

CITY OF
Lincoln
COUNCIL

Lincoln

Physical activity behaviour insight pack

March 2019

What the insight pack contains

Key demographics

Health and disease information

Physical activity measures

Physical activity behaviour (whole population 16+)

Physical activity behaviour (whole population 16+) by demographic group

Sports and activities

Overall summary

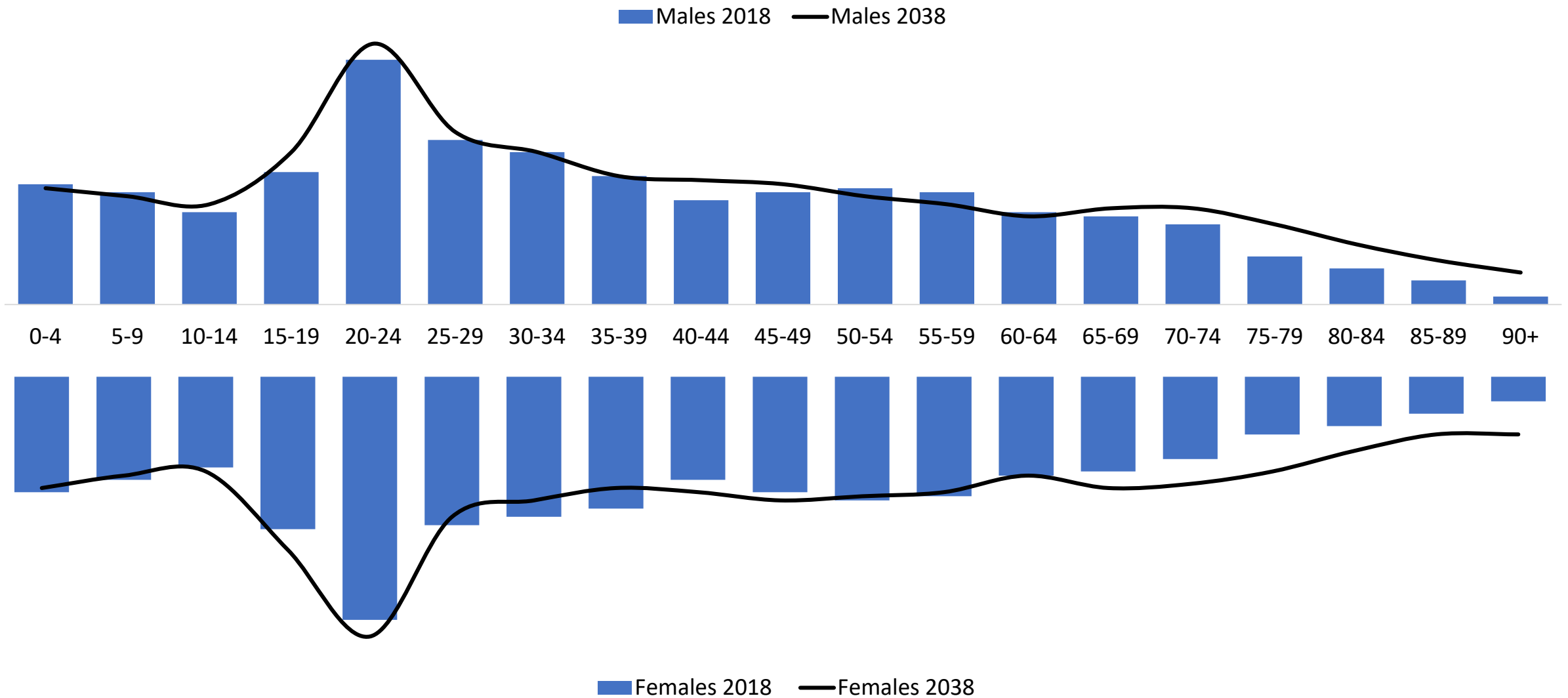
Other things to consider

Key demographics

Population Breakdown

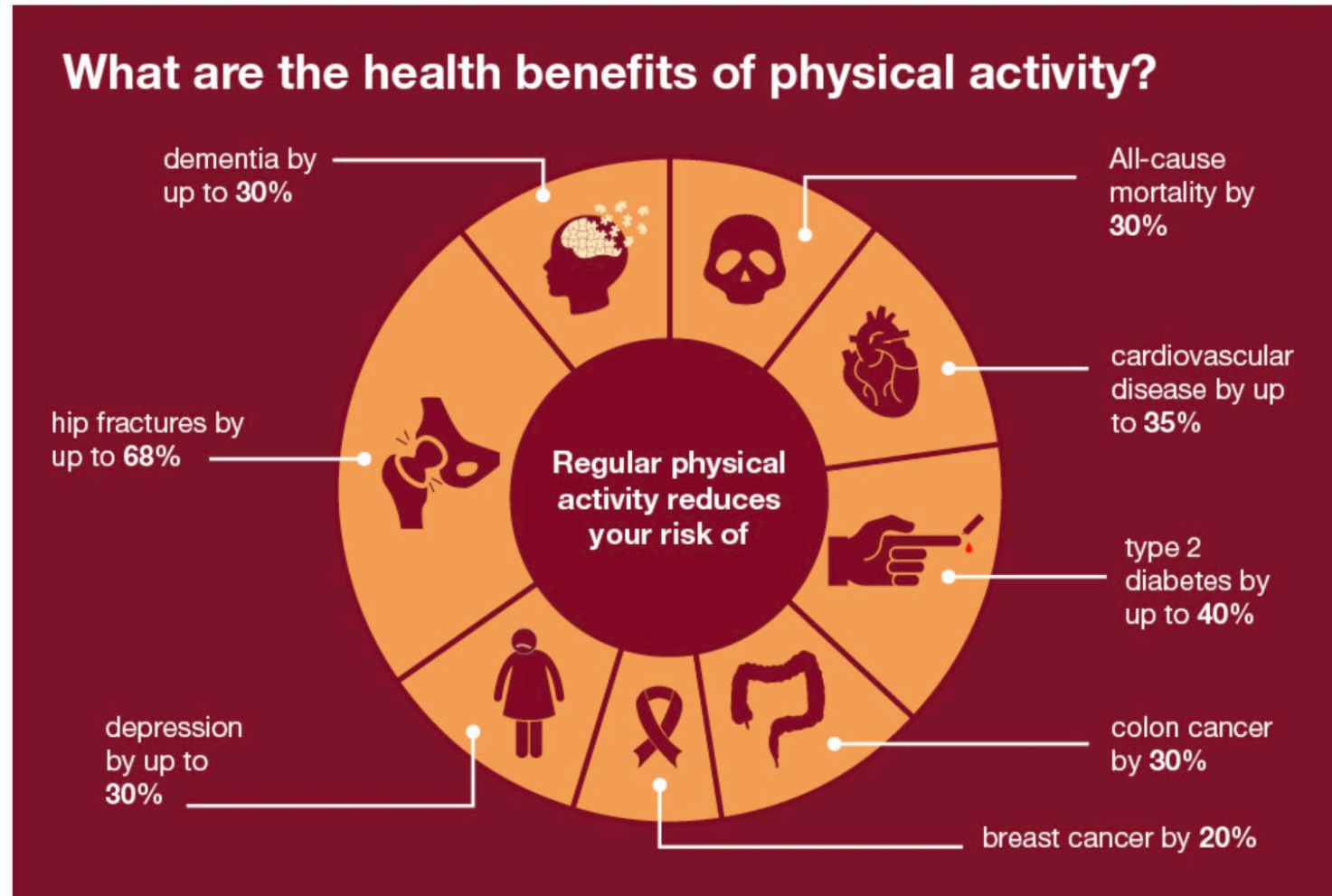
POPULATION DEMOGRAPHICS	England	Lincolnshire	Lincoln
Male	49.2%	48.7%	48.9%
Female	50.8%	51.3%	51.1%
Not limited	82.4%	79.6%	81.5%
Limited a lot/a little	17.6%	20.4%	18.5%
0-15 years	18.9%	17.1%	16.4%
16-34 years	25.4%	21.3%	34.4%
35-54 years	27.8%	27.1%	24.6%
55-74 years	20.2%	25.0%	17.5%
75+ years	7.7%	9.5%	7.1%
NS SEC 1-2	31.3%	27.6%	23.2%
NS SEC 3-5	29.1%	31.2%	25.5%
NS SEC 6-8	30.6%	34.5%	35.8%
Unclassified	9.0%	6.7%	15.6%
White British	85.4%	97.6%	95.6%
BME	14.6%	2.4%	4.4%

