

Adult Active Lives
November 2022-23
Headlines



April 2024



National update

There are two million more adults getting active on a regular basis through sport and physical activity than in 2016, despite the impacts of the coronavirus (Covid-19) pandemic and increased cost-of-living pressures.

The figures, which we've published today in our latest Active Lives Adult Survey report, show that between November 2022 and November 2023, 63.4% of the adult population met the Chief Medical Officers' guidelines of doing 150 minutes, or more, of moderate intensity physical activity a week. That's equivalent to 29.5m adults in England playing sport or taking part in physical activity every week.

This figure is largely unchanged from 12 months ago when 63.1% were active but means that, compared to when we first ran the survey between November 2015 and November 2016, there are two million more active adults – an increase of 1.3%.

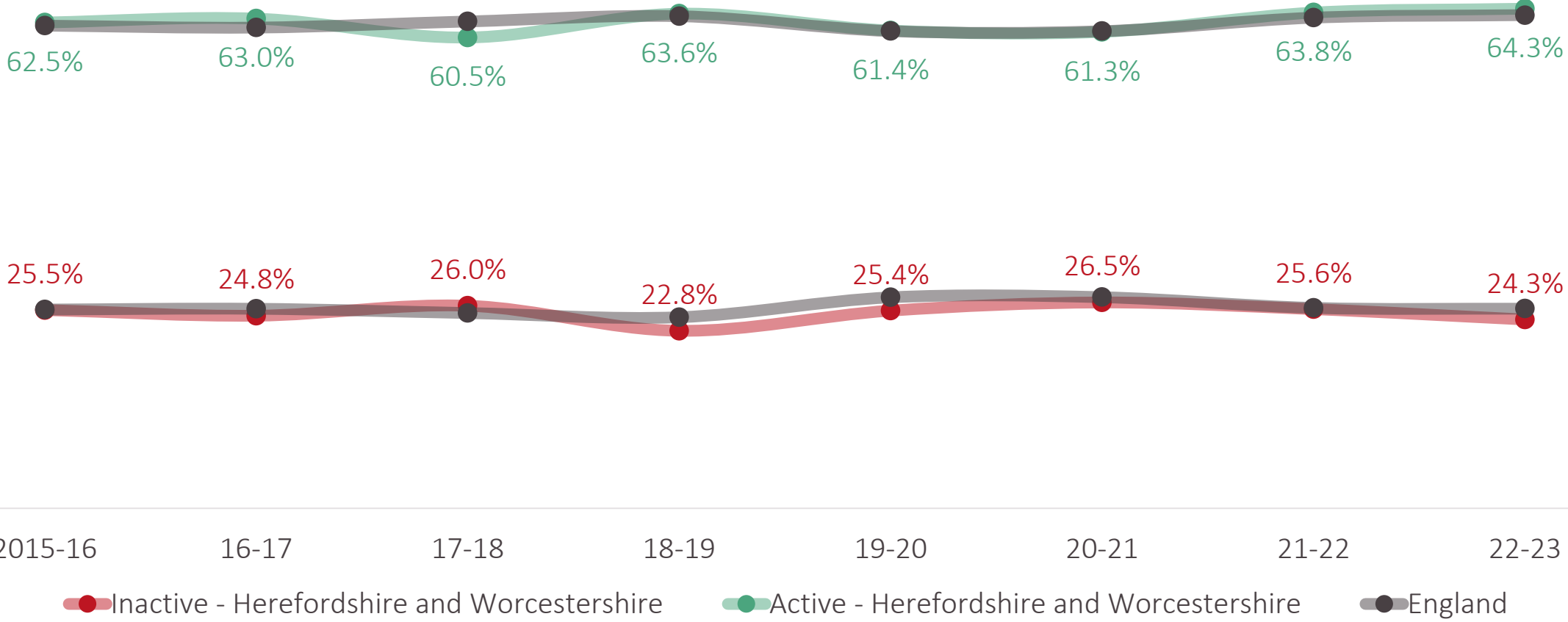


National demographics

- Over the longer term, growth has been similar for both **men and women**, with 914,000 (1.4%) more active men and 831,000 (1.3%) more active women compared to November 2015-16. Despite this, neither men nor women have seen activity levels change compared to 12 months ago
- **Adults aged 75+** continue to drive the growth in activity levels. The increase of just over 100,000 (1.6%) adults aged 75+ who are active, compared to 12 months ago, is part of a long-term increase of just under 700,000 (9.4%) compared to seven years ago (Nov 15-16). Those aged 55-74 also have a long-term upward trend in the proportion active. For both age groups the latest result represents the highest result recorded over the last seven years.
