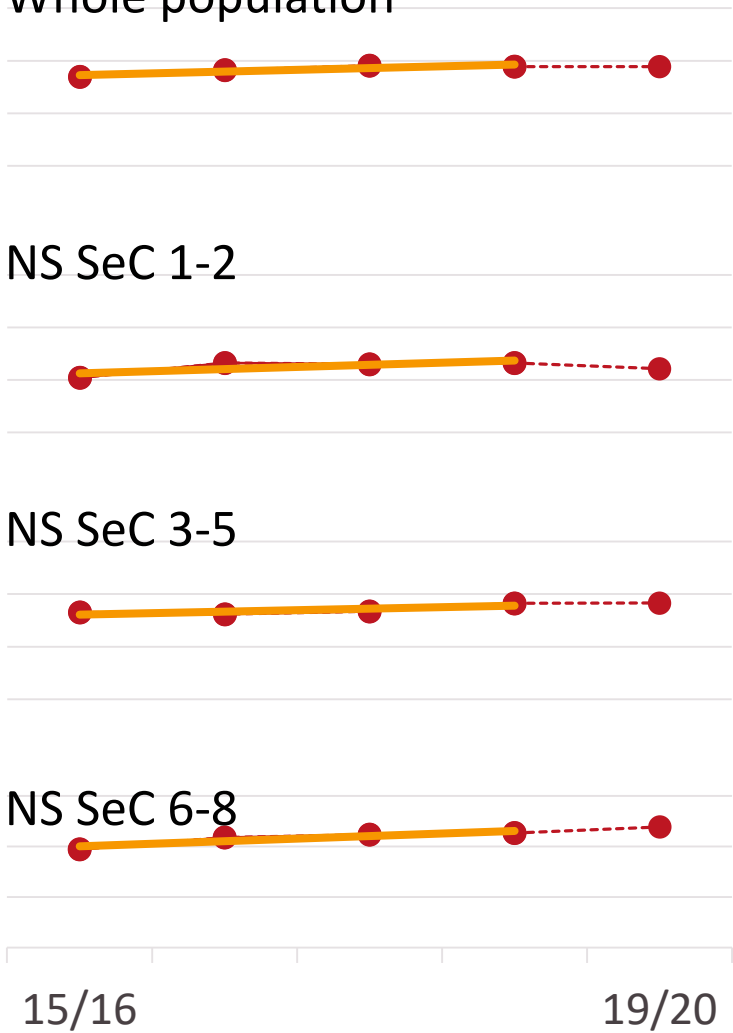


Inactive proportion by demographic group (%)

