

# HARROW

## ACTIVE LIVES BOROUGH UPDATE 16/17

Sport England's Active Lives survey measures the percentage of people taking part in physical activity and sport. Harrow has the second lowest level of physical activity across all London Boroughs at 53%. This is 10% lower than the London average (62%). This being said, a positive change since 2016 is the 7% increase in the percentage of people with a limiting illness or disability taking part in sport and physical activity over a 28 day period.

### PHYSICAL ACTIVITY MEASURE

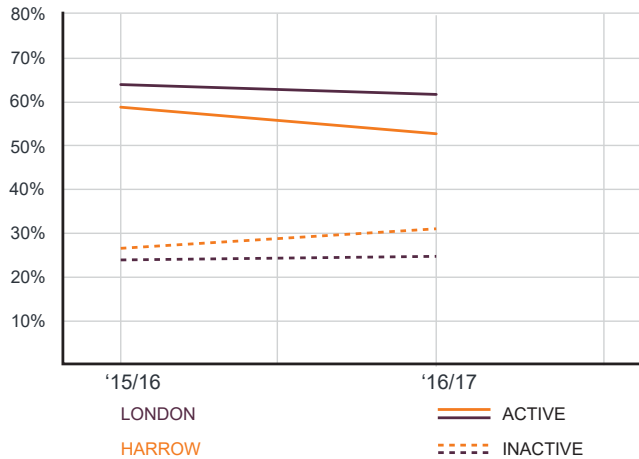
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

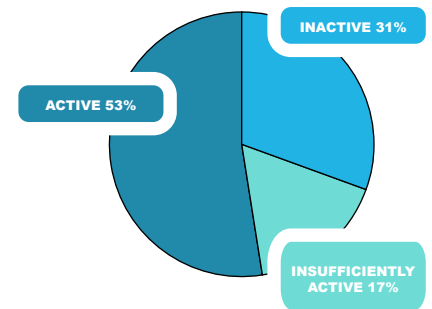
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening



### HARROW

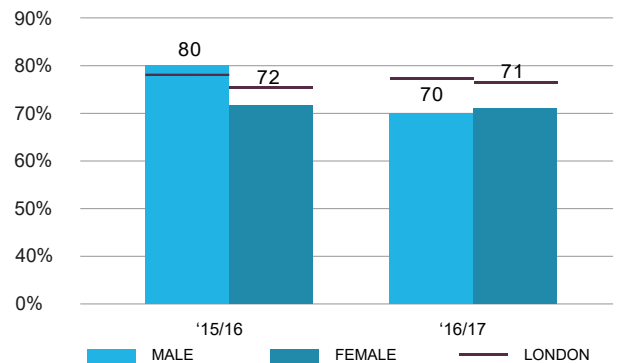


### PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

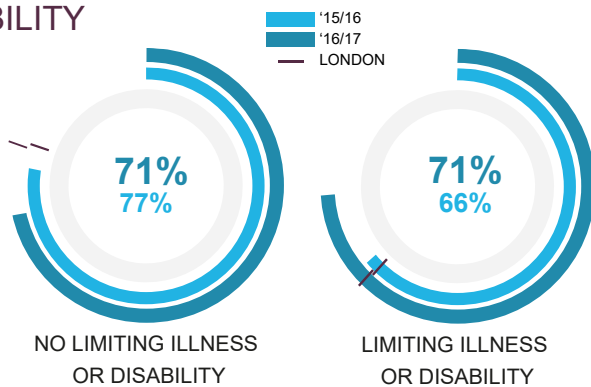
#### HARROW



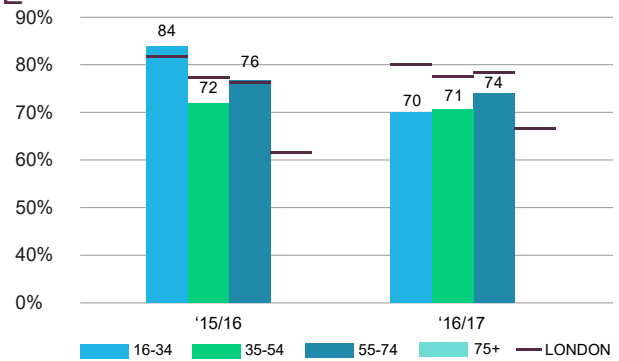
#### GENDER



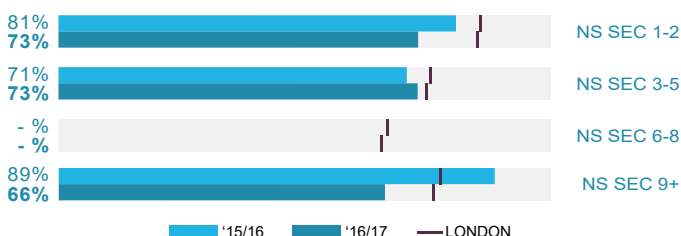
#### DISABILITY



#### AGE



#### SOCIO ECONOMIC STATUS



#### KEY CONTACTS

London Sport Relationship Manager: Emily Neilan  
 Tel: 02038484630  
 Email: emily.neilan@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/>