

# HARINGEY

## 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 (64%) remains consistent with results from 2016 and is just above the London average (62%). However, breaking down levels of sport and physical activity participation demographically, there are some significant changes. For example, the percentage of people aged 75 and over participating in sport and physical activity at least twice over 28 days has increased by 27% since 2016.

### PHYSICAL ACTIVITY MEASURE

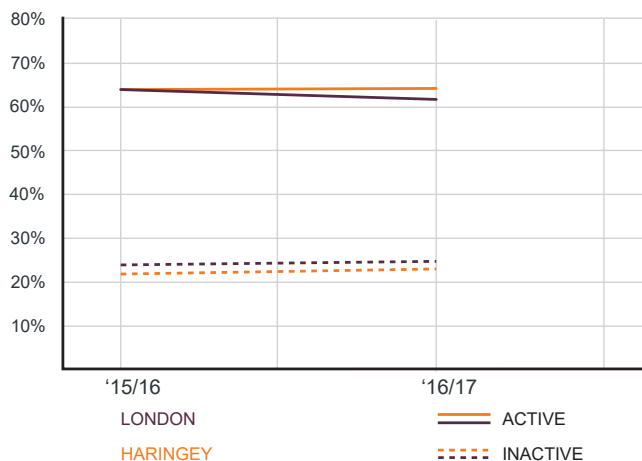
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

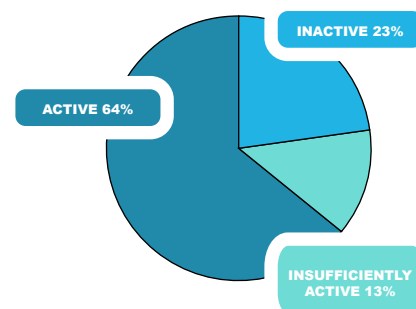
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening



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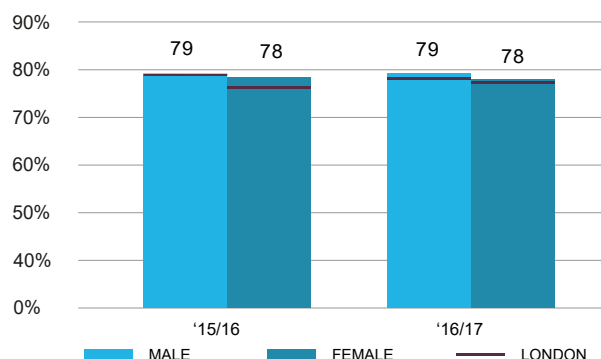


### PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

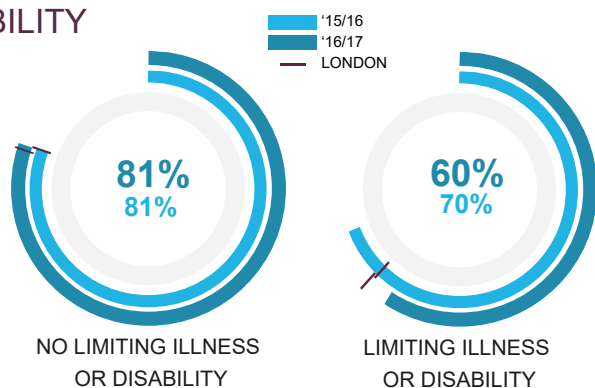
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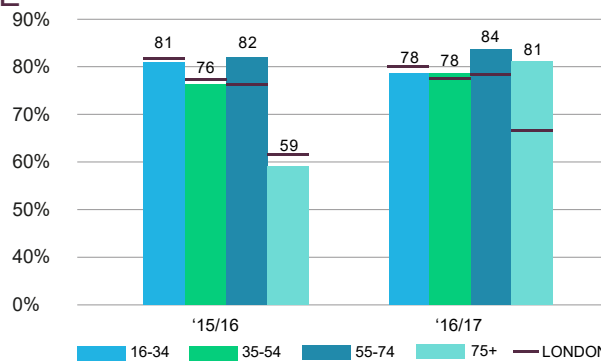
#### GENDER



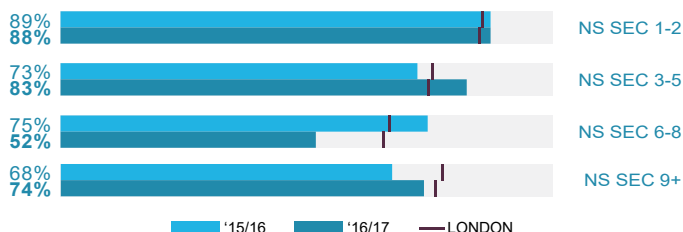
#### DISABILITY



#### 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/>