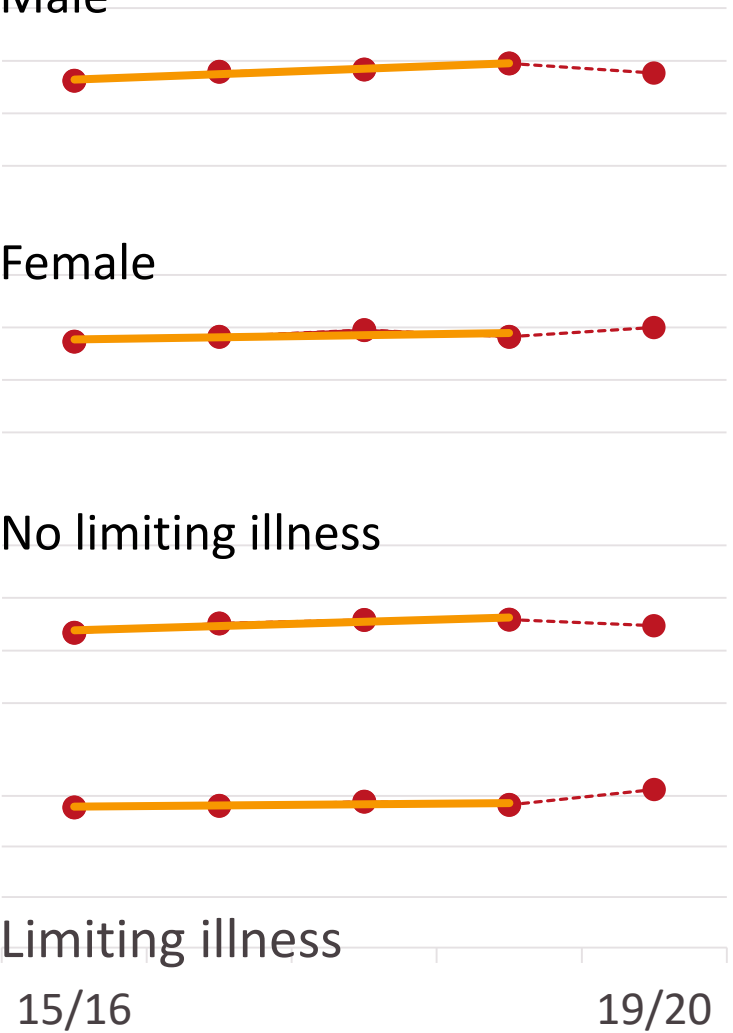


Inactivity by demographic group

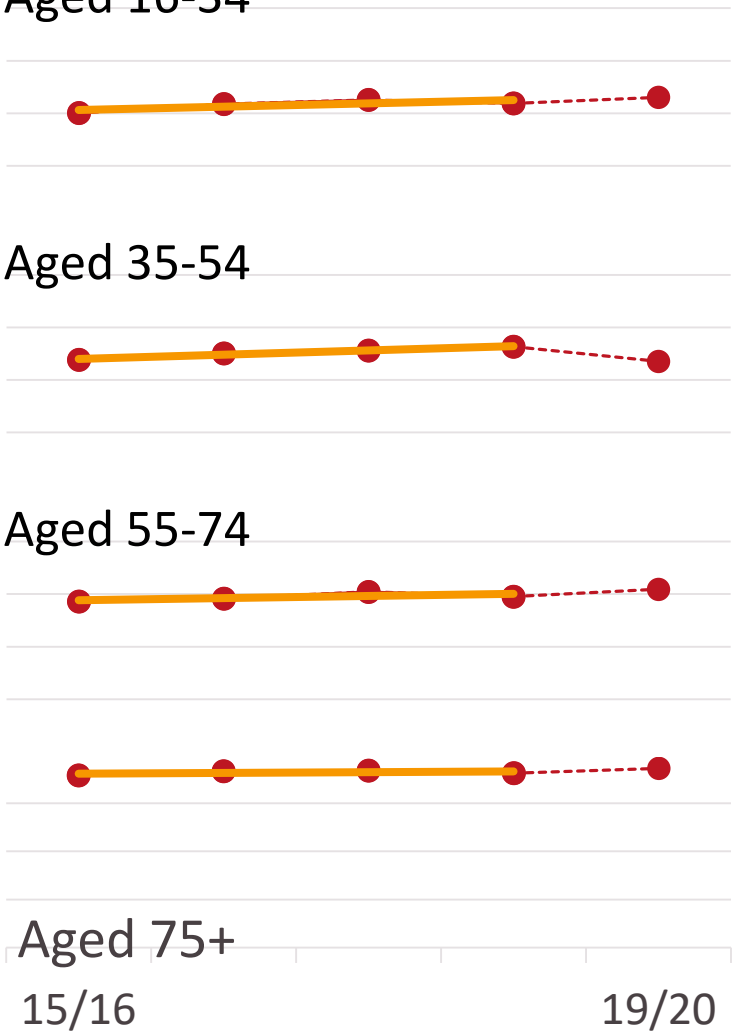
Whole population



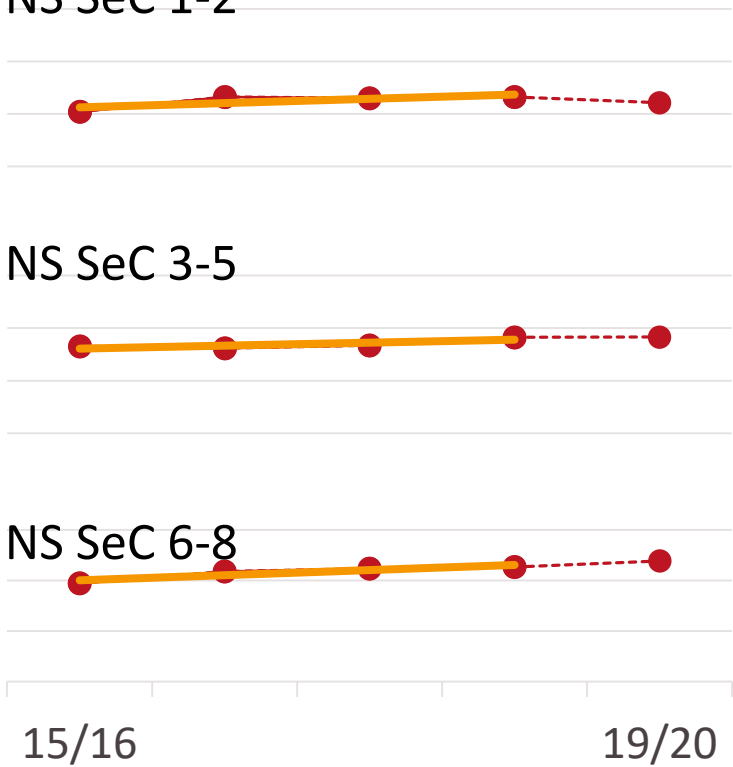
