

# HAVERING

## 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 in Havering (57%) remains consistent with last year and is below the London average (62%). The most noticeable change from the 2016 results is the 27% decrease in the percentage of people with a limiting illness or disability participating physical activity and sport in the last 28 days. There are also 15% less 55-74 year olds participating in sport and physical activity over the same time frame than when measured in 2016.

### PHYSICAL ACTIVITY MEASURE

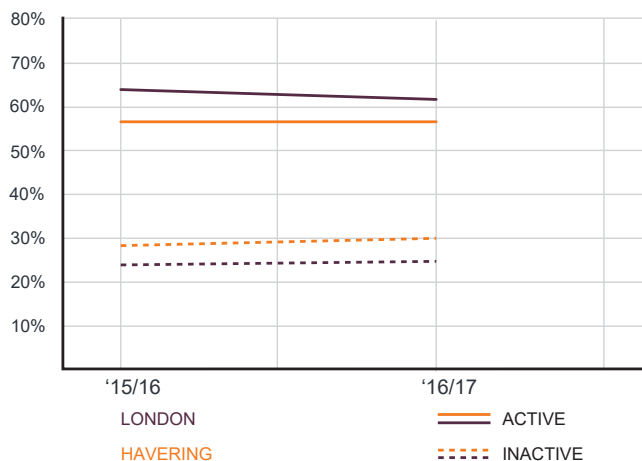
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

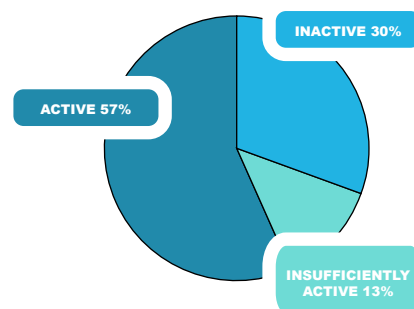
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening



### HAVERING

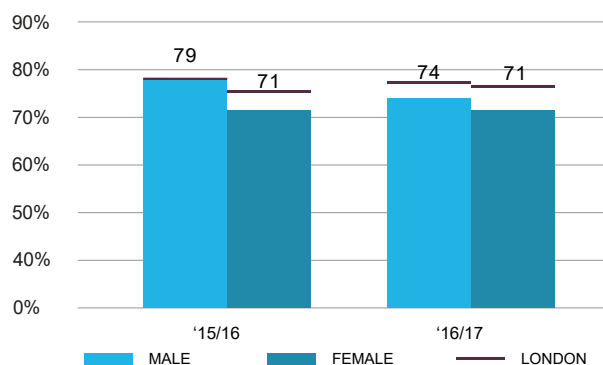


### PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

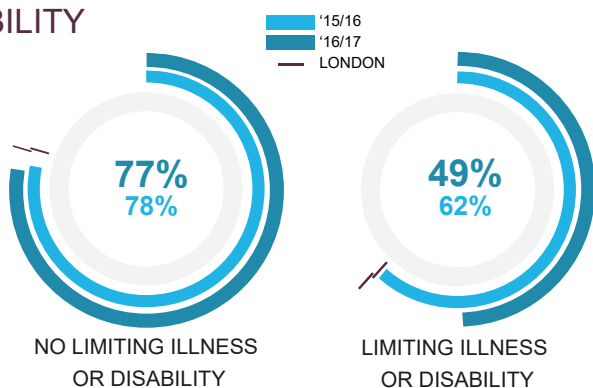
#### HAVERING



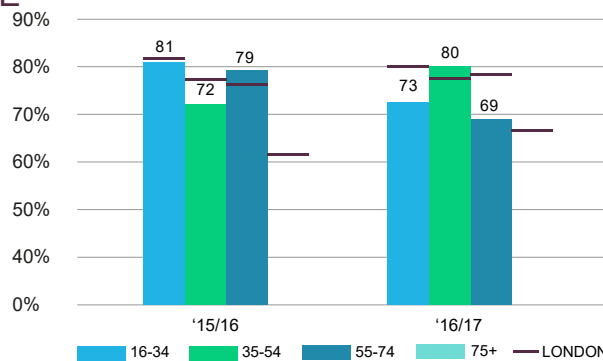
#### GENDER



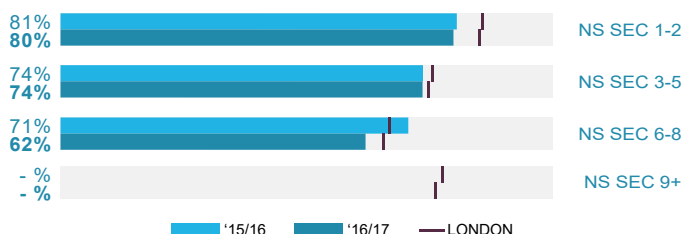
### DISABILITY



### 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/>