

LAMBETH

ACTIVE LIVES BOROUGH UPDATE 16/17

Sport England's Active Lives survey measures the percentage of people taking part in physical activity and sport. Figures from Lambeth remain fairly consistent with 2016, however there are a few positive increases to note. Firstly, the number of 55-74 year olds participating in sport and physical activity in the last 28 days has increased by 9% and is now above the London average. Secondly, the percentage of people with a limiting disability or illness who participated in sport and physical activity in the same timeframe has increased by 17%.

PHYSICAL ACTIVITY MEASURE

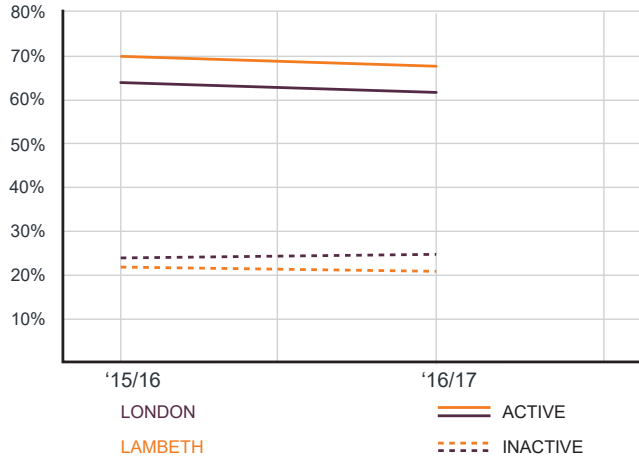
This measure shows the percentage of the population achieving the recommended levels of physical activity* set out by the Chief Medical Officer.

Active: >150 minutes a week

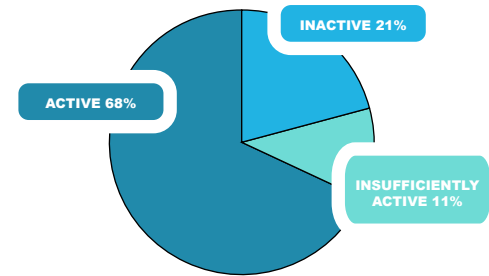
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

*Includes gardening



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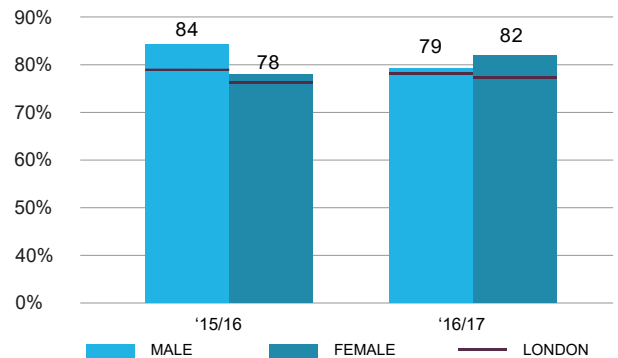


PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

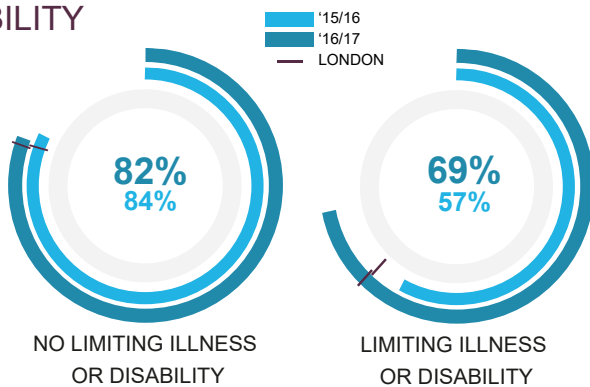
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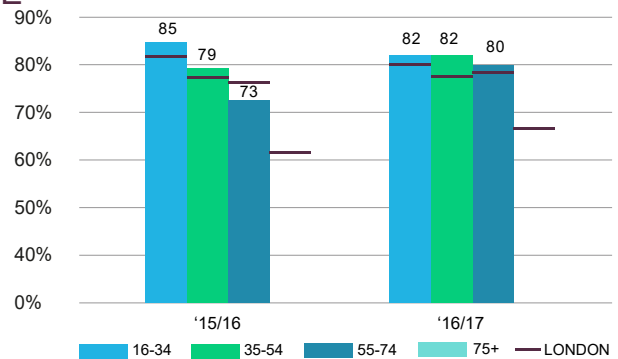
GENDER