Male



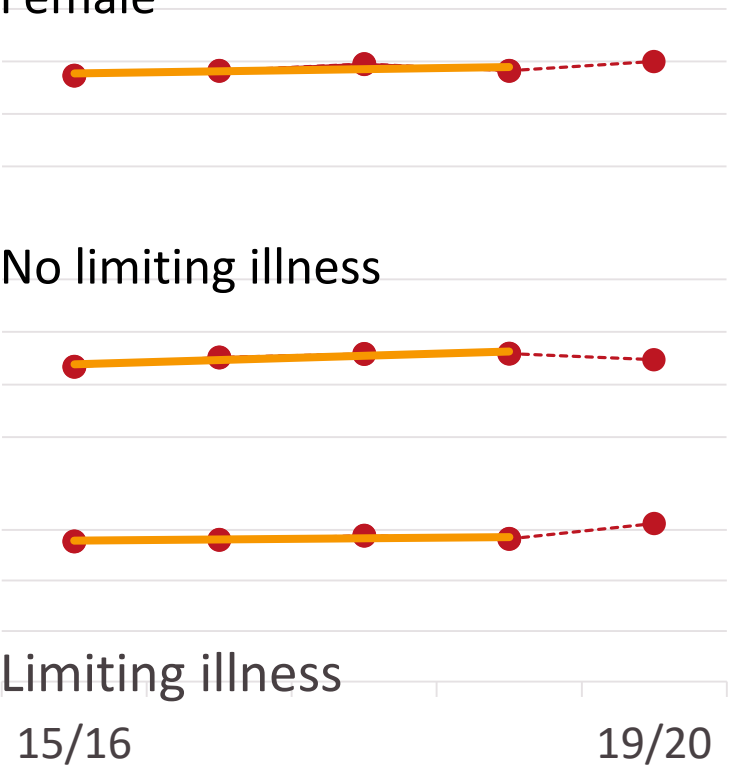
Aged 16-34



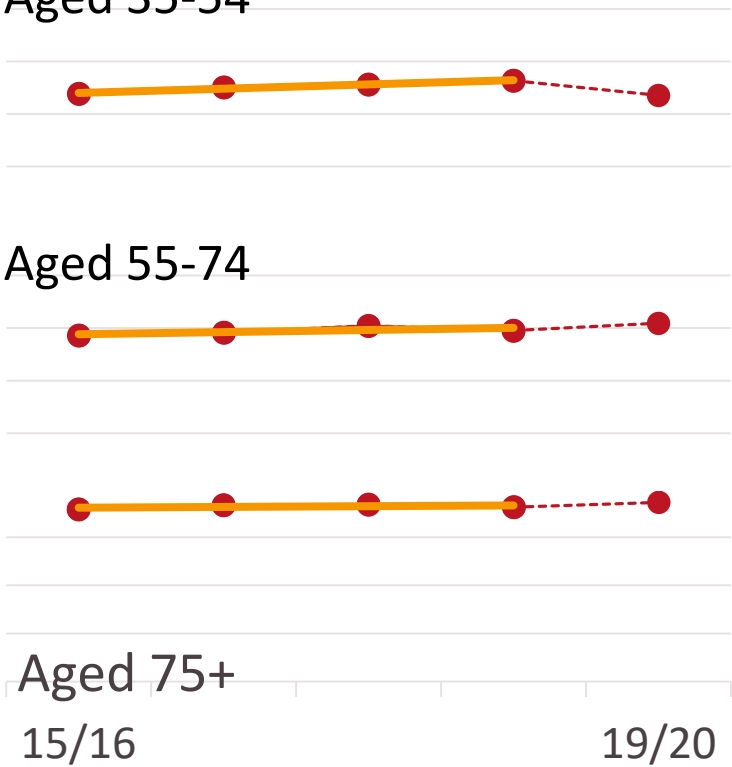
NS SeC 1-2



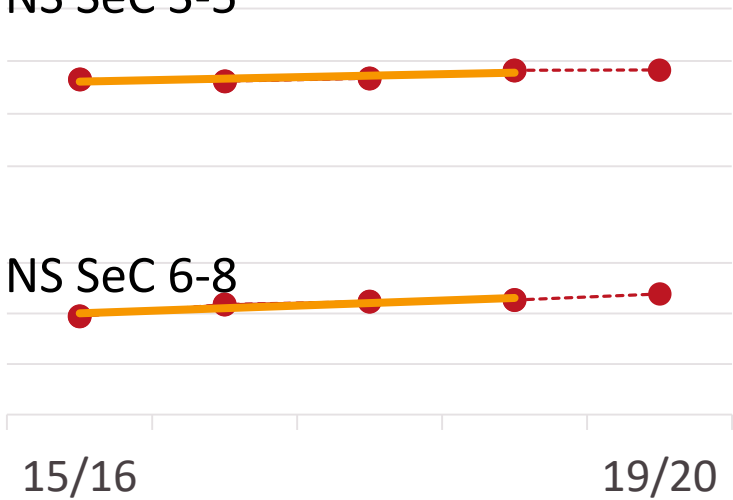
