

# ENFIELD

## 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 percentages of physically active (58%) and inactive people (31%) in Enfield remain consistent with 2016 figures, having changed by no more than 2%. However, when broken down demographically, there are some significant changes in activity. For example, the percentage of people aged 75 and over participating in sport and physical activity at least twice over a 28 day period has increased by 16%.

### PHYSICAL ACTIVITY MEASURE

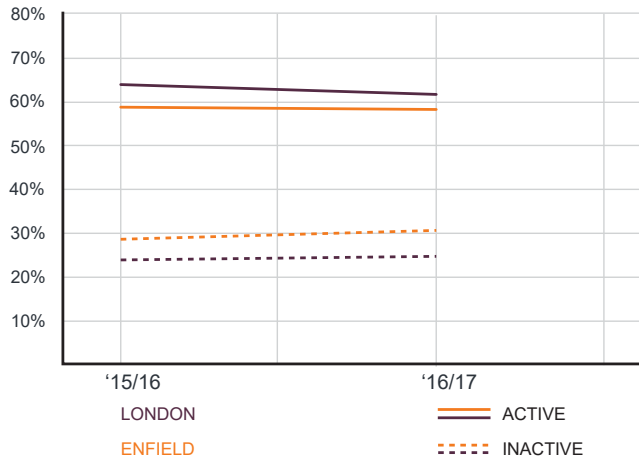
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

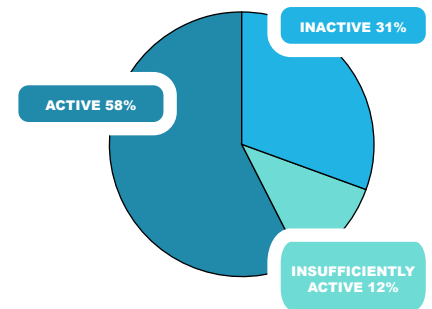
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening



### ENFIELD

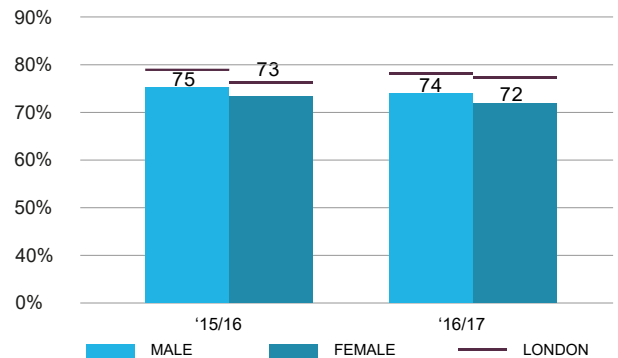


### PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

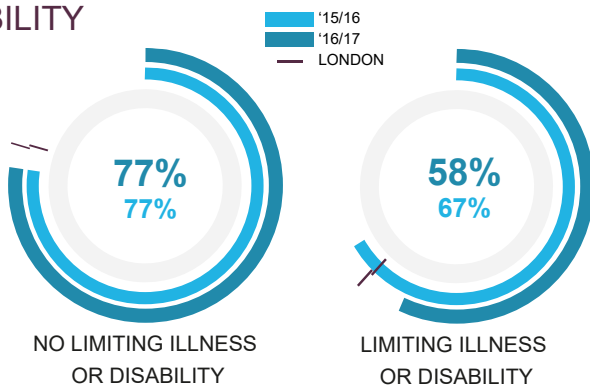
#### ENFIELD



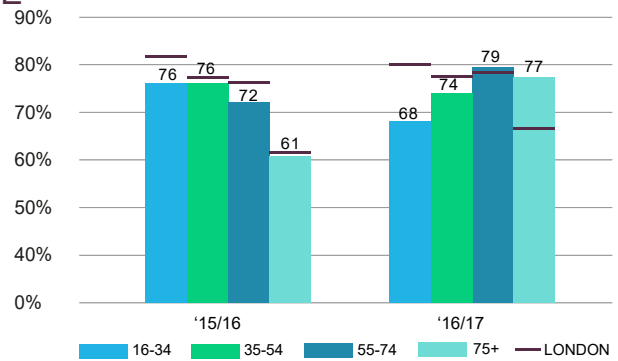
#### GENDER



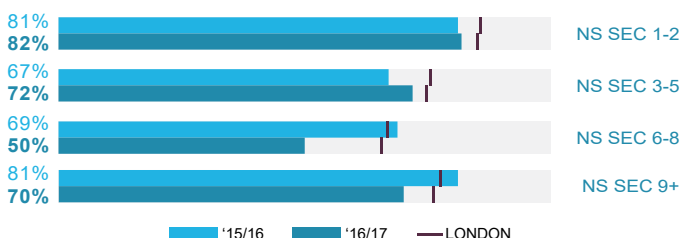
#### DISABILITY



#### 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/>