

BRENT

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 (56%) and inactive people (33%) in Brent remains relatively stable when compared to figures from 2016. However, Brent has the second highest level of inactivity across all London boroughs. However, the percentage of people with a limiting illness or disability who participated in sport and physical activity over a 28 day period has significantly increased and is now much higher than the London average.

PHYSICAL ACTIVITY MEASURE

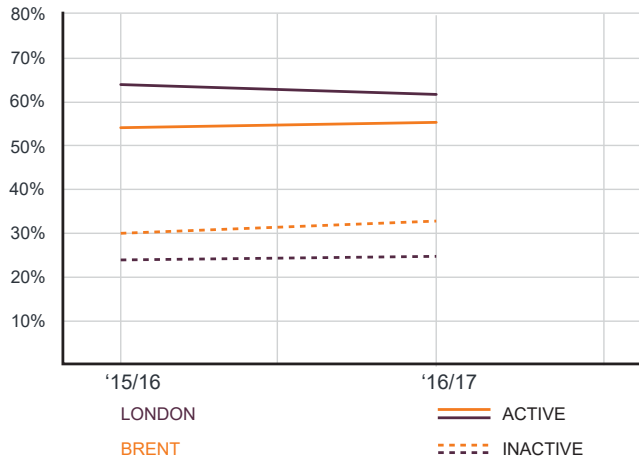
This measure shows the percentage of the population achieving the recommended levels of physical activity* set out by the Chief Medical Officer.

Active: >150 minutes a week

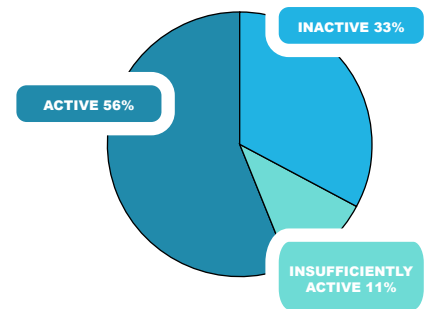
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

*Includes gardening



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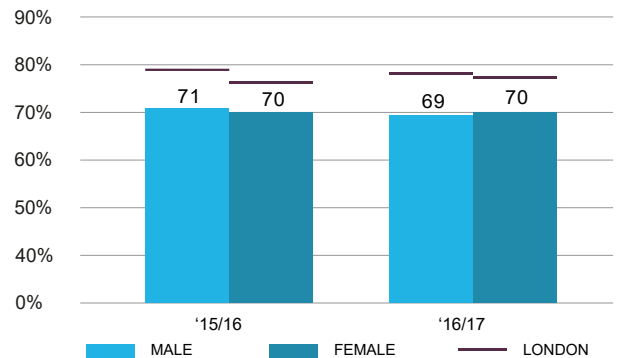


PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

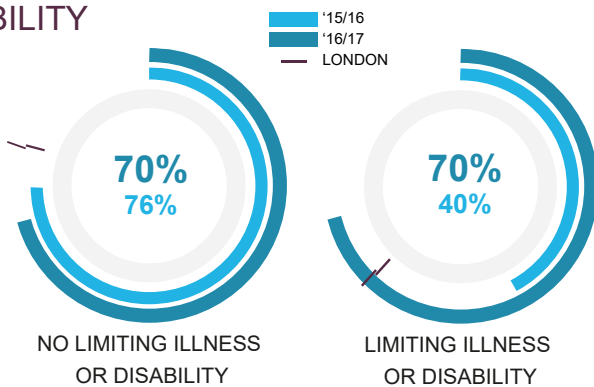
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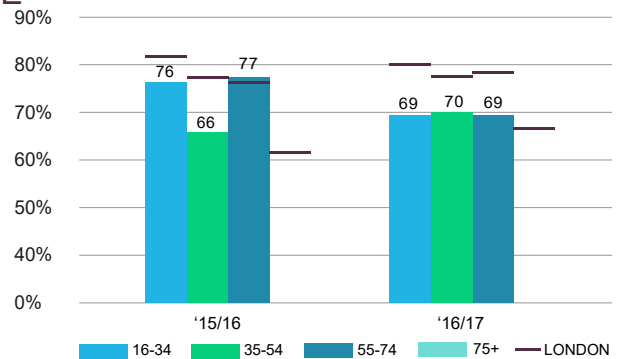
GENDER



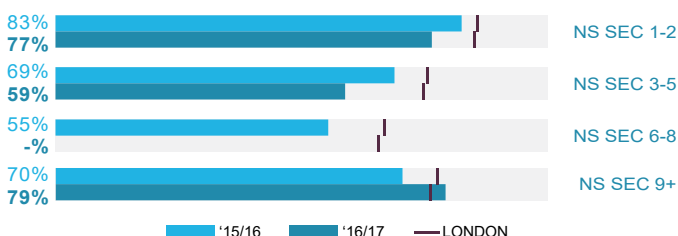
DISABILITY



AGE



SOCIO ECONOMIC STATUS



KEY CONTACTS

London Sport Relationship Manager: Emily Neilan
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DATA SOURCE

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