Female



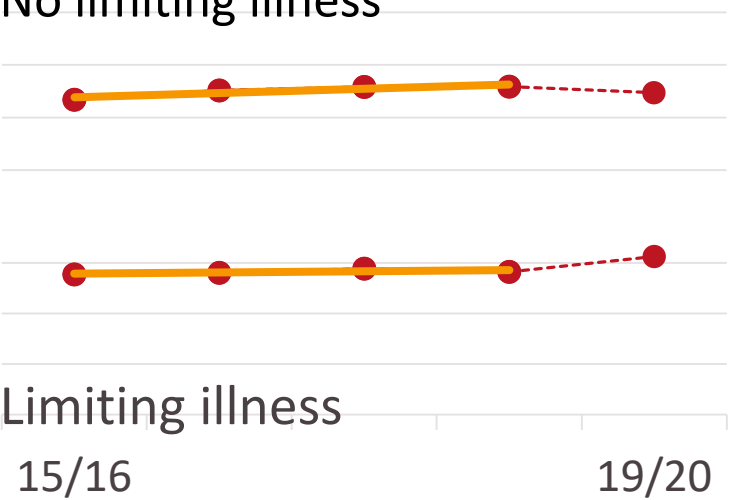
Aged 35-54



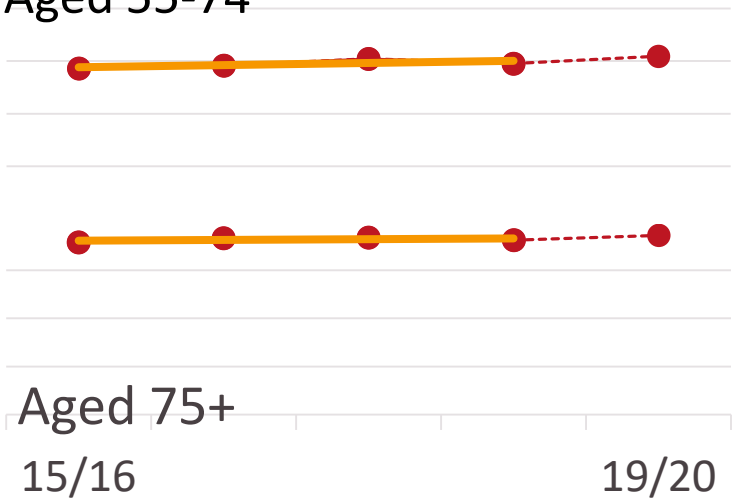
NS SeC 3-5