Estimated population growth



Health and disease information

Health benefits of physical activity

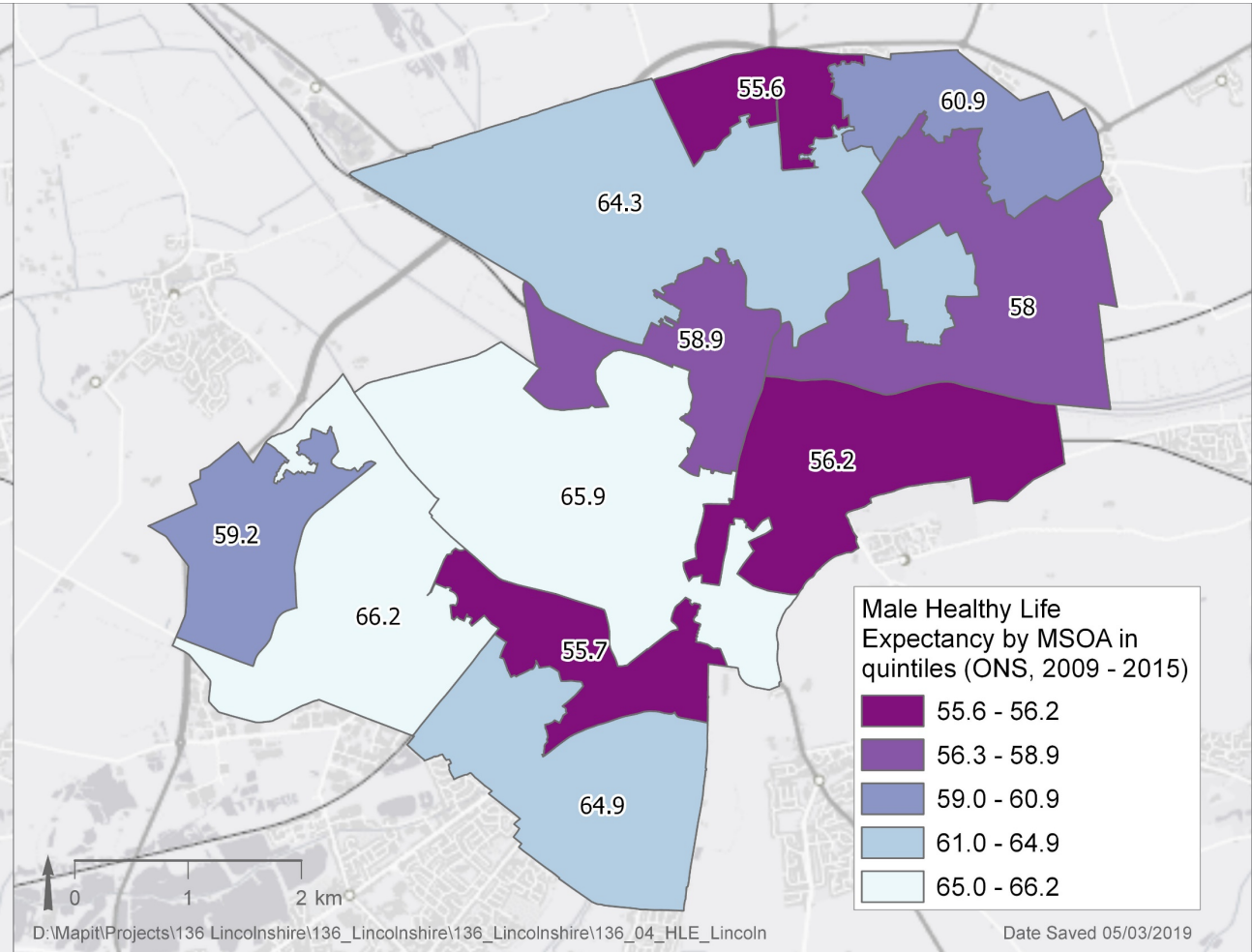
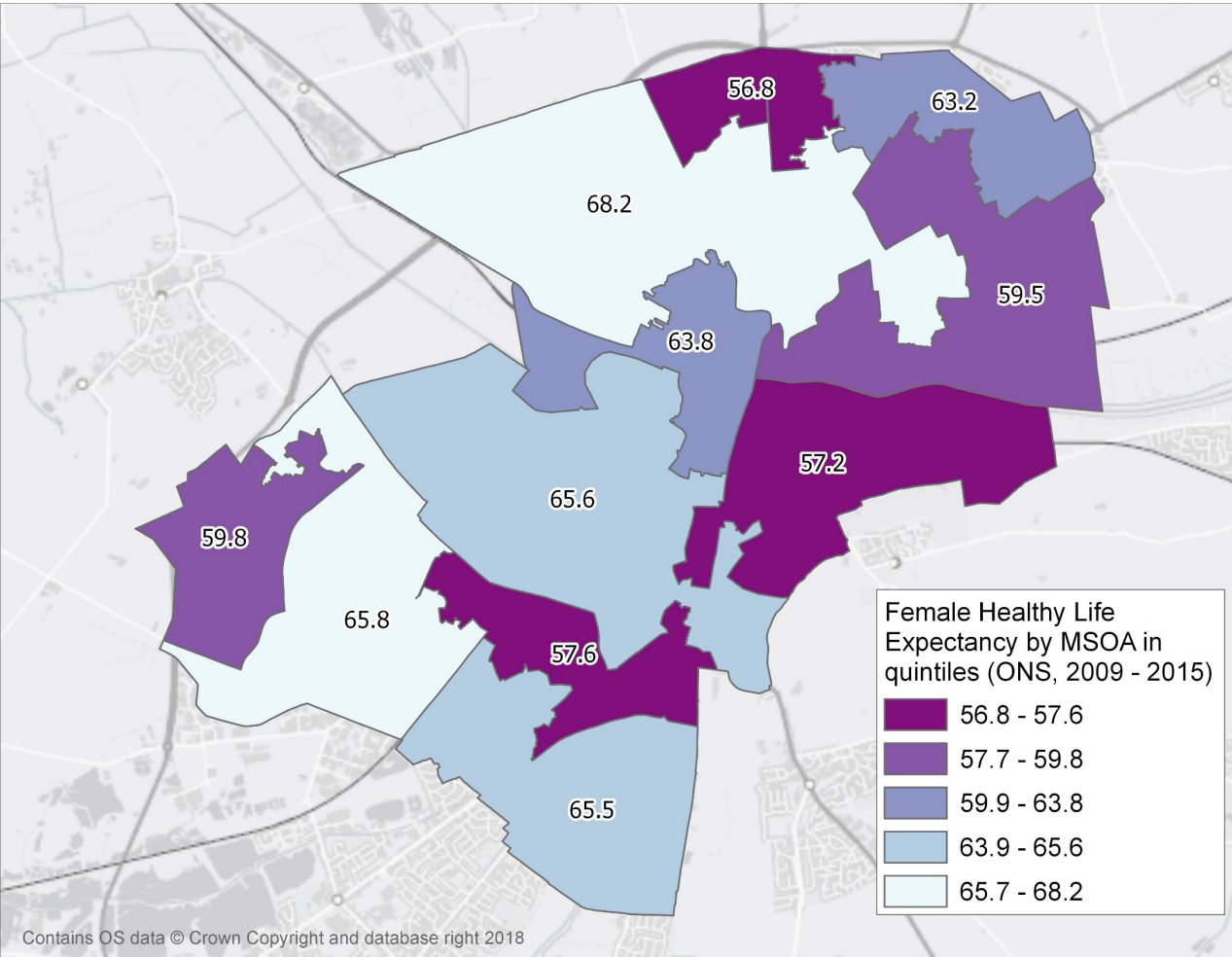


Source: PHE Health matters: Getting every adult active every day

Healthy life expectancy by MSOA

Female

Male



Source: ONS HLE at birth by lower tier local authorities in England, 2009 to 2015



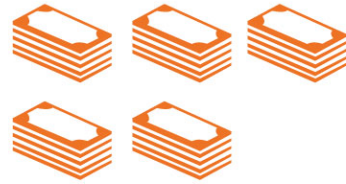
The financial impact of physical inactivity - Lincoln

HEALTH COSTS OF PHYSICAL INACTIVITY



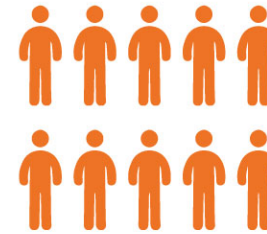
1 YEAR

£1,973,239



5 YEARS

£9,866,195



COST PER 100,000
POPULATION

£2,117,483

DISEASE CATEGORY BREAKDOWN COST PER YEAR

BREAST
CANCER

£131,399

CANCER
LOWER GI

e.g. bowel cancer

£234,505

CEREBROVASCULAR
DISEASE

e.g. stroke

£265,151

DIABETES

£292,425

CORONARY
HEART DISEASE

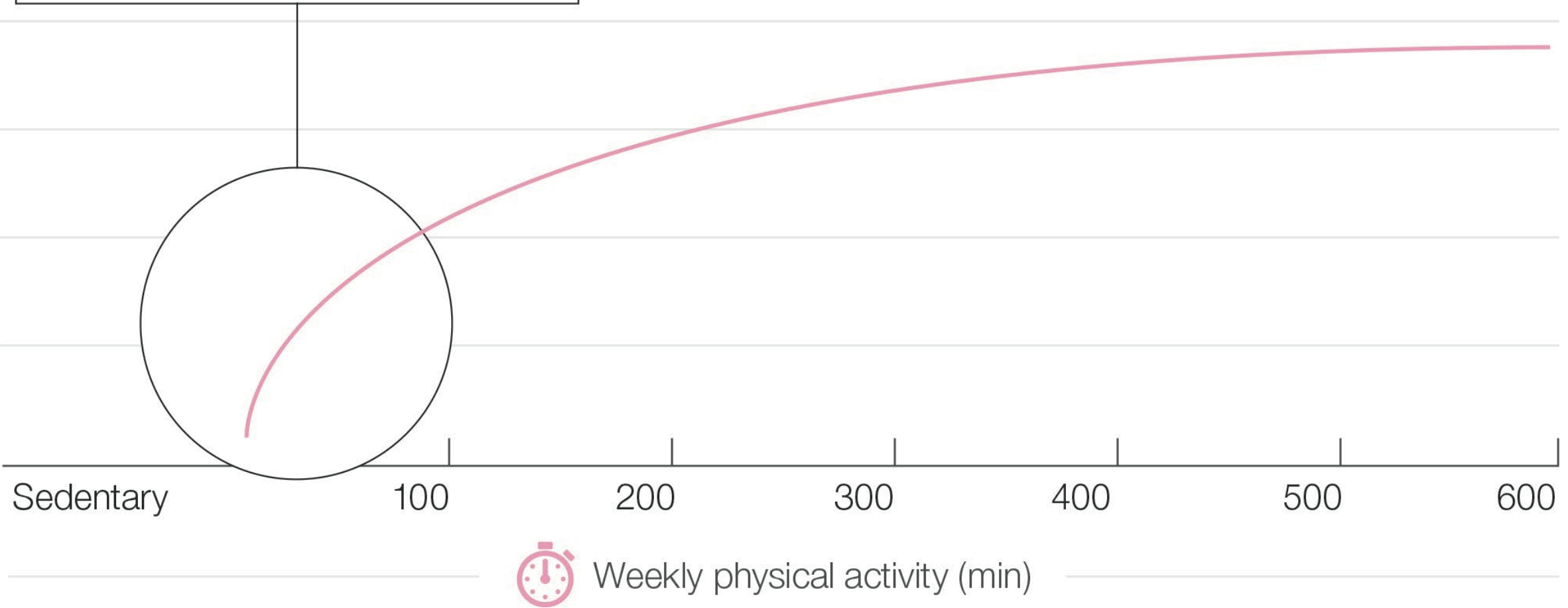
£1,049,760

Health benefits of physical activity

AREA OF HIGHEST IMPACT



Health benefits



Source: The value of getting people active from different starting points. HM Government, A New Strategy for an Active Nation

Physical activity behaviour

How physical activity is measured

Inactive

- % of people aged 16+ doing **less than 30 mins** of **physical activity** per week
- Duration of activity: Bouts of 10 mins of moderate intensity
- Vigorous activity counts for double the minutes
- Based on CMO adult (19+) recommendations
- **Lower is better**

Fairly Active

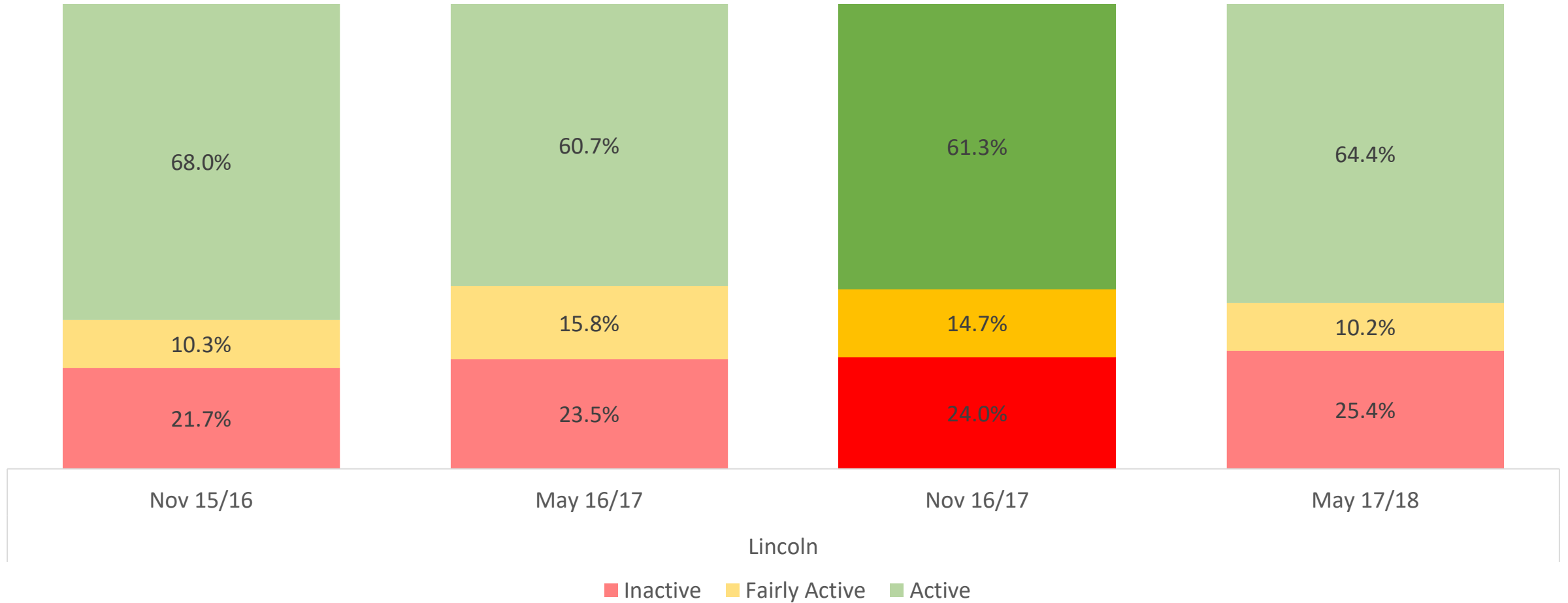
- % of people aged 16+ doing 30-149 minutes a week of physical activity per week

