

# HILLINGDON

## 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 people who are classified as being physically active (60%) remains similar to the 2016 rate and is just below the London average (62%). The largest increase in participation rates across different demographics in Hillingdon can be seen amongst those with a limiting illness or disability (+14%), and amongst those classified as National Statistics Socio-Economic Class (NS-SEC) ≥9 (+14%).

### PHYSICAL ACTIVITY MEASURE

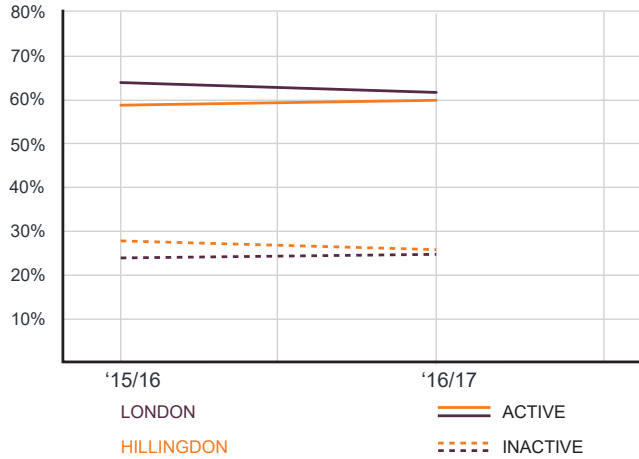
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

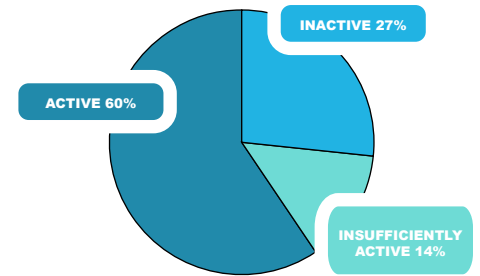
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening



### HILLINGDON

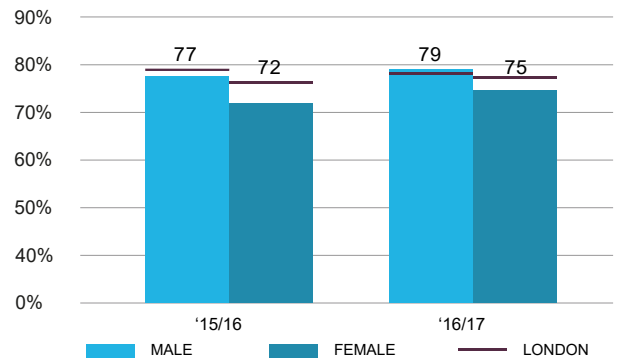


### PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

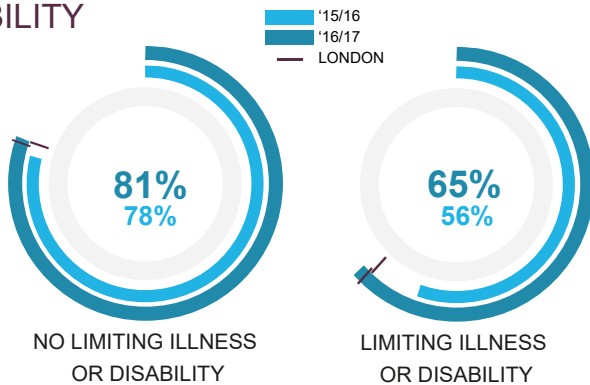
#### HILLINGDON



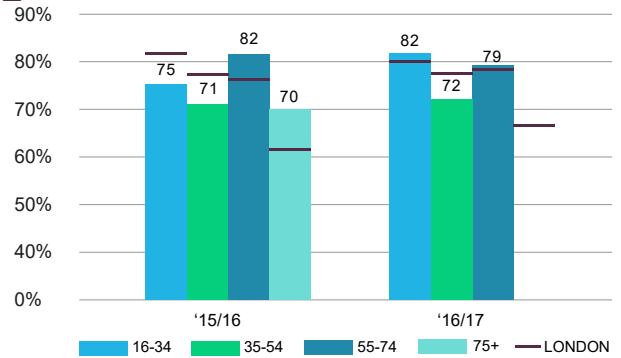
#### GENDER



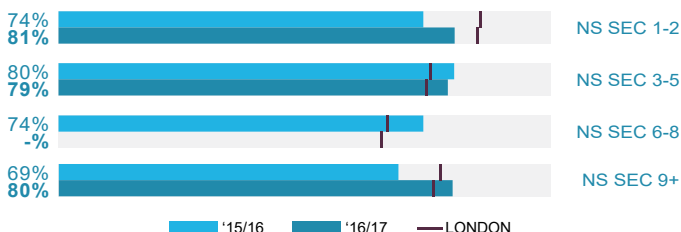
#### DISABILITY



#### 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/>