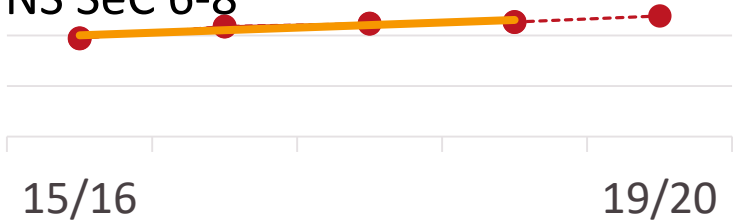
No limiting illness



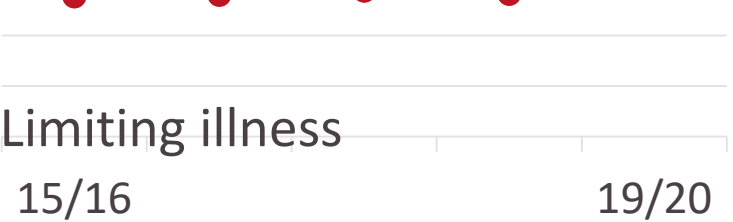
Aged 55-74



NS SeC 6-8



Limiting illness



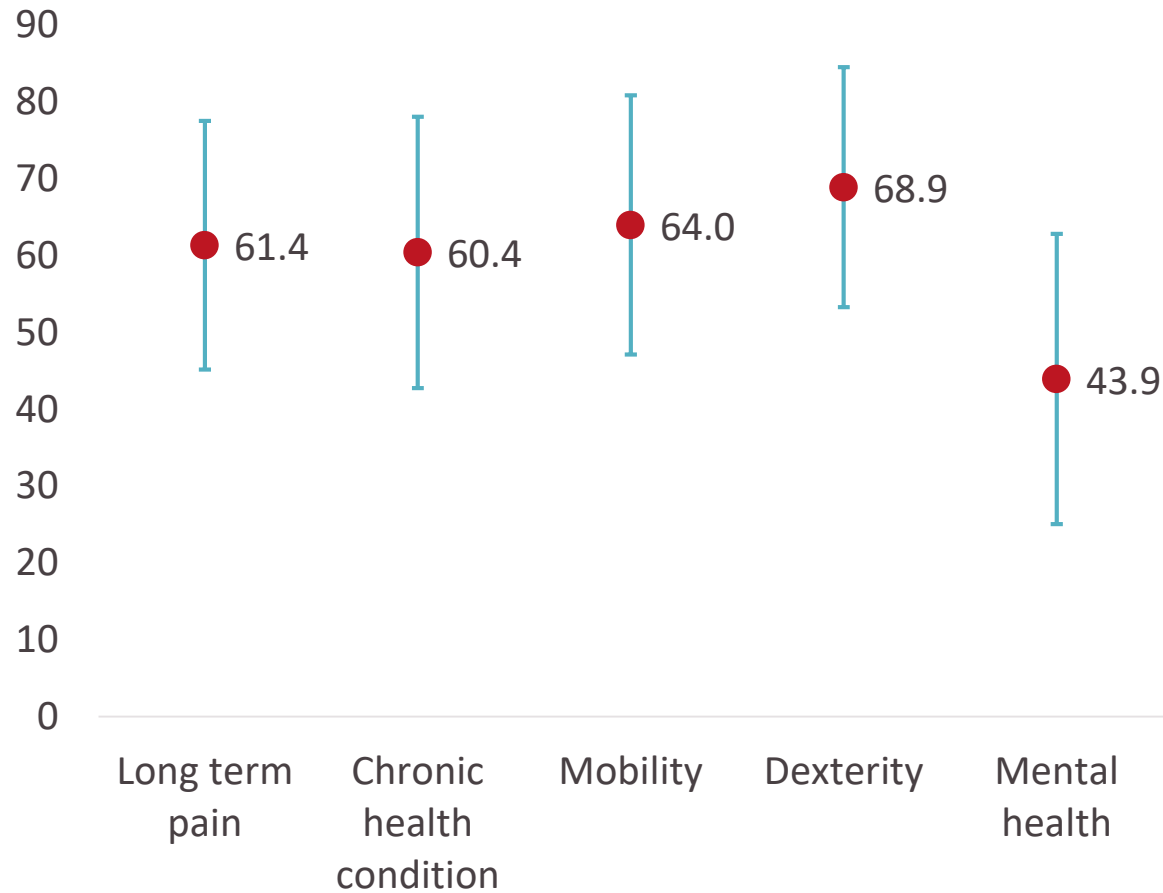