Active

- % of people aged 16+ doing **at least 150 mins** of **physical activity** per week
- Duration of activity: Bouts of 10 mins of moderate intensity
- Vigorous activity counts for double the minutes
- Based on CMO adult (19+) recommendations
- **Higher is better**

Physical activity behaviour over time

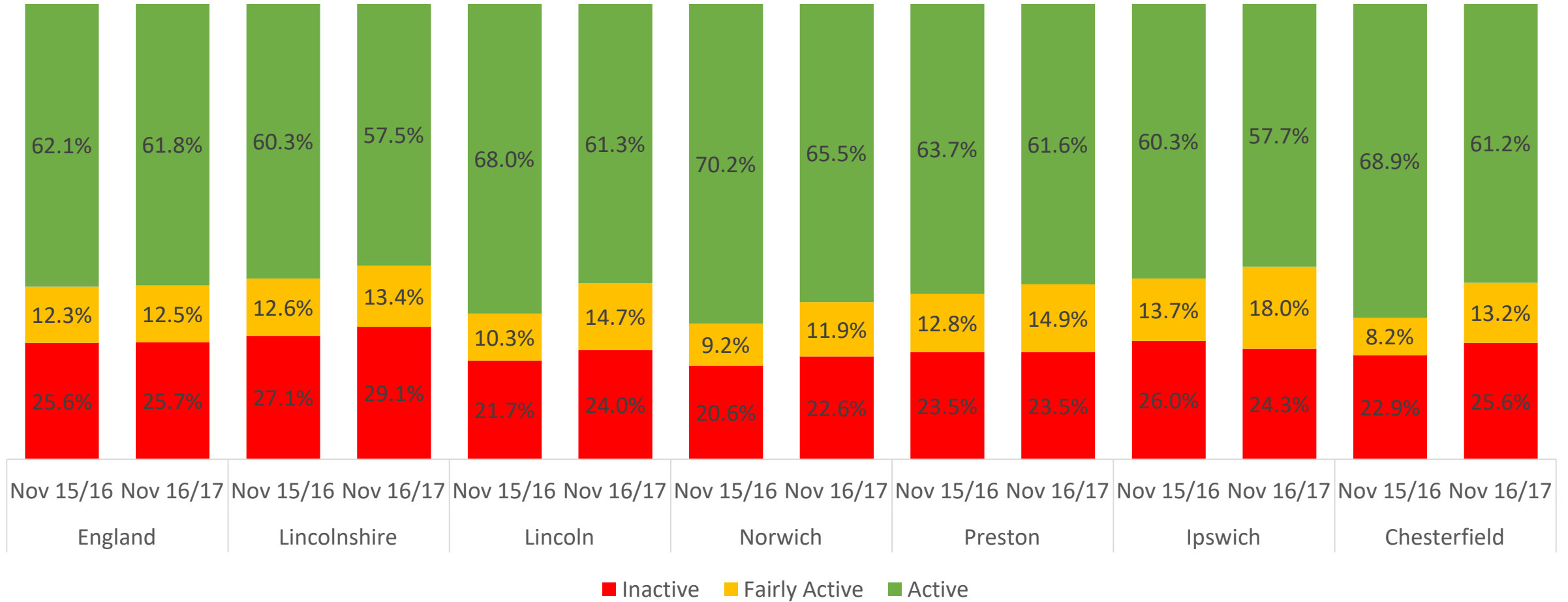
Whole population (16+)



Source: Sport England, Active Lives, Nov 15 to May 18, age 16+, excluding gardening

Physical activity behaviour compared to nearest neighbours

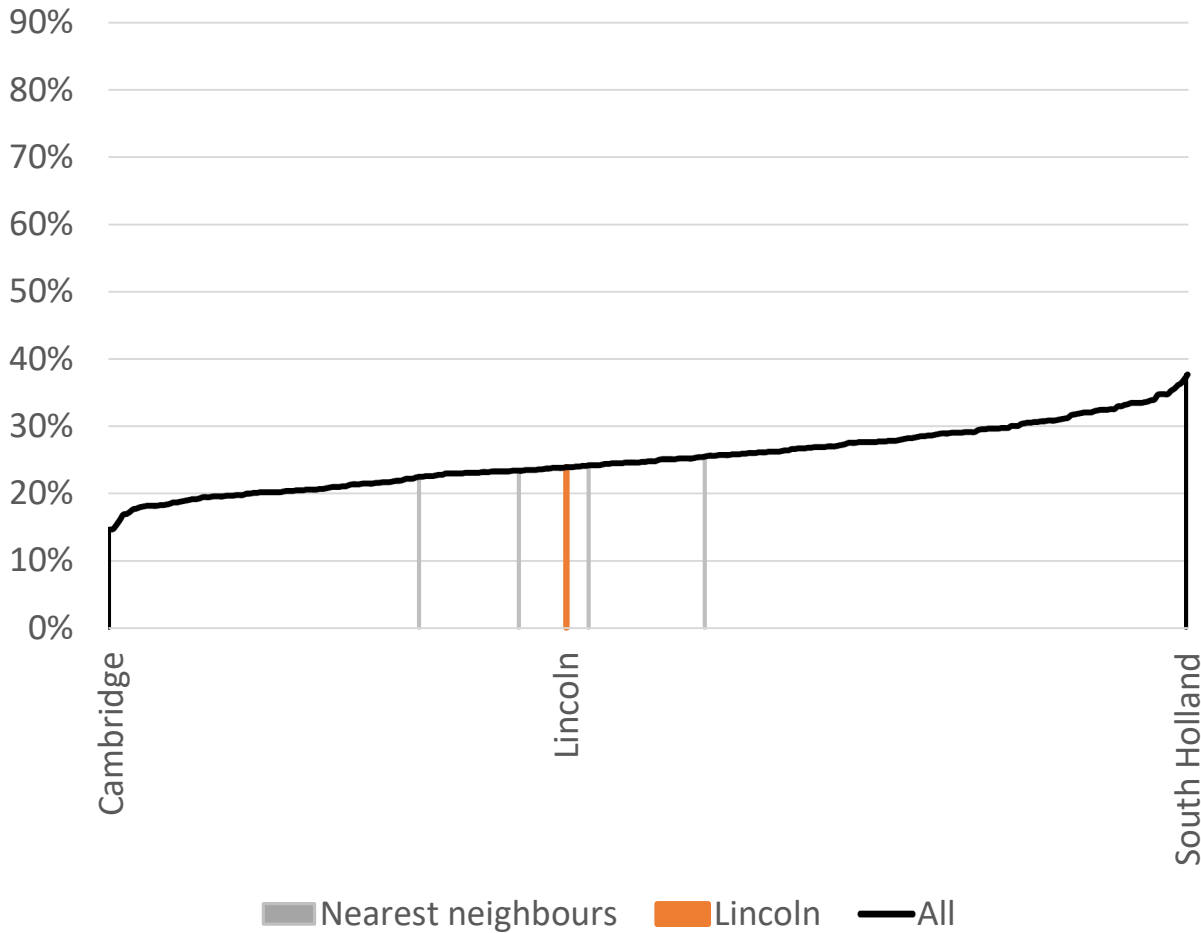
Whole population (16+)



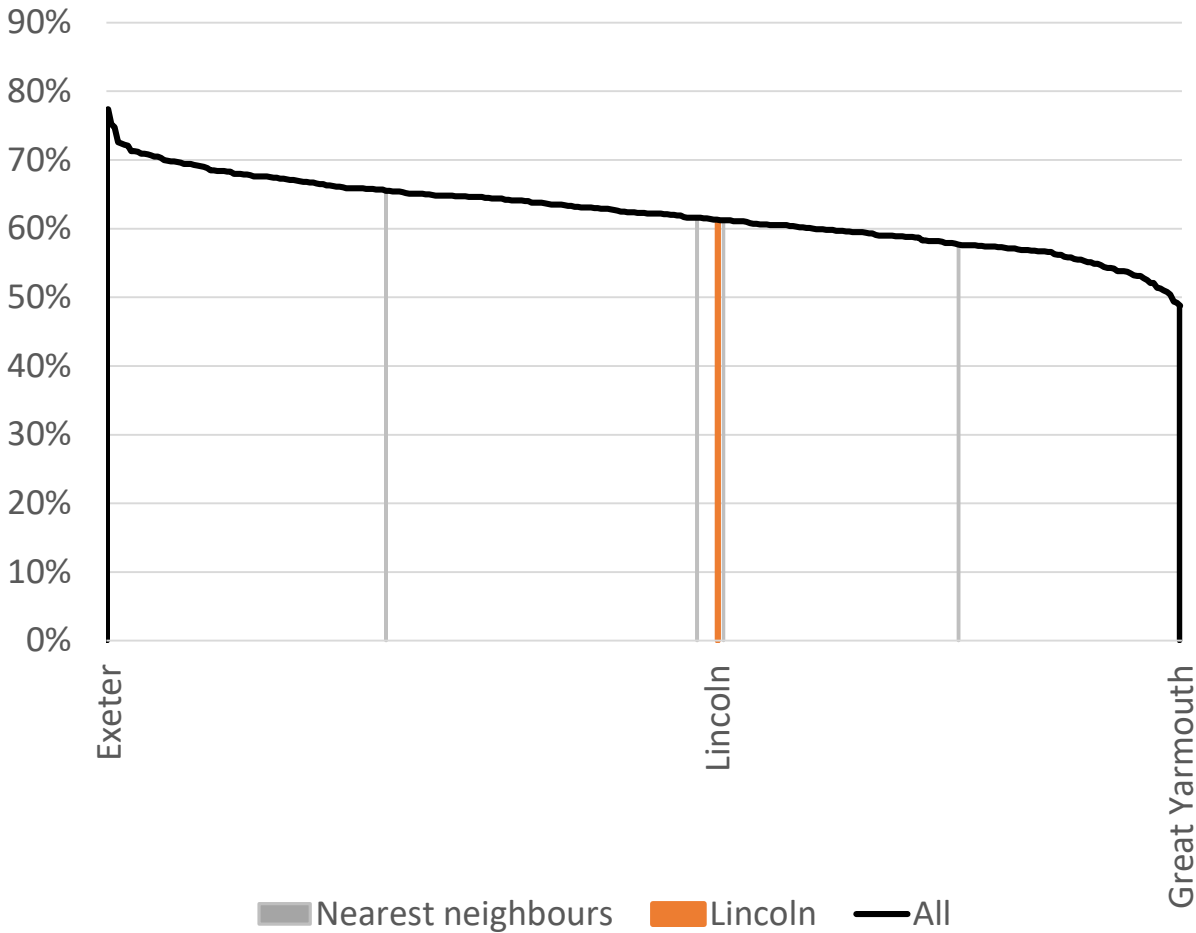
Source: Sport England, Active Lives, Nov 15 to Nov 17, age 16+, excluding gardening