- Activity levels remain unchanged compared to 12 months ago for those with a **disability or long-term health condition**. Before the pandemic, activity levels were increasing and we continue to see 4.2% more active adults with a disability or long-term health condition compared to seven years ago (Nov 15-16). This long-term growth is greater than for those without a disability or long-term health condition, where the proportion active is up by 1.9% over the same period.
- No **Black, Asian or minority ethnic group** is showing a reportable difference in the proportion who are active compared to November 2015-16. As a result, inequalities continue to widen as White British adults have seen activity levels increase over the same period (up 2.1%).
- There have been no reportable changes in activity levels by **social grade** compared to 12 months ago. Given this stability, we expect no further pandemic recovery for the least affluent (NS SEC 6-8) and the longerterm trend of an increased gap in activity levels between the most and least affluent to continue. The most affluent (NS-SEC 1-2) have seen long-term growth, with those who are active increasing by 1.6% compared to seven years ago (Nov 15-16). In contrast, the least affluent (NS-SEC 6-8) have seen the proportion active drop by 2.2% over the same period.



Physical activity levels

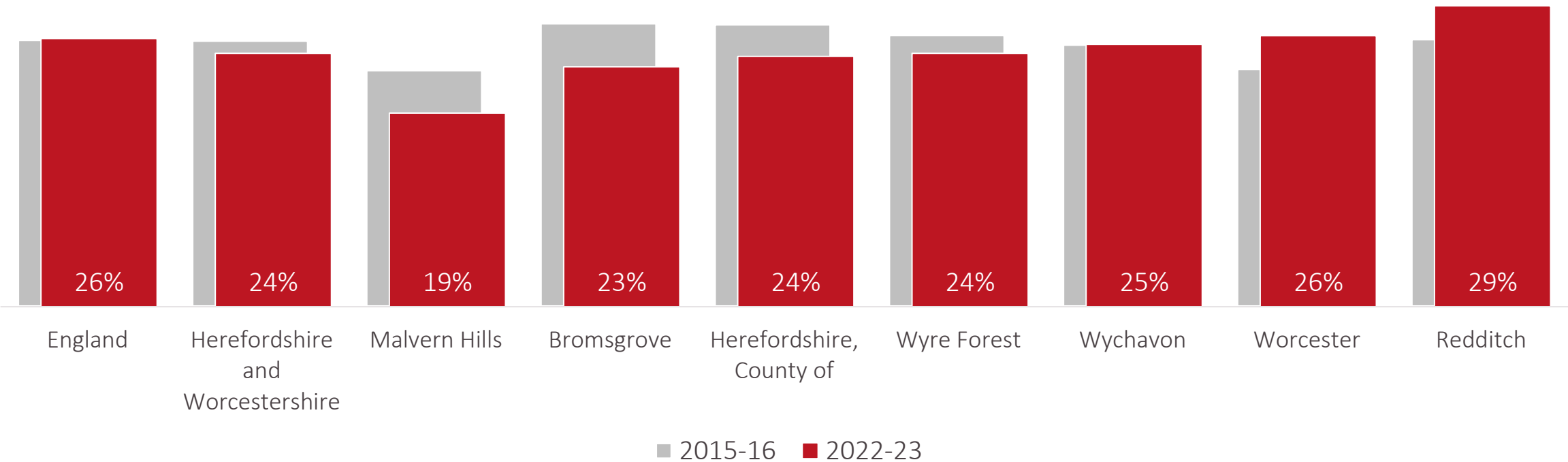


Data is for: Active Herefordshire and Worcestershire

Source: Sport England, Active Lives Adults, Nov 2015-16 to Nov20 22-23, **excluding gardening**



Inactivity compared to 2015-16 (baseline)



