

# EALING

## 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 (54%) in Ealing has decreased while the percentage of inactive people (31%) has increased since 2016. Looking specifically at the ages of the population, there has been a 22% decrease in the percentage of 35-54 year olds participating in sport and physical activity over a 28 day period. This figure has dropped to 15% below the London average.

### PHYSICAL ACTIVITY MEASURE

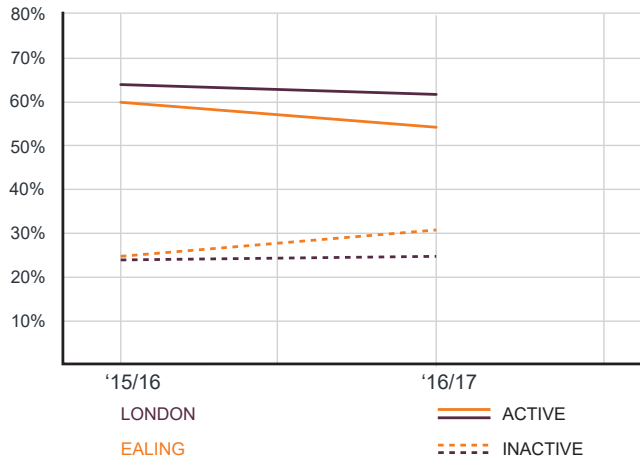
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

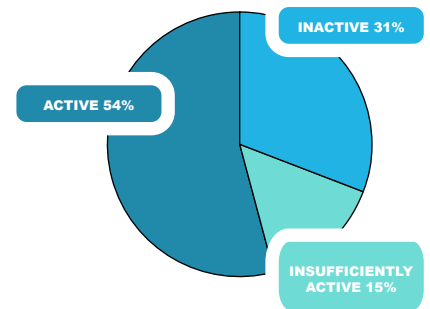
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening



### EALING

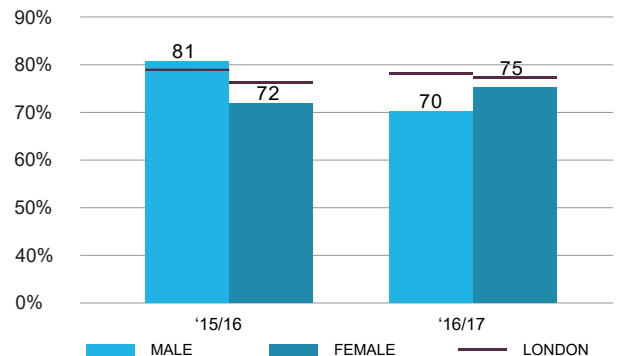


### PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

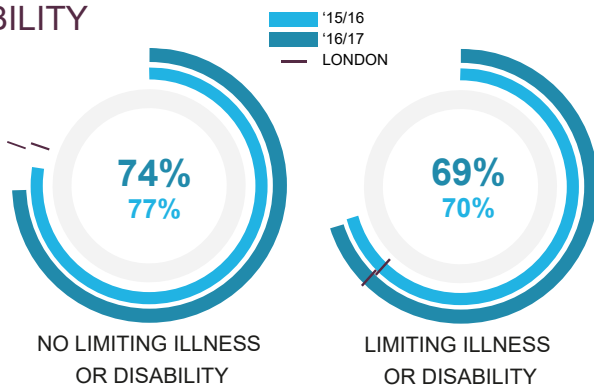
#### EALING



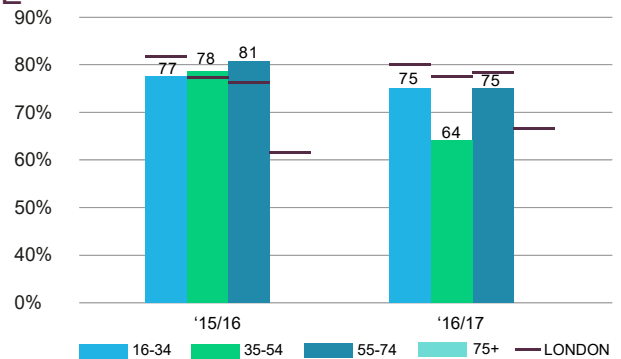
#### GENDER



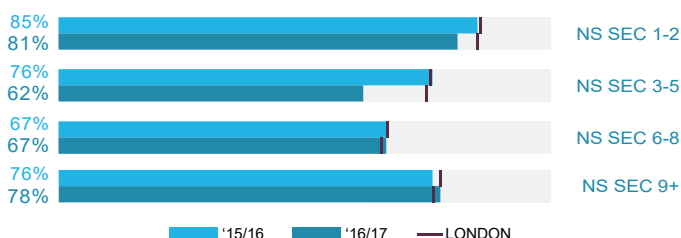
#### DISABILITY



#### AGE



#### SOCIO ECONOMIC STATUS



#### KEY CONTACTS

London Sport Relationship Manager: Jolyon Whaymand  
 Tel: 0208484630  
 Email: jolyon.whaymand@londonsport.org  
 London Sport Insight Team: insight@londonsport.org

#### DATA SOURCE

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