Physical activity behaviour compared to peers

Inactive - Whole population



Active - Whole population

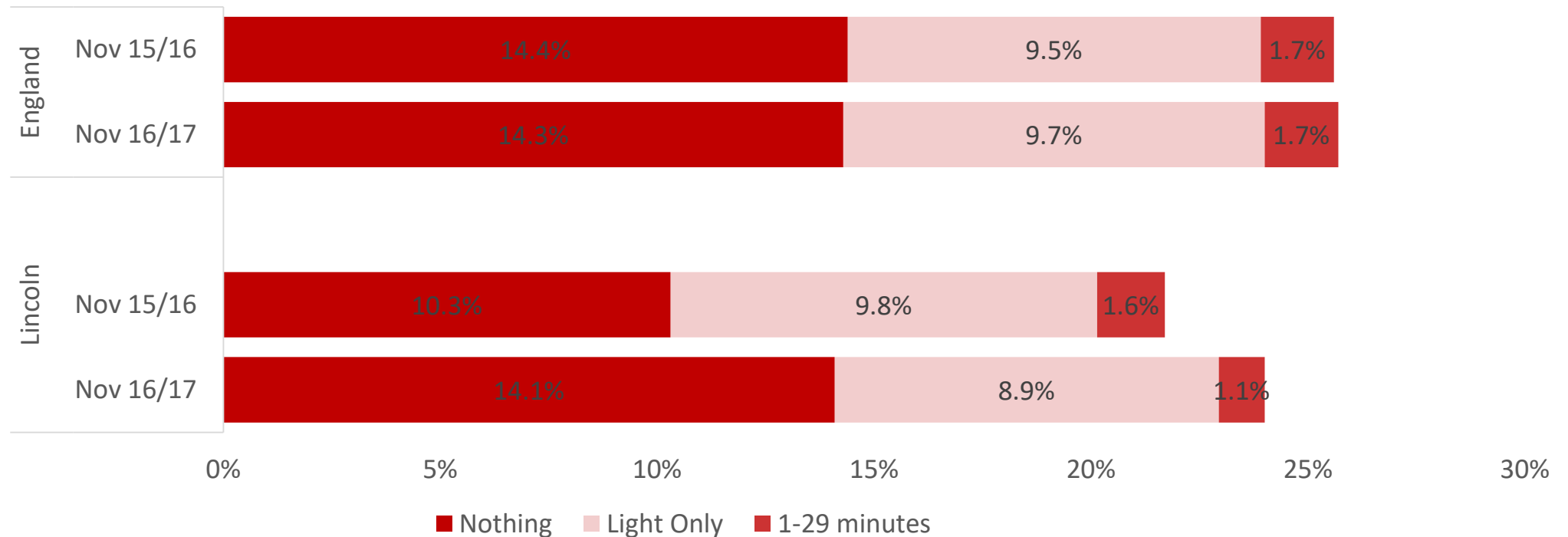


Source: Sport England, Active Lives, Nov 16 to Nov 17, age 16+, excluding gardening

Breakdown of inactive behaviour

Inactive behaviour can be broken down further into three sub-categories:

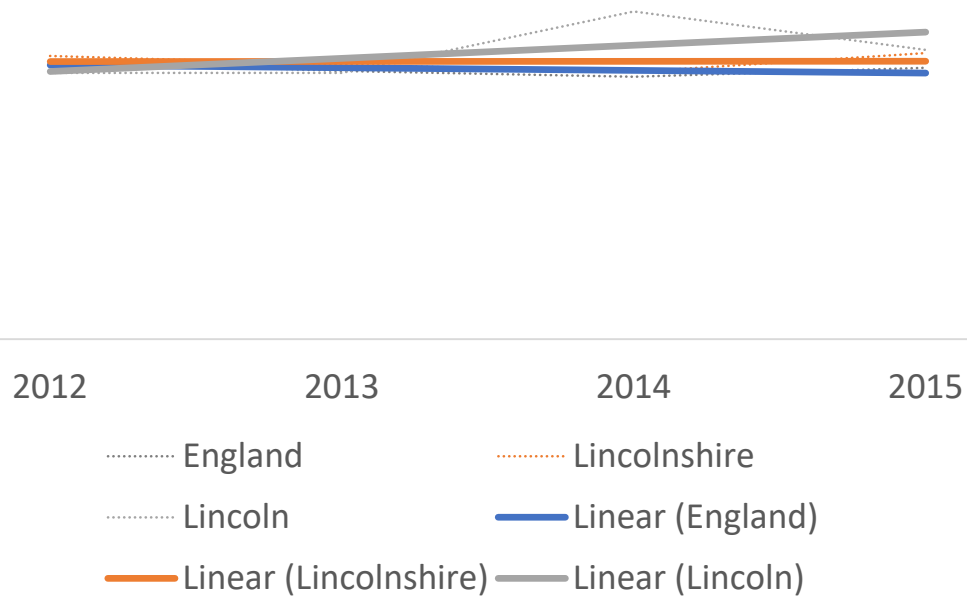
- Those that do NOTHING, i.e. no physical activity at all
- Those that do LIGHT INTENSITY ONLY, i.e. no moderate or vigorous intensity activity
- Those that ONLY ACHIEVE 1-29 MINUTES in a week



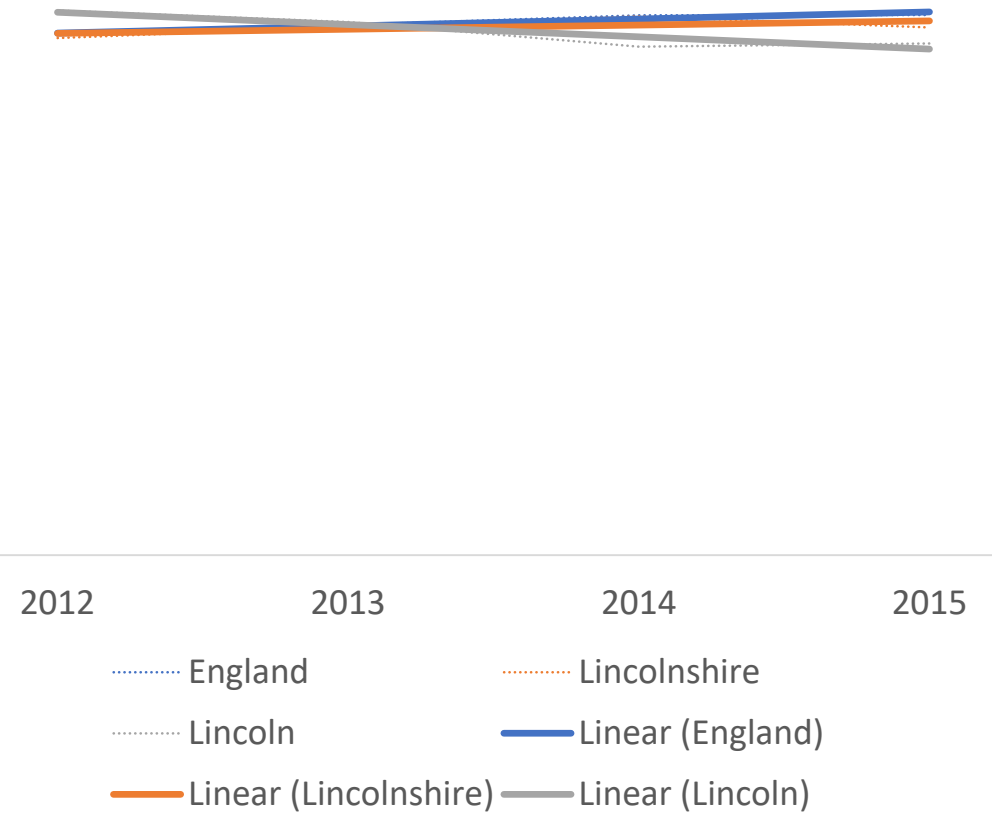
Source: Sport England, Active Lives, Nov 15 to Nov 17, age 16+, excluding gardening

Historical trends

Inactive trend

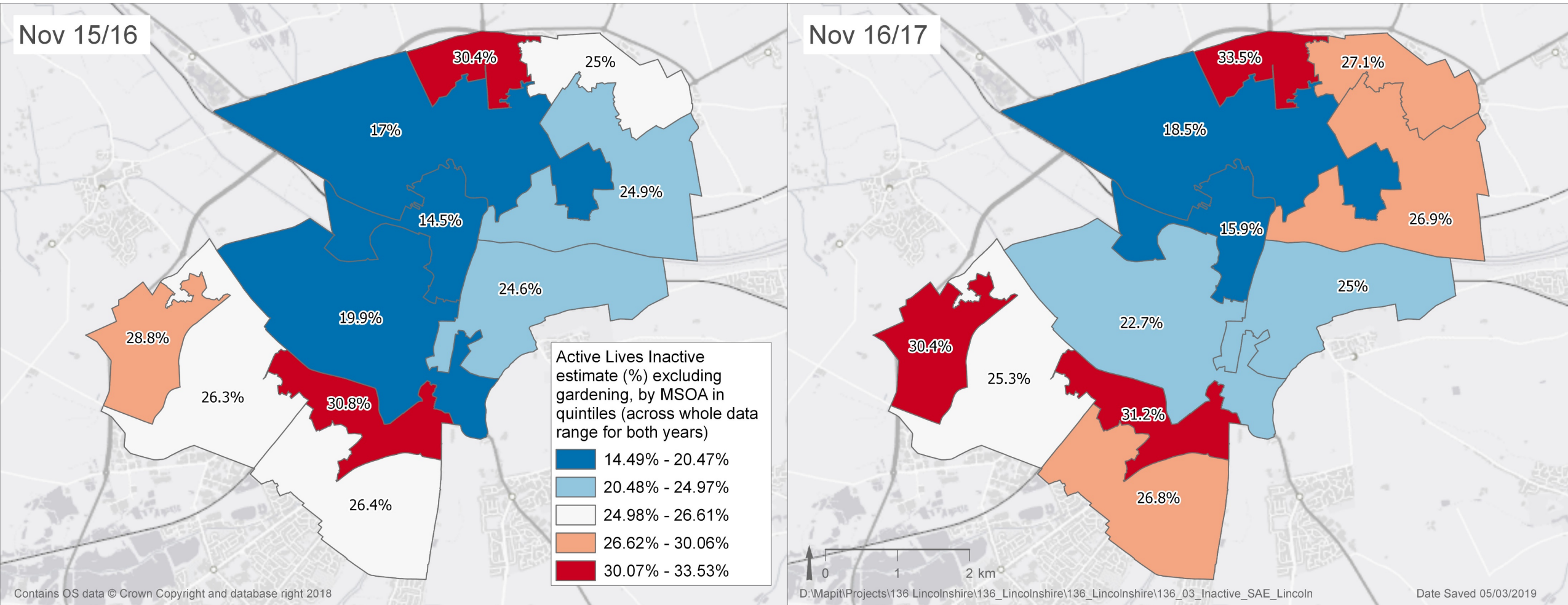


Active trend



Source: Sport England, APS Jan 12 – Jan 16, age 16+, excluding gardening

Inactivity small area estimates



Source: Sport England, Active Lives Survey (Small Area Estimates) Nov 15 – Nov 17, 16+ years

Whole population physical activity behaviour summary

Inactive

- Lincoln inactive proportion (24.0%) is lower (**better**) than both England (25.7%) and Lincolnshire (29.1%)
- It is estimated that there are nearly 20,000 inactive people in Lincoln
- The inactive proportion has increased (**worsened**) from 21.7% (Nov 15/16) to 24.0%
- Lincoln has a **smaller** proportion of the population doing 'light only' and '1-29 minutes' than England and a similar proportion doing 'nothing'
- When compared to nearest neighbours Lincoln is ranked **3rd** of 5 for **inactive**
- Historical trends (APS data) suggest inactive proportion is increasing (**worsening**) whilst England inactivity levels decreasing (improving) marginally
- Based on Nov 15/16 data, gardening **reduces** levels of inactivity by 2.0pp, compared to 3.6pp for England