Aged 75+



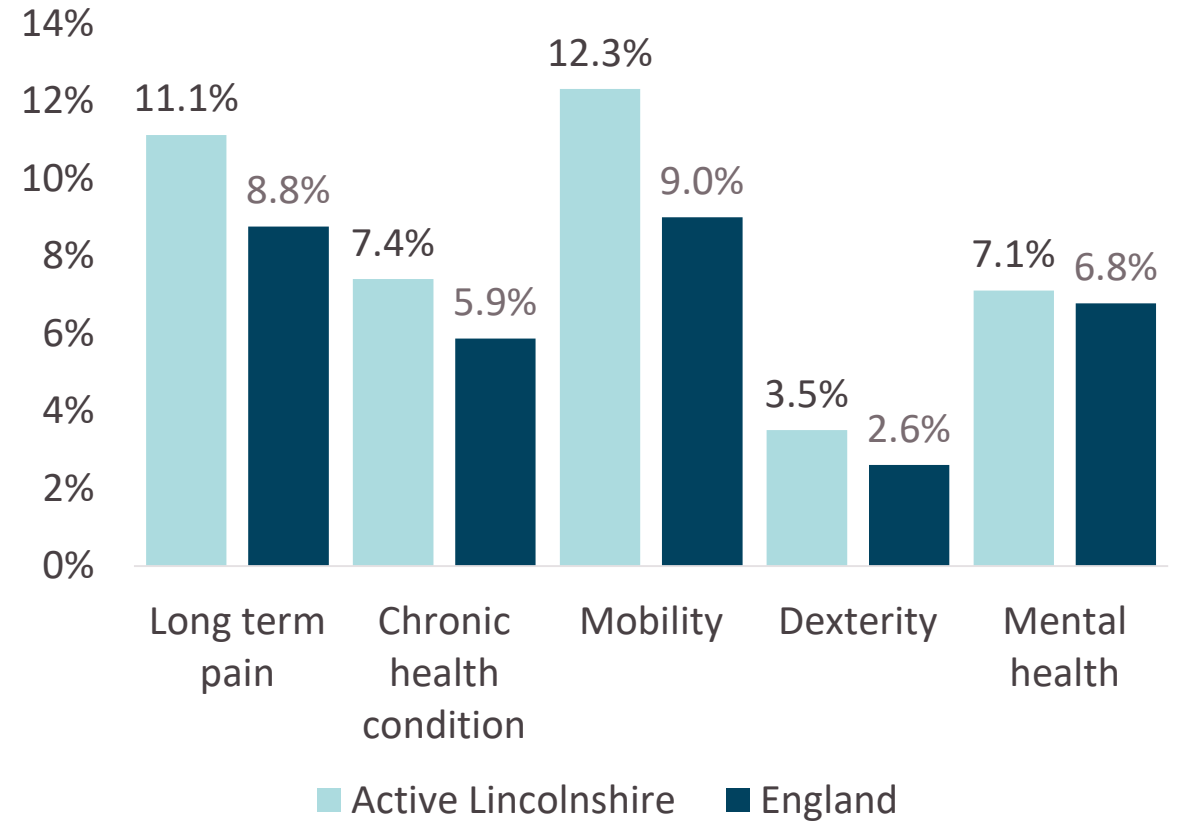
● Active Lincolnshire

Limiting illness or disability

Average age of people with condition



