

# HOUNSLOW

## 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 proportion of Hounslow residents classified as active (53%) is 9% lower than the London average (62%). The percentage of females who have participated in sport and physical activity in the last 28 days has dropped by 16% since the first Active Lives release in 2016. However, participation amongst residents classified as having a National Statistics Socio-economic Classification of 9+ has increased by 15%.

### PHYSICAL ACTIVITY MEASURE

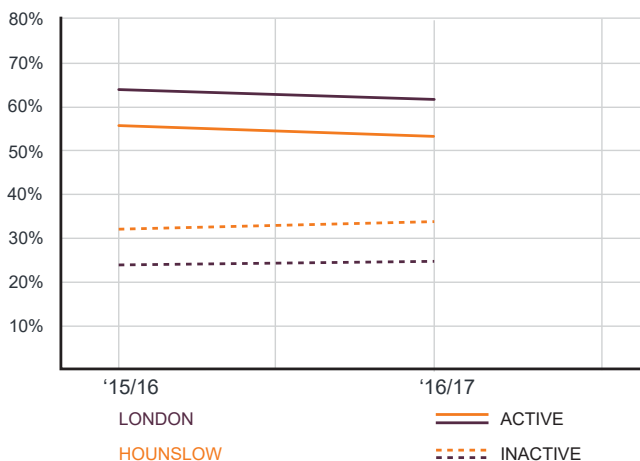
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

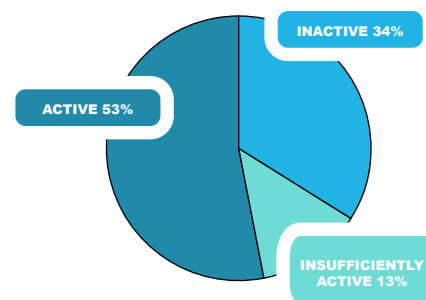
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening



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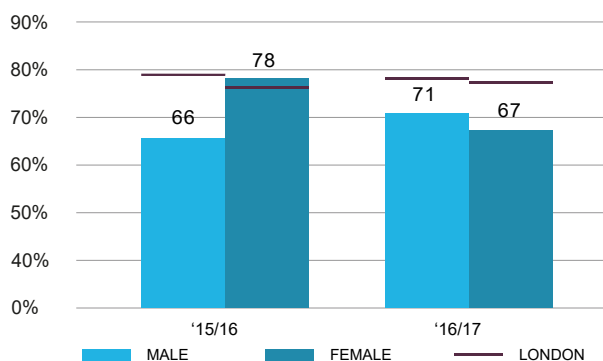


### PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

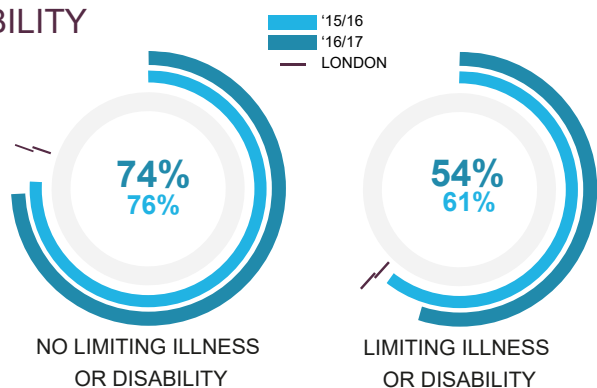
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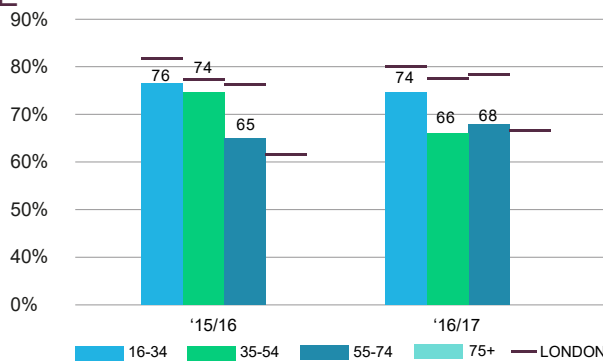
#### GENDER



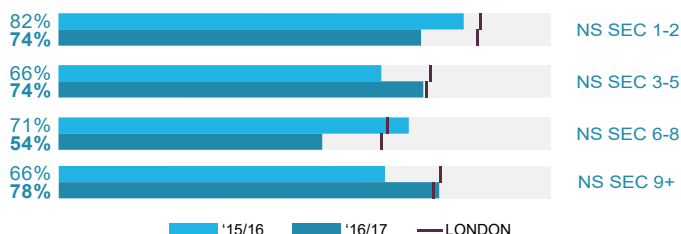
#### DISABILITY



#### 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/>