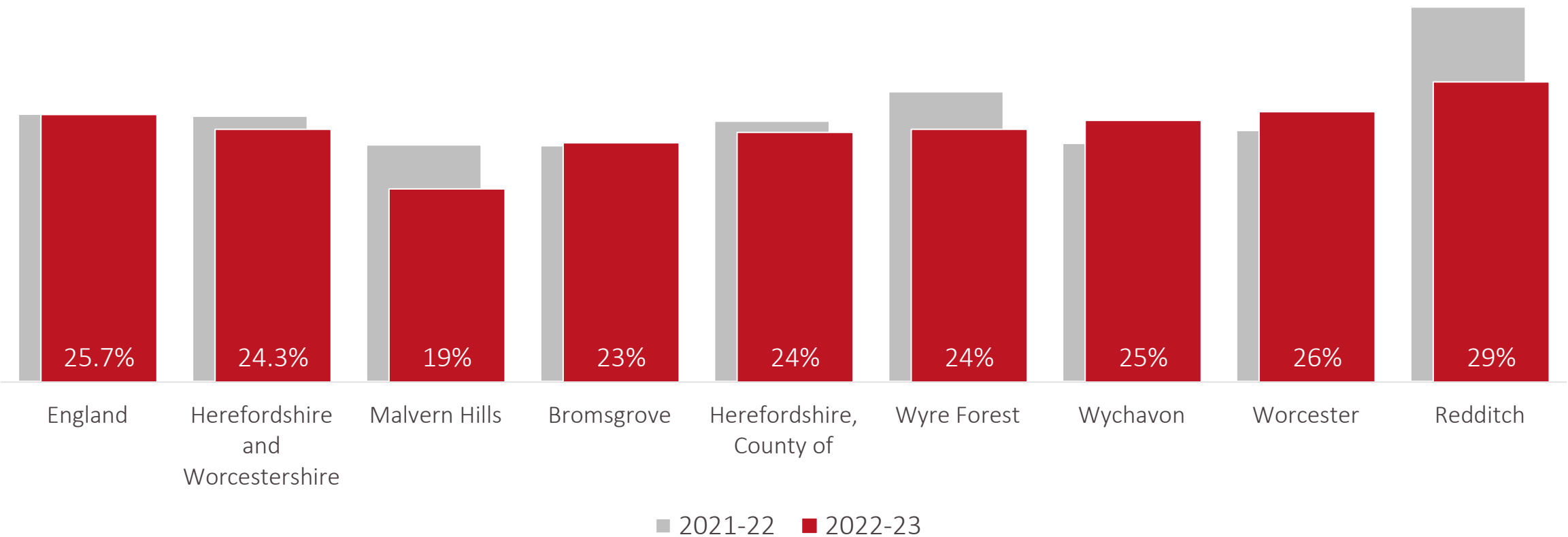
Absolute change

Nov 2015-16 to Nov 2022-23

	Inactive		Fairly Active		Active	
England	0.1%	No change	-1.4%	Significant decrease	1.3%	Significant increase
Herefordshire and Worcestershire	-1.2%	No change	-0.6%	No change	1.8%	No change
Herefordshire, County of	-3.1%	No change	-3.5%	No change	6.6%	No change
Bromsgrove	-4.2%	No change	1.7%	No change	2.5%	No change
Malvern Hills	-4.1%	No change	0.3%	No change	3.8%	No change
Redditch	3.2%	No change	0.8%	No change	-4.0%	No change
Worcester	3.2%	No change	1.2%	No change	-4.4%	No change
Wychavon	0.0%	No change	-3.0%	No change	3.0%	No change
Wyre Forest	-1.7%	No change	2.1%	No change	-0.4%	No change



Inactivity compared to 2021-22 (previous 12 months)



Change in the last 12 months

Nov 2021-22 to Nov 2022-23

	Inactive		Fairly Active		Active	
England	-0.1%	No change	-0.2%	No change	0.3%	No change
Herefordshire and Worcestershire	-1.3%	No change	0.8%	No change	0.5%	No change
Herefordshire, County of	-1.1%	No change	-0.7%	No change	1.8%	No change
Bromsgrove	0.2%	No change	0.4%	No change	-0.6%	No change
Malvern Hills	-4.3%	No change	3.0%	No change	1.3%	No change
Redditch	-7.3%	No change	1.3%	No change	5.9%	No change
Worcester	1.8%	No change	0.3%	No change	-2.1%	No change
Wychavon	2.1%	No change	1.4%	No change	-3.6%	No change
Wyre Forest	-3.7%	No change	1.7%	No change	2.0%	No change