Proportion of population reporting health condition



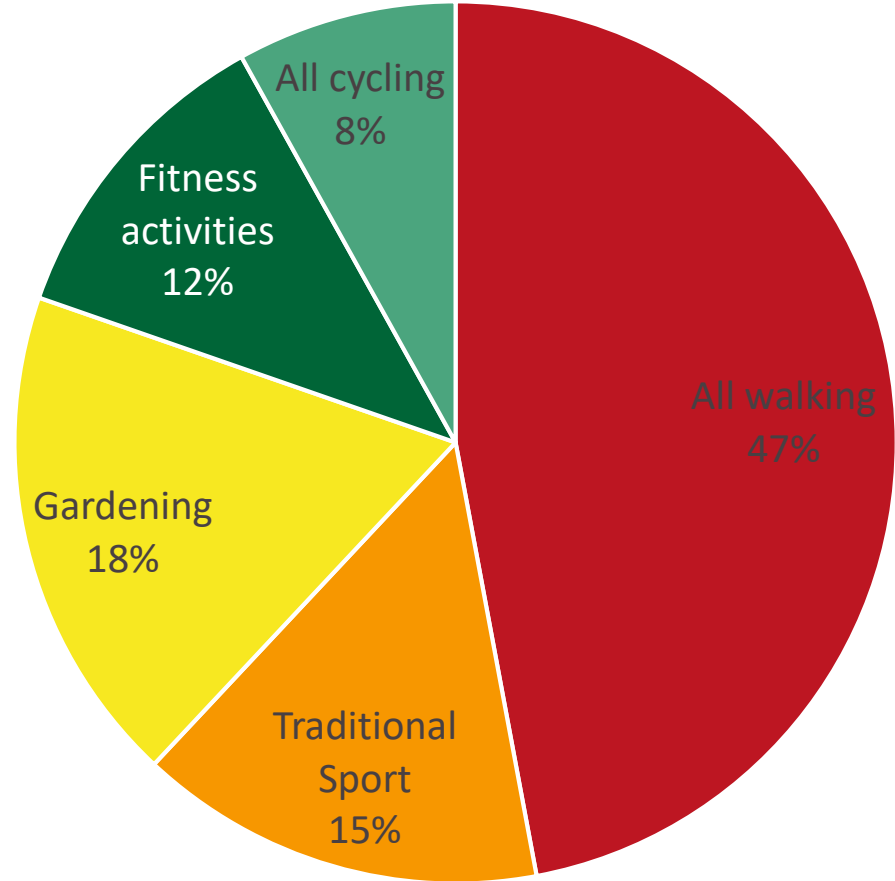
Source: Sport England, Active Lives Adults, Nov 19/20