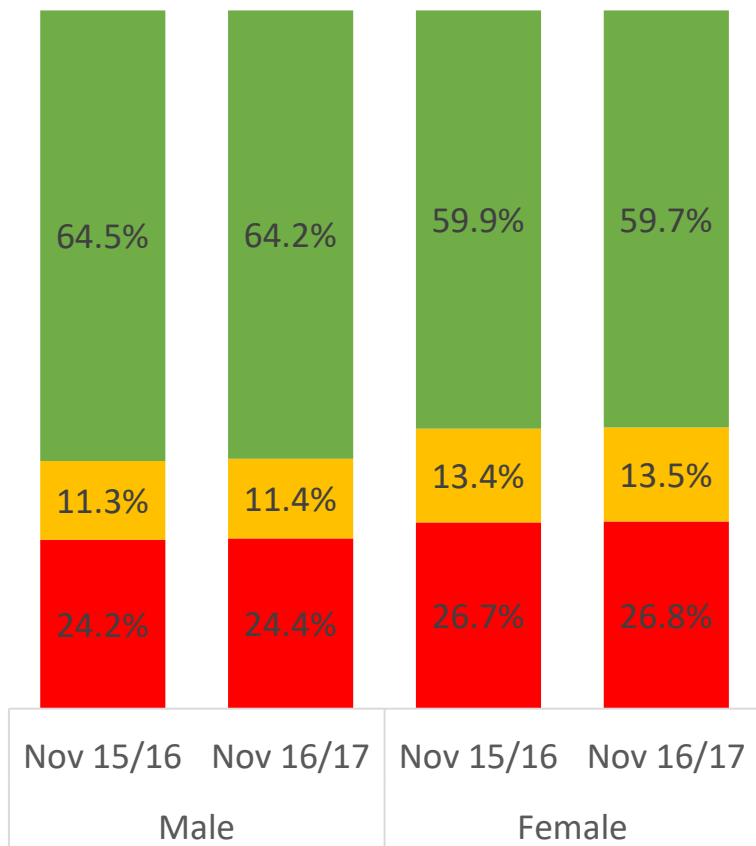
Active

- Active proportion (61.3%) is lower (**worse**) than England (61.8%) and higher (**better**) than Lincolnshire (57.5%)
- The active proportion has decreased (**worsened**) considerably from 68.0% (Nov 15/16) to 61.3%
- When compared to nearest neighbours Lincoln is ranked **3rd** of 5 for **active**
- Historical trends (APS data) suggest active levels are decreasing (**worsening**) whilst England activity levels increasing (improving) slightly

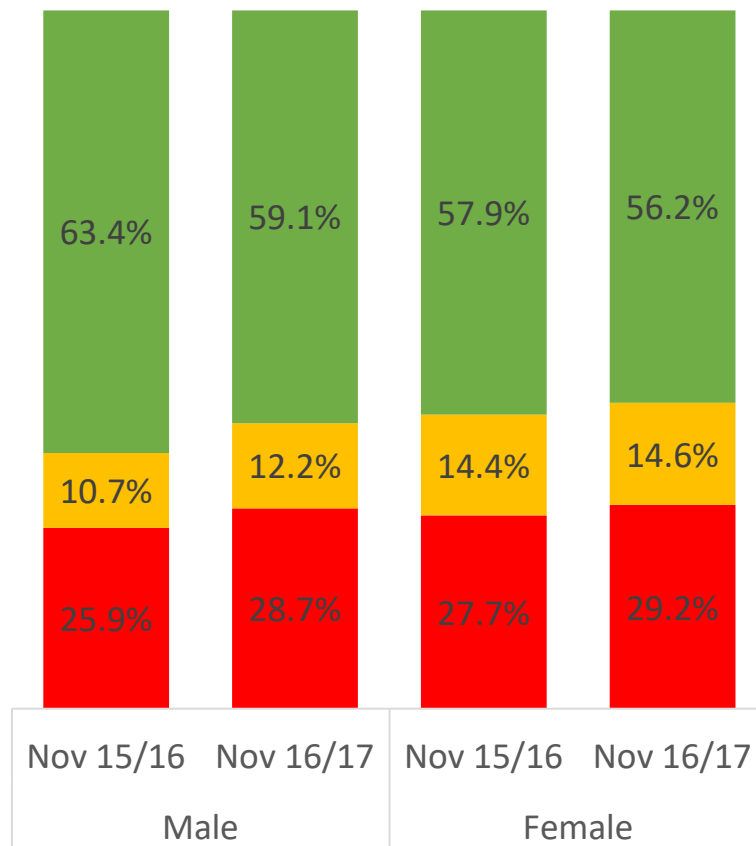
Physical activity behaviour by demographic group

Physical activity behaviour over time

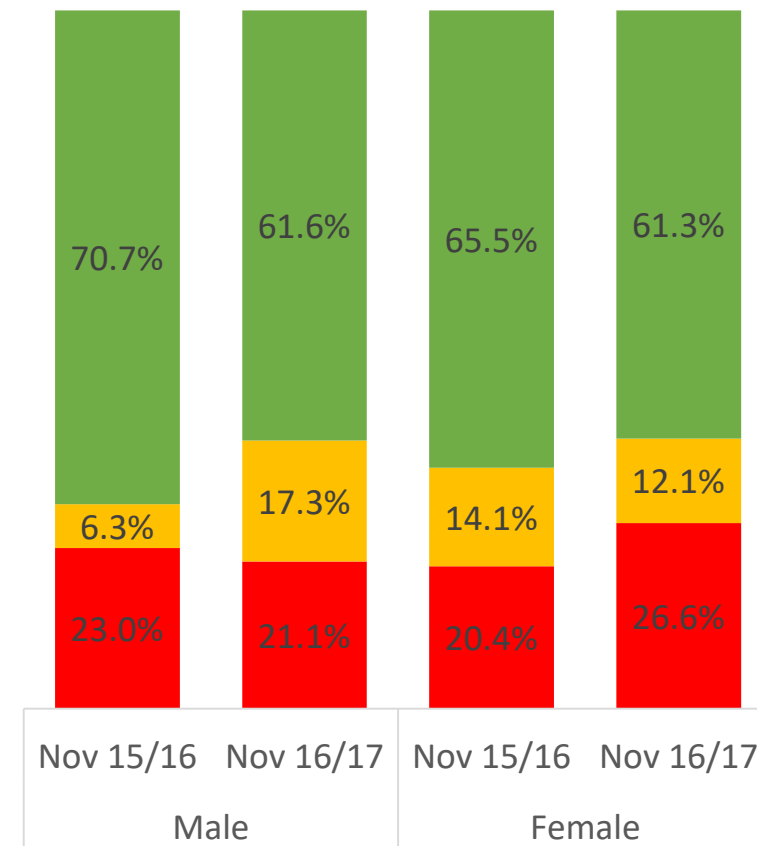
England



Lincolnshire



Lincoln



■ Inactive ■ Fairly Active ■ Active

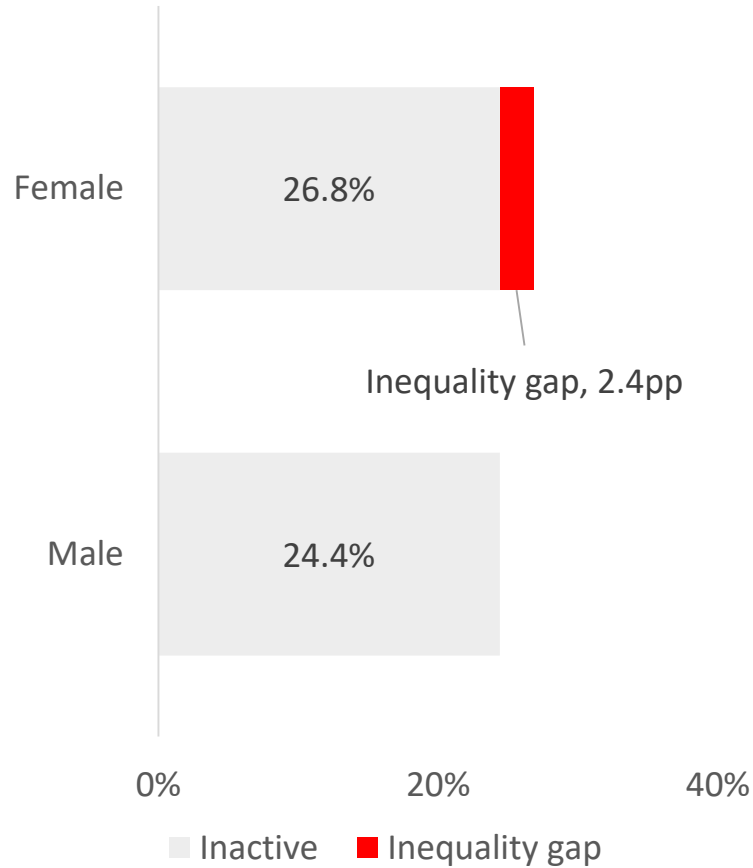
■ Inactive ■ Fairly Active ■ Active

■ Inactive ■ Fairly Active ■ Active

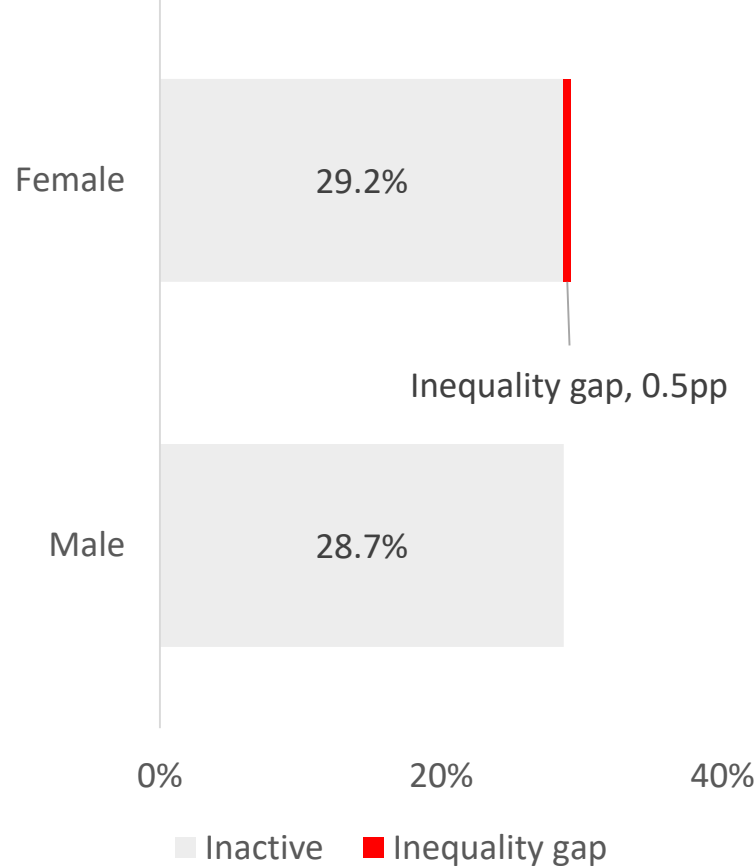
Source: Sport England, Active Lives, Nov 15 to Nov 17

