

KINGSTON UPON THAMES

ACTIVE LIVES BOROUGH UPDATE 16/17

Sport England's Active Lives survey measures the percentage of people taking part in physical activity and sport. Kingston upon Thames has seen an increase in physical activity levels and a decrease in physical inactivity levels, both by 3%. The percentage of 16-34 year olds participating in sport and physical activity in the last 28 days has increased by 18% since 2016. 97% of people with a National Statistics Socio-Economic Class of 9+ participated in physical activity in the last 28 days. This figure is 21% higher than that of the London average (76%).

PHYSICAL ACTIVITY MEASURE

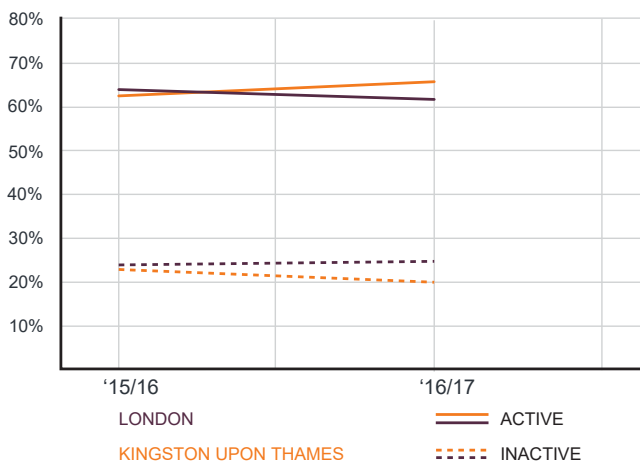
This measure shows the percentage of the population achieving the recommended levels of physical activity* set out by the Chief Medical Officer.

Active: >150 minutes a week

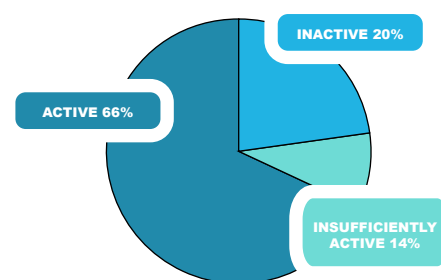
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

*Includes gardening

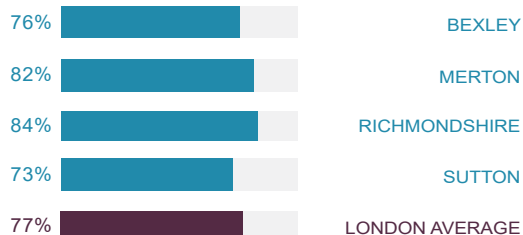
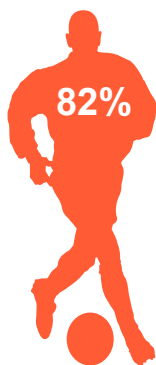


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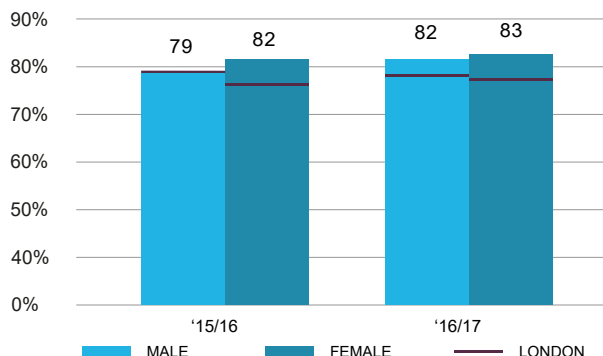


PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

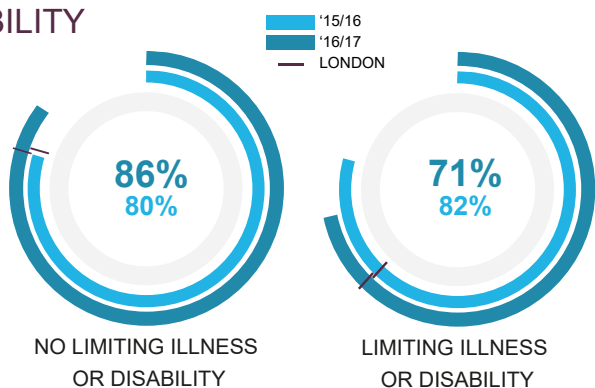
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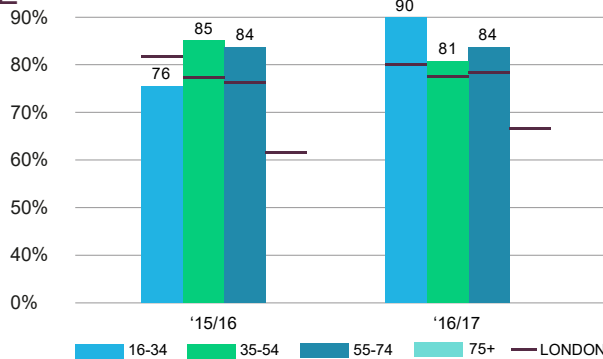
GENDER



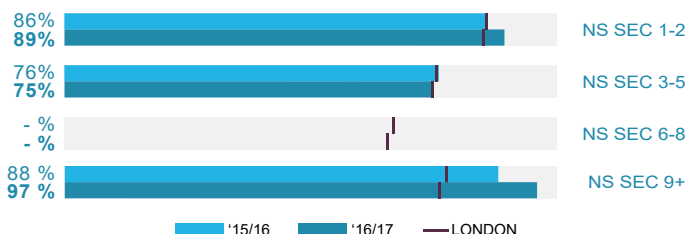
DISABILITY



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/>