Activities

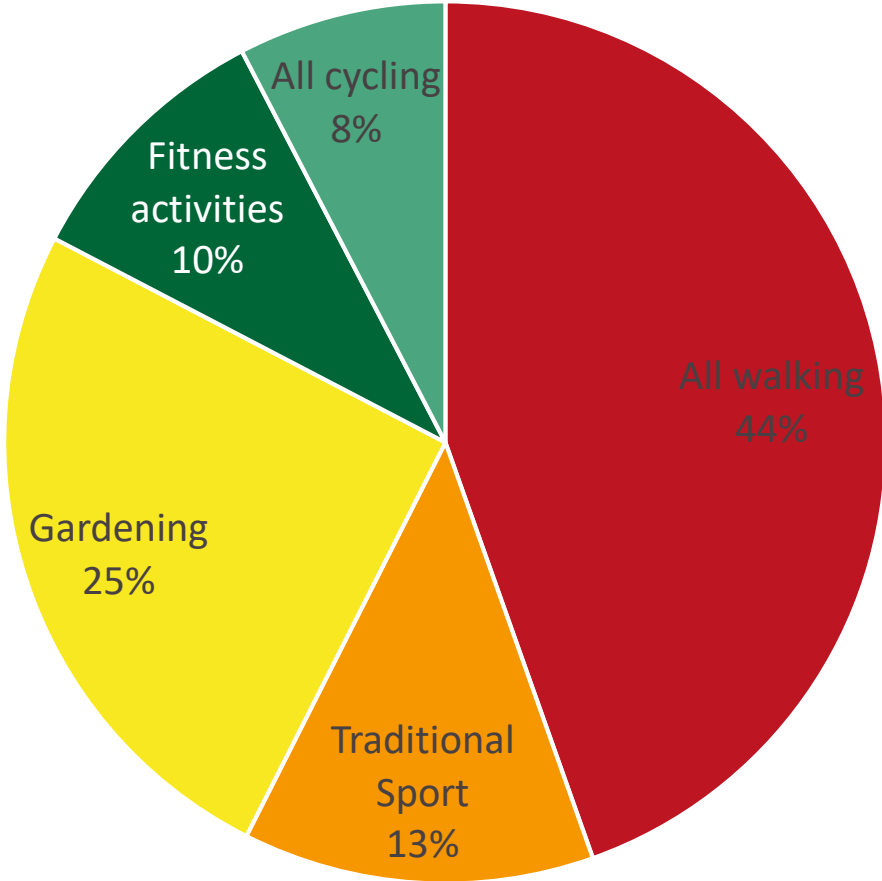


Which activities contribute to physical activity

England

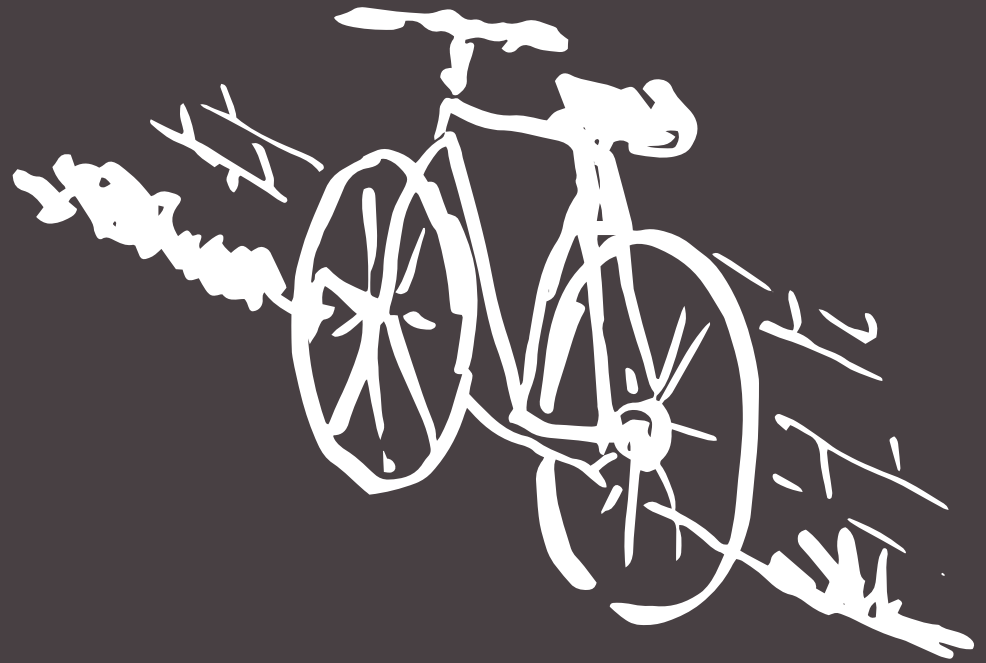


Active Lincolnshire



Source: Sport England, Active Lives Adults, Nov 19/20

Summary



Summary

- Physical inactivity has seen no change between Nov 18/19 and Nov 19/20 compared to a 2.5pp increase nationally
- 1 in 6 people (18.6% of people) in Lincolnshire are sedentary (do 'Nothing') this has increase from 16.4%
- Lincoln appears to have seen the largest impact from Covid-19. Inactivity has increased by 4pp
- Lincolnshire rank 28th out of 45 Active Partnerships for those with no limiting illness but 43rd for those with a limiting illness
- Inactivity levels are comparatively high and increasing amongst those aged over 55. This part of our population is also growing significantly and is projected to continue to do so
- Lower socio-economic status compounds this even further
- Within these parts of our population there may be a need for greater focus on females
- Remember these latter two groups relate from a children and young people perspective

Finding the adult groups that
we'd like to reach...