Inequality gap in physical activity behaviour by gender

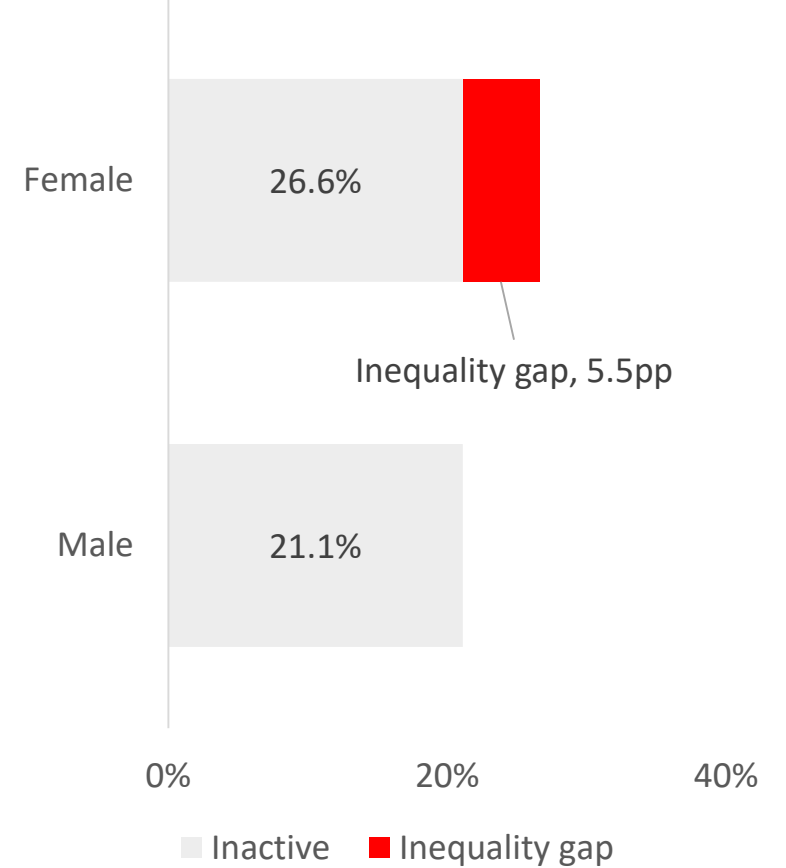
England



Lincolnshire



Lincoln



Source: Sport England, Active Lives, Nov 16 to Nov 17, age 16+, excluding gardening

Male

- Lincoln **inactive** proportion (21.1%) is lower (**better**) than both England (24.4%) and Lincolnshire (28.7%)
- The **active** proportion (61.6%) is lower (**worse**) than England (64.2%) and higher (**better**) than Lincolnshire (59.1%)
- The **inactive** proportion has decreased (**improved**) from 23.0% (Nov 15/16) to 21.1%
- When compared to nearest neighbours Lincoln is ranked **2nd** of 5 for **inactive** and **4th** of 5 for **active**

Female

- Lincoln **inactive** proportion (26.6%) is lower (**better**) than both England (26.8%) and Lincolnshire (29.2%)
- The **active** proportion (61.3%) is higher (**better**) than both England (59.7%) and Lincolnshire (56.2%)
- The **inactive** proportion has increased (**worsened**) from 20.4% (Nov 15/16) to 26.6%
- When compared to nearest neighbours Lincoln is ranked **3rd** of 5 for **inactive** and **2nd** of 5 for **active**

Inequality

- The gender inequality gap for **inactive** is 5.5pp compared to 2.4pp for England and 0.5pp for Lincolnshire

Gardening (Nov 15/16 data)

- Gardening reduces (**improves**) **inactivity** in both males and females by 2.0pp, suggesting **less** of an impact than the England average (males 4.0pp, female 3.1pp)

LIMITING ILLNESS – Physical activity behaviour summary

No limiting illness

- Lincoln **inactive** proportion (18.5%) is lower (**better**) than both England (21.2%) and Lincolnshire (24.2%)
- The **active** proportion (64.2%) is lower (**worse**) than England (66.4%) and higher (**better**) than Lincolnshire (61.7%)
- The **inactive** population has increased (**worsened**) slightly from 18.1% (Nov 15/16) to 18.5%
- When compared to nearest neighbours Lincoln is ranked **2nd** of 5 for **inactive** and **4th** of 5 for **active**

Limiting illness

- Lincoln **inactive** proportion (42.1%) is lower (**better**) than both England (43.4%) and Lincolnshire (44.9%)
- The **active** proportion (49.9%) is higher (**better**) than both England (43.6%) and Lincolnshire (43.2%)
- The **inactive** population has increased (**worsened**) considerably from 32.6% (Nov 15/16) to 42.1%
- When compared to nearest neighbours Lincoln is ranked **4th** of 4 for **inactive** and **1st** of 5 for **active**

Inequality

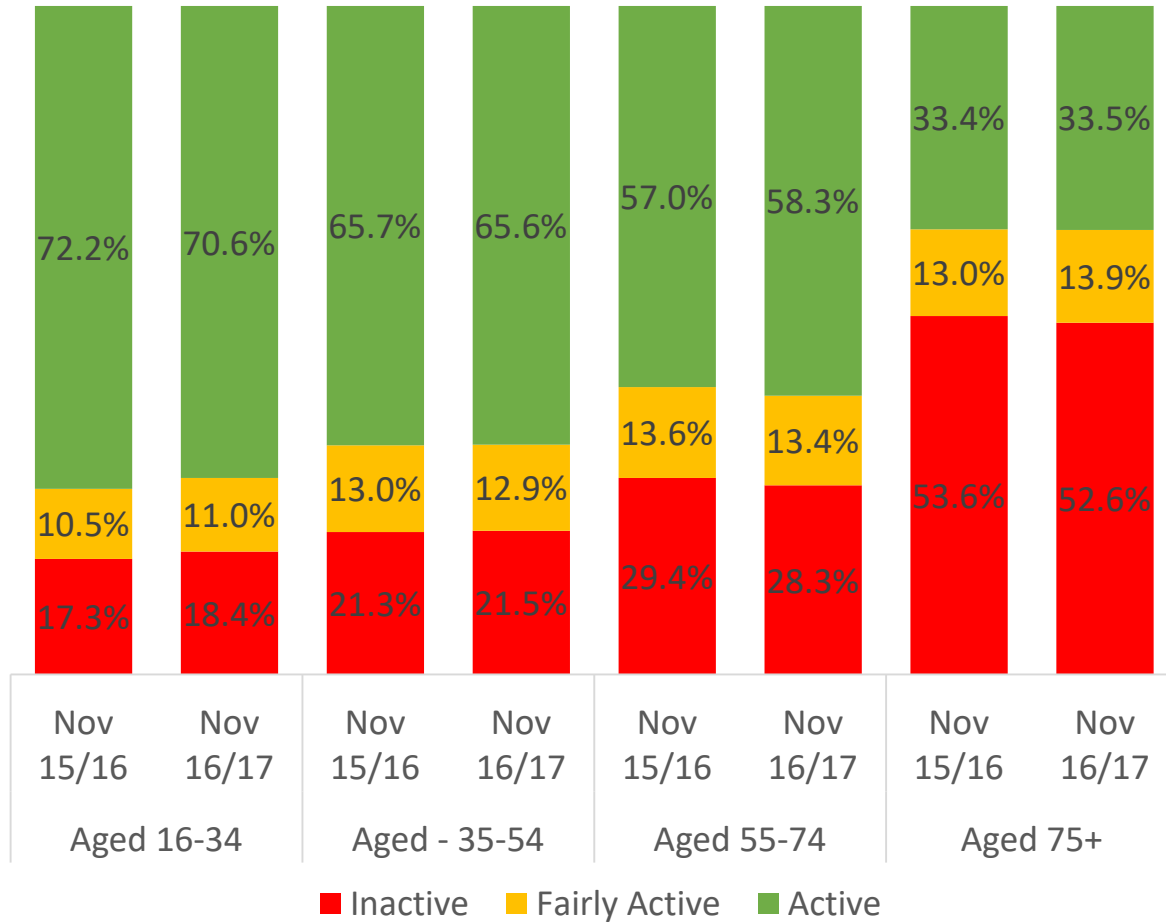
- The limiting illness inequality gap for **inactive** is 23.6pp compared to 22.2pp for England and 20.7pp for Lincolnshire

Gardening (Nov 15/16 data)

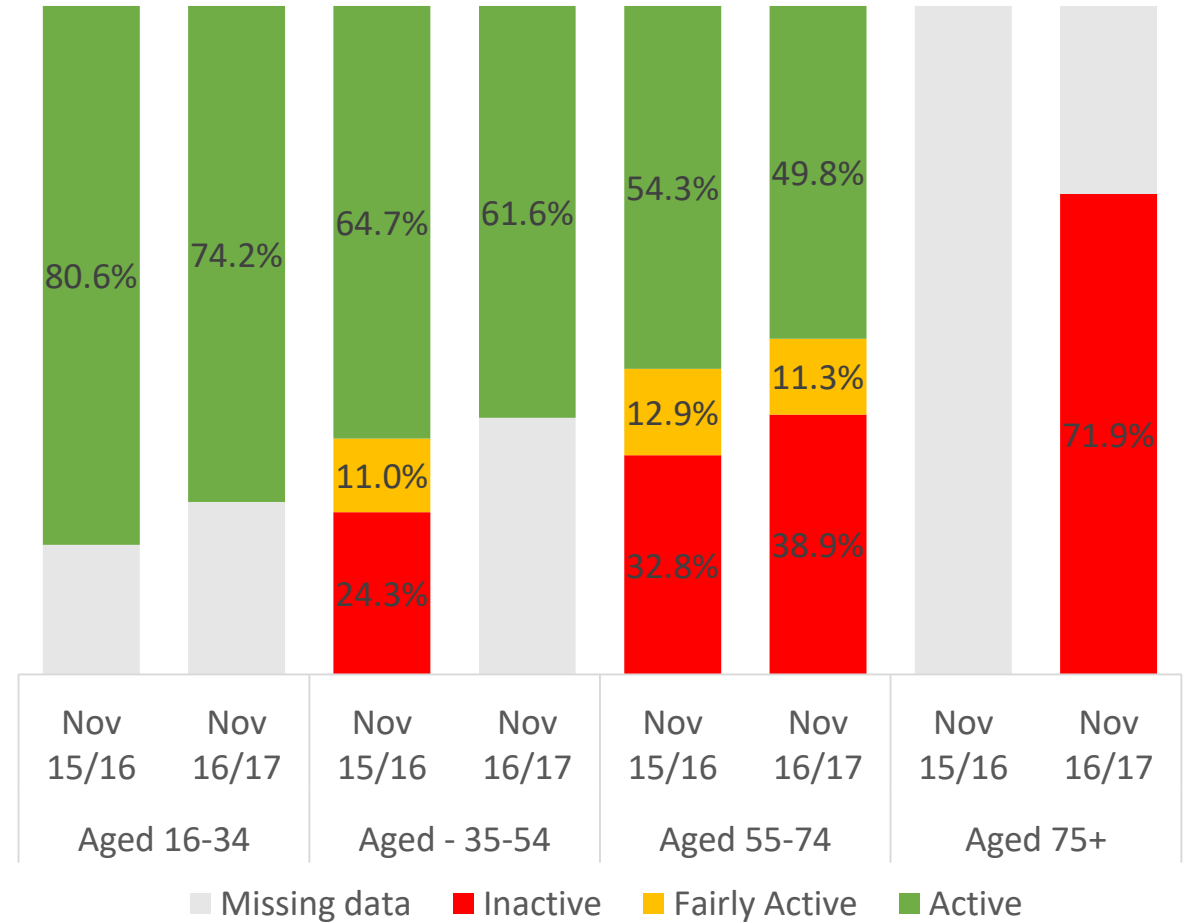
- Reduces (**improves**) **inactivity** in those with a limiting illness by 4.7pp, suggesting **less** of an impact than the England average (7.5pp). It also reduces (**improves**) **inactivity** in those with no limiting illness by 1.4pp, again suggesting **less** of an impact than the England average (3.1pp)

