

HACKNEY

ACTIVE LIVES BOROUGH UPDATE 16/17

Sport England's Active Lives survey measures the percentage of people taking part in physical activity and sport. In Hackney, the percentage of physically active people (71%) has increased by 3%, while the percentage of inactive people (18%) has decreased by 4% since 2016. The borough has the joint second highest level of physical activity across all London boroughs, alongside Wandsworth. The only Active Lives measures that are below the London average are the percentage of 55-74 year olds participating in sport and physical activity at least twice over a 28 day period and those with a limiting illness or disability.

PHYSICAL ACTIVITY MEASURE

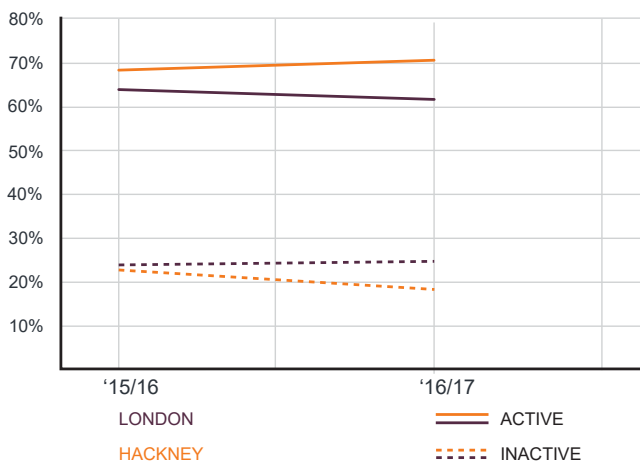
This measure shows the percentage of the population achieving the recommended levels of physical activity* set out by the Chief Medical Officer.

Active: >150 minutes a week

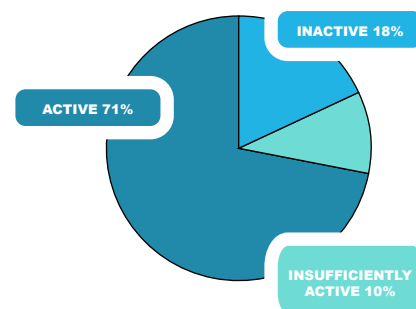
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

*Includes gardening

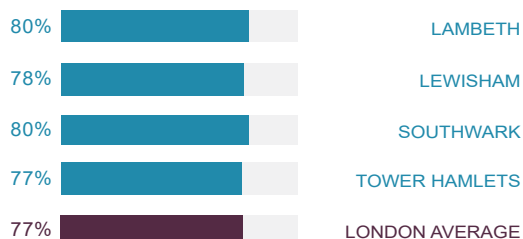


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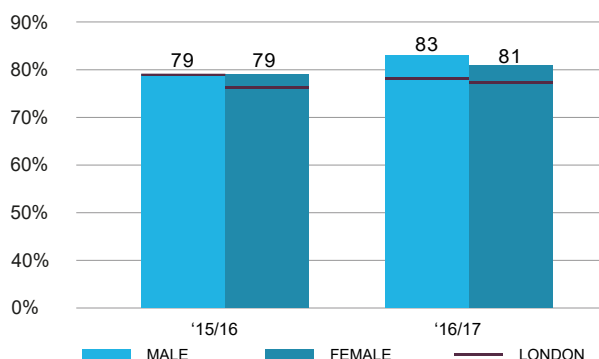


PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

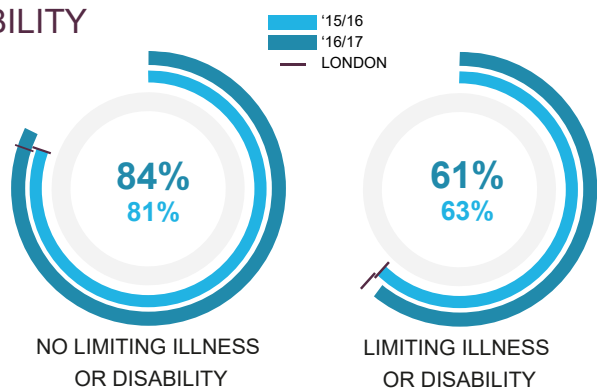
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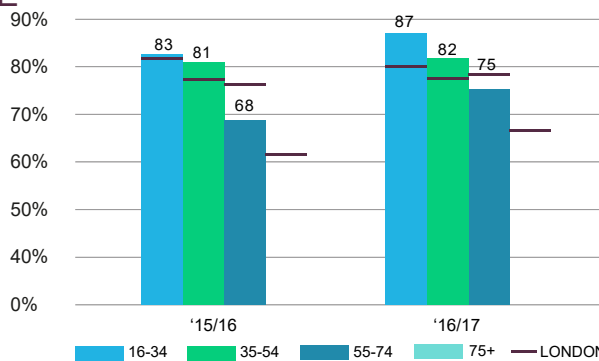
GENDER



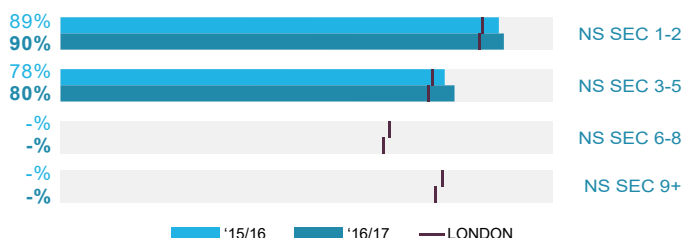
DISABILITY



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/>