

BEXLEY

ACTIVE LIVES BOROUGH UPDATE 16/17

Sport England's Active Lives survey measures the percentage of people taking part in physical activity and sport. The percentage of physically active people in Bexley (57%) has decreased by 7% since 2016 and has dropped below the London average. This is a relatively large decrease in comparison to other boroughs. However, the participation rate of the oldest age segment (75+) is significantly higher than the London average.

PHYSICAL ACTIVITY MEASURE

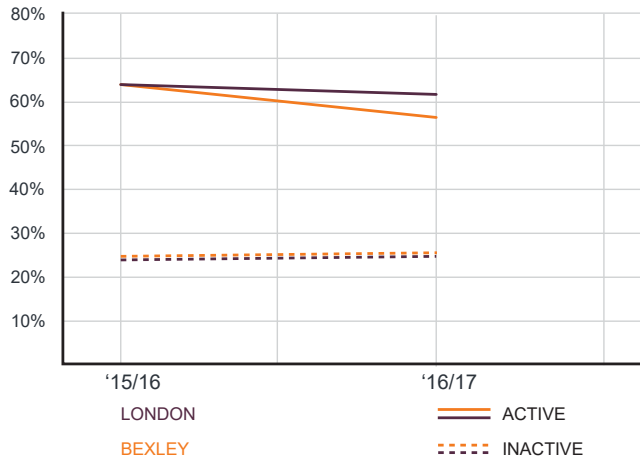
This measure shows the percentage of the population achieving the recommended levels of physical activity* set out by the Chief Medical Officer.

Active: >150 minutes a week

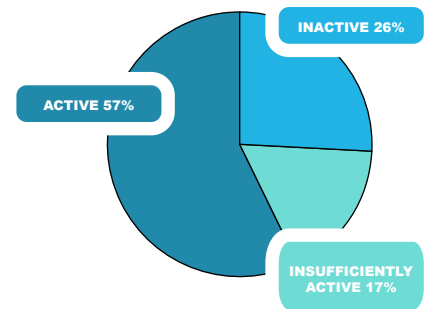
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

*Includes gardening



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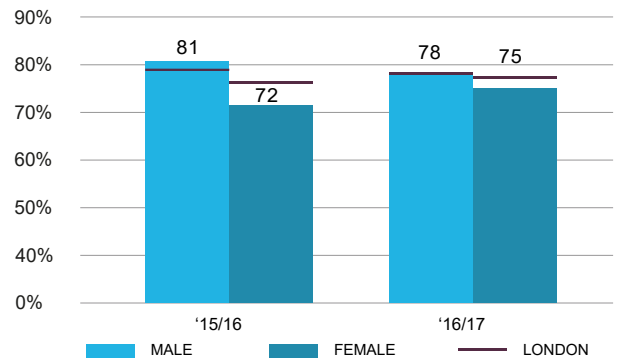


PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

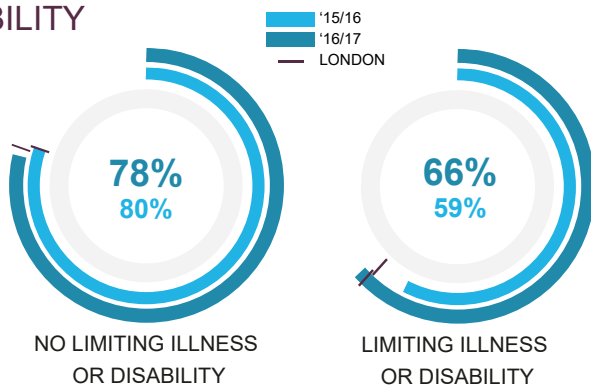
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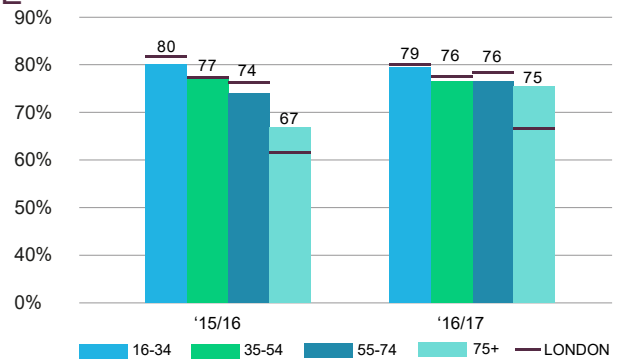
GENDER



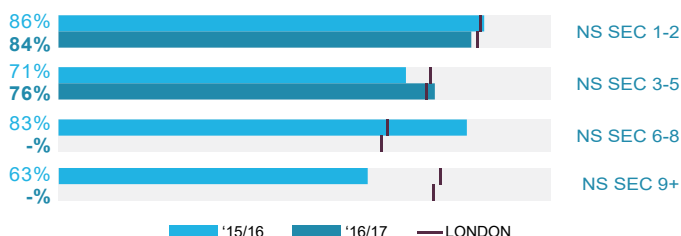
DISABILITY



AGE



SOCIO ECONOMIC STATUS



KEY CONTACTS

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DATA SOURCE

Sport England Active Lives Nov 15 - 16 and Nov 16 - 17
<https://activelives.sportengland.org/>