Physical activity behaviour over time

England

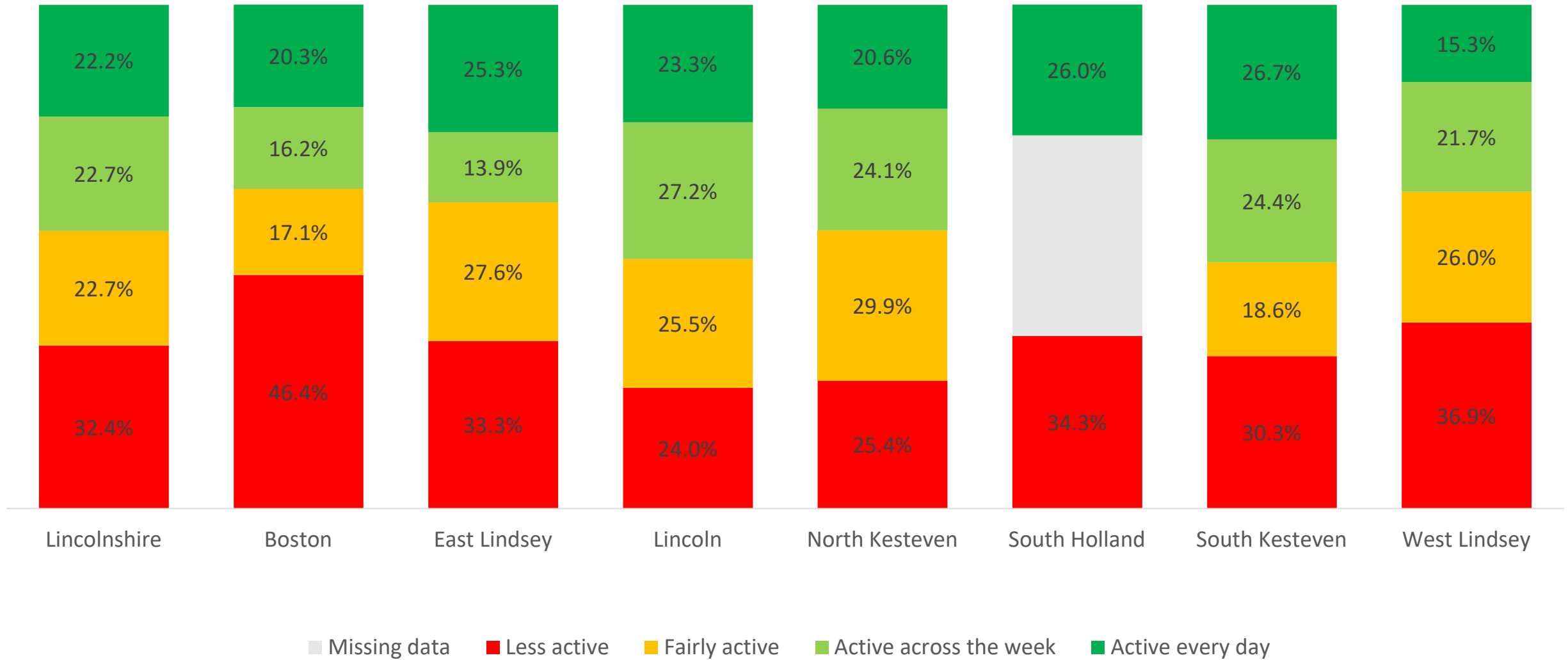


Lincoln



Source: Sport England, Active Lives, Nov 15 to Nov 17, age 16+, excluding gardening

CYP - physical activity levels years 1-11 by district



Source: Sport England Active Lives CYP Survey Sept 17-July 18

Age 16-34

- No **inactive** data available for Lincoln, England is 18.4% and Lincolnshire 18.8%
- The **active** proportion (74.2%) is higher (**better**) than both England (70.6%) and Lincolnshire (68.9%)
- When compared to nearest neighbours Lincoln is ranked **1st** of 5 for **active**

Age 35-54

- No **inactive** data available for Lincoln, England is 21.5% and Lincolnshire 24.1% (**inactive** proportion for Nov 15/16 was 24.3%)
- The **active** proportion (61.6%) is lower (**worse**) than both England (65.6%) and Lincolnshire (62.5%)
- When compared to nearest neighbours Lincoln is ranked **3rd** of 5 for **active**

Age 55-74

- Lincoln **inactive** proportion (38.9%) is considerably higher (**worse**) than both England (28.3%) and Lincolnshire (30.7%)
- The **active** proportion (49.8%) is lower (**worse**) than both England (58.3%) and Lincolnshire (54.9%)
- The **inactive** population has increased (**worsened**) from 32.8% (Nov 15/16) to 38.9%
- When compared to nearest neighbours Lincoln is ranked **5th** of 5 for **inactive** and **4th** of 5 for **active**

Aged 75+

- Lincoln **inactive** proportion (71.9%) is much higher (**worse**) than both England (52.6%) and Lincolnshire (58.6%) and one of the worst districts across England
- No **active** data available for Lincoln (England is 33.5% and Lincolnshire 28.0%), and no data to compare nearest neighbours

Gardening (Nov 15/16 data) – data not available for some age groups

- Reduces (**improves**) **inactivity** in those aged 35-54 by 0.8pp, suggesting **less** of an impact than the England average (2.8pp)

Physical activity behaviour summary

NS SeC 1-2

- Lincoln **inactive** proportion (21.8%) is higher (**worse**) than both England (16.8%) and Lincolnshire (21.2%)
- The **active** proportion (67.8%) is lower (**worse**) than England (71.0%) and higher (**better**) than Lincolnshire (65.4%)
- The **inactive** population has increased (**worsened**) from 16.9% (Nov 15/16) to 21.8%
- Compared to nearest neighbours Lincoln is ranked **5th** of 5 for **inactive** and **5th** of 5 for **active** by some distance

NS SeC 3-5

- Lincoln **inactive** proportion (27.8%) is higher (**worse**) than both England (24.8%) Lincolnshire (25.9%)
- The **active** proportion (52.9%) is lower (**worse**) than both England (61.4%) and Lincolnshire (60.1%)
- When compared to nearest neighbours Lincoln is ranked **4th** of 4 for **inactive** and **5th** of 5 for **active**

NS SeC 6-8

- No **inactive** data available for Lincoln. Based on active data though it must be better than both England (33.4%) and Lincolnshire (34.8%)
- The **active** proportion (69.8%) is higher (**better**) than both England (54.0%) and Lincolnshire (51.9%)
- When compared to nearest neighbours Lincoln is ranked **1st** of 3 for **active**

Inequality gap

- For **active** the gap is only 2.0pp between NS SeC groups 1-2 and 6-8, England is 17.0pp and Lincolnshire is 13.5pp NS SeC 3-5 active is considerably worse than both NS SeC 1-2 and 6-8

Sport and activities

How we measure sport and physical activity

THE PAST... ANY SPORT

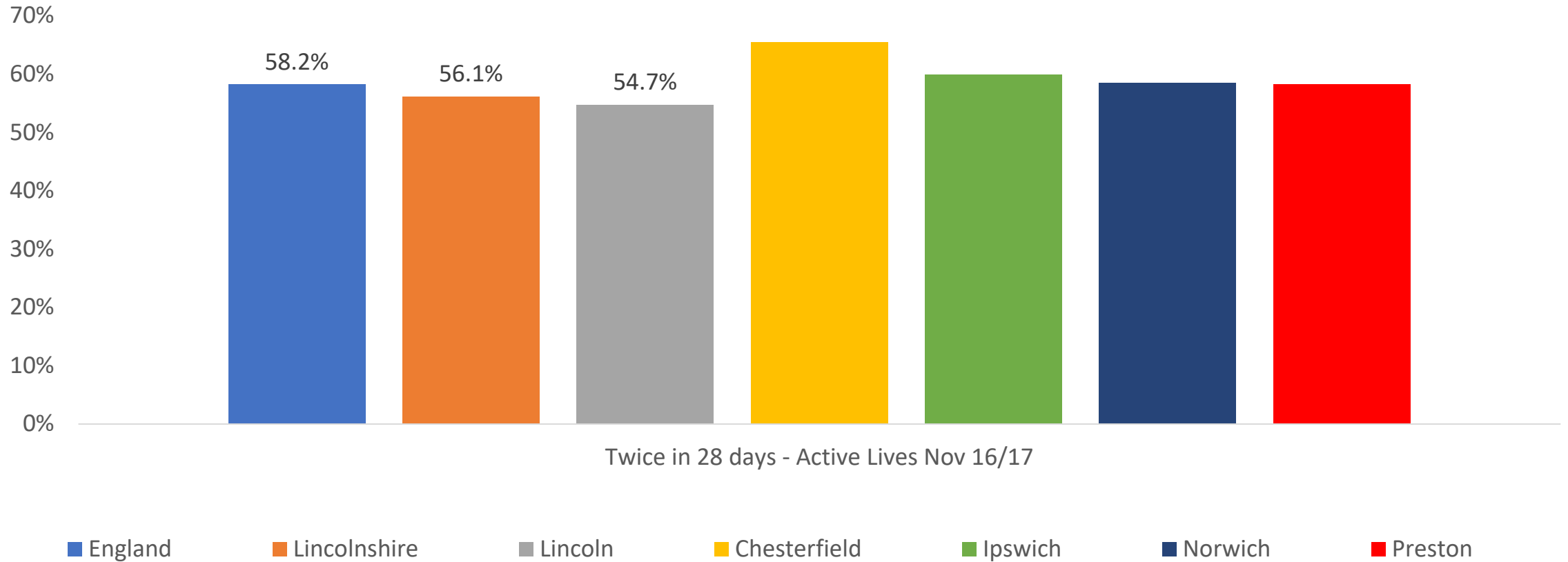
- % of people doing at least one session of sport , at any intensity (including light intensity sports) and for any duration in the last 28 days
- **Higher is better**
- 10 years of data

NOW... TWICE A MONTH

- % of people doing the equivalent of 30 mins of sport and physical activity at least twice in 28 days.
- Duration of activity: Bouts of at least 10 mins of at least moderate intensity adding to total of 60 mins
- **Higher is better**
- 2 years of data

Participation in walking

All walking - compared to nearest neighbours



Source: Sport England, Active Lives, Nov 16 to Nov 17, age 16+, excluding gardening

Sports participation summary

- Running or jogging participation (15.7%) is **higher** than both England and Lincolnshire and ranked **1st** of 4 nearest neighbours
- Cycling for leisure and sport participation (14.9%) is **higher** than both England and Lincolnshire and ranked **1st** of 5 nearest neighbours. Historical APS trends however suggest a decline in cycling and at a much faster rate than for England and Lincolnshire
- Swimming participation (9.9%) is **lower** than England, **higher** than Lincolnshire and ranked **2nd** of 5 nearest neighbours. Historical APS trends suggest a decline in swimming at a similar rate to England and Lincolnshire
- All walking participation (54.7%) is **lower** than both England and Lincolnshire and **5th** of 5 nearest neighbours
- Active travel (44.9%) is **higher** than both England and Lincolnshire and ranked **2nd** of 5 nearest neighbours

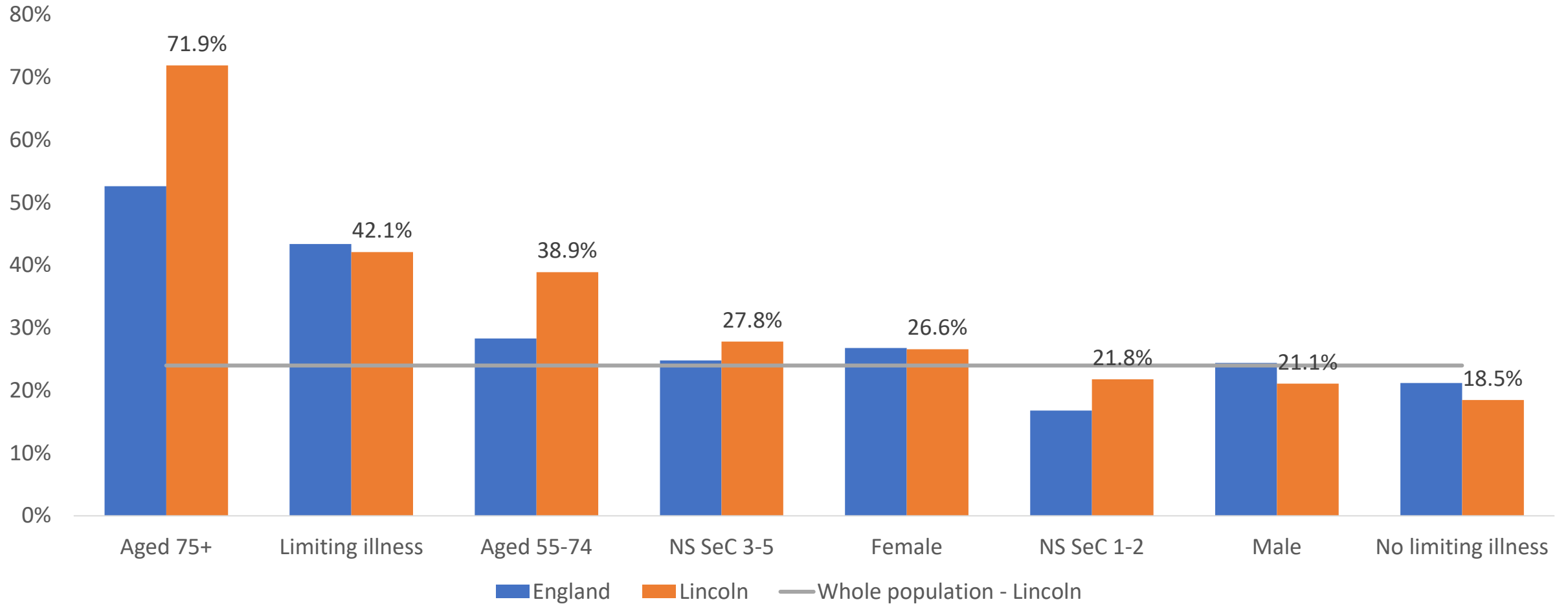
Additional historical APS trend data suggests:

- A small **increase** in those participating in flexible location activities at a **slower** rate than England
- Participation in all other activities in Lincoln are **decreasing**
 - at a **slower** rate than England and Lincolnshire (indoor and sports hall/swimming pool based activities)
 - at a **similar** rate to England and Lincolnshire (individual sports)
 - at a **faster** rate than England and Lincolnshire (outdoor activities)

Overall summary

Percentage of inactivity by demographic groups

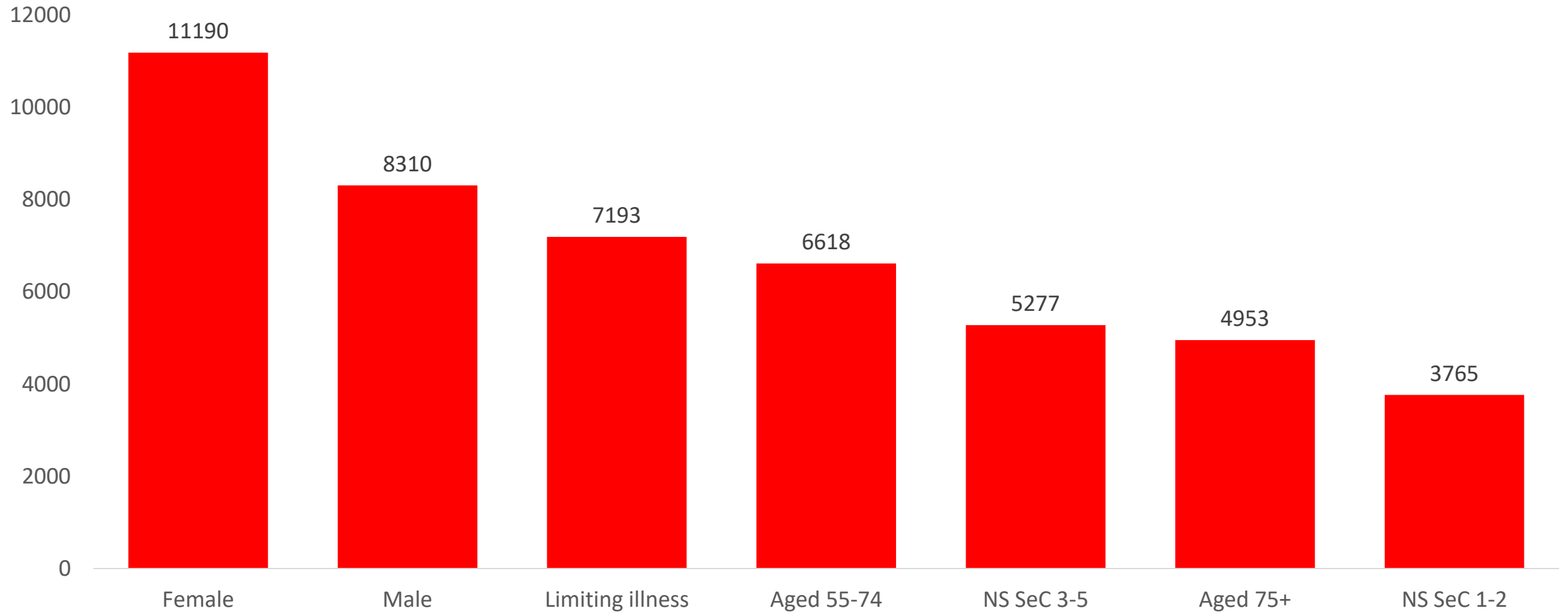
Proportion of people classed as inactive



Source: Sport England, Active Lives, Nov 16 to Nov 17, age 16+, excluding gardening

Number of inactive people by demographic groups

Number of people classed as inactive by demographic group

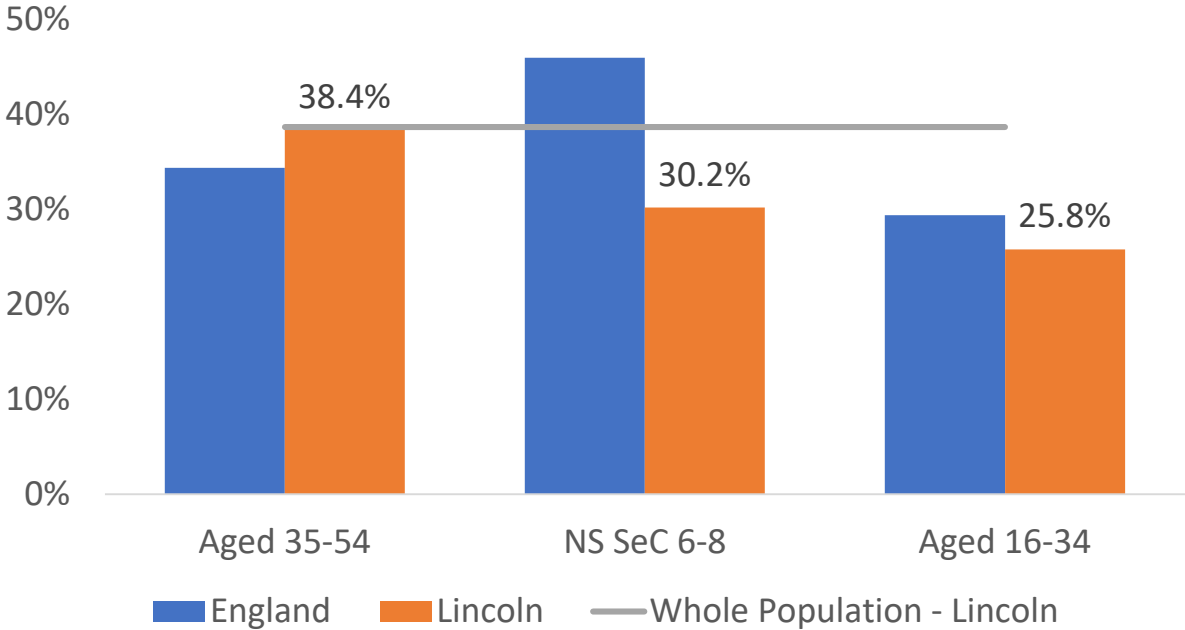


Source: Sport England, Active Lives, Nov 16 to Nov 17, 16+, excluding gardening, ONS 2016 Population Projections, Census 2011

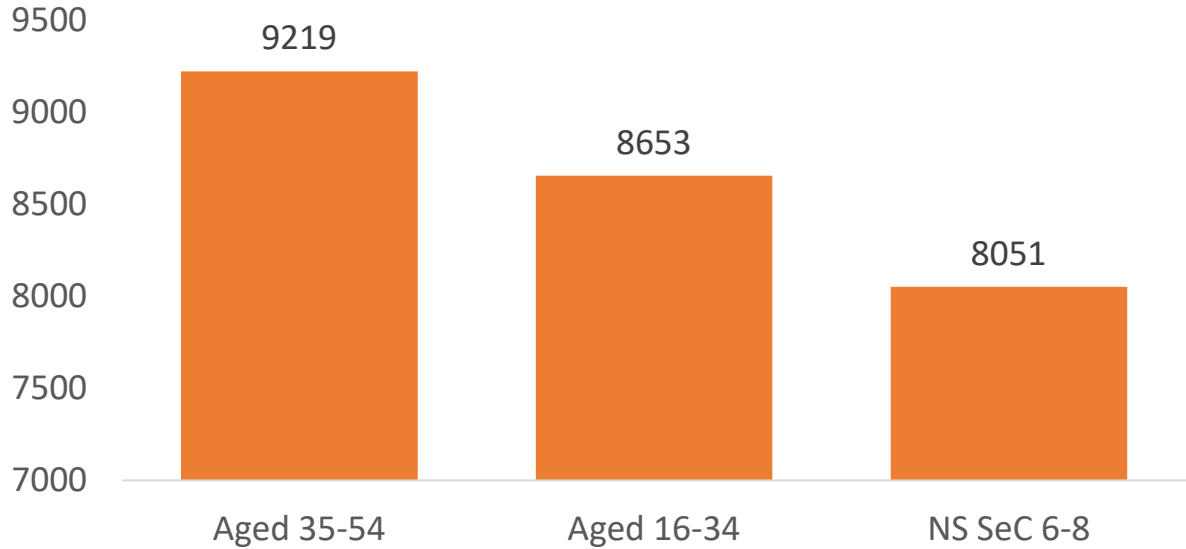
Inactive or fairly active people by demographic groups

The inactive percentage was unavailable for these demographics, as such these graphs are those who are 'not active' which includes inactive and fairly active

Proportion of people classed as fairly active or inactive



Number of people classed as inactive or fairly active by demographic group



Source: Sport England, Active Lives, Nov 16 to Nov 17, 16+, excluding gardening, ONS 2016 Population Projections, Census 2011

Groups in greatest need?

Generally across different demographic groups Lincoln appears to compare poorly to England, Lincolnshire and nearest neighbours for **active** proportions, whilst **inactivity** rates often compare more favourably

There is not one particular group that stands out clearly within Lincoln as being in greatest need but a number of population groups that are worth considering:

- Those **aged 55 and over** compare poorly to England, Lincolnshire and nearest neighbours for both inactive and active where data is available. Both the **age 55-74** and **age 75+** inactive rates are amongst the highest of any of the districts in England
- There is greater number of inactive **females** than males, the inequality gap being more than double that of England and over 10 times the Lincolnshire gap
- The 2 of the largest population groups within Lincoln (those **aged 16-34** and those from **NS SeC groups 6-8**) compare well to England, Lincolnshire and nearest neighbours for both inactive and active where data is available. Because they are the largest groups though, they have a large influence on the overall inactive/active proportions for Lincoln

What to think about next?

- **Is there local data that can help understand the users of different types of activities better? Leisure centre usage data, programme data, club data etc?**
- **What implications does this evidence have for local action planning, programming and offer design and investment?**
- **Where can we find the groups that might be in greater need? How do we reach them?**
- What local organisations can help reach inactive people from the groups that are in greater need in the communities that are likely to have more inactive people?
- What do we know about these groups in the communities that they live? In terms of being able to understand and change their physical activity behaviour?
- Is there anything else we need to know about the local population breakdown (eg IMD, car ownership, lone parent households etc)?
- What do we know about the asset/supply base of some of the communities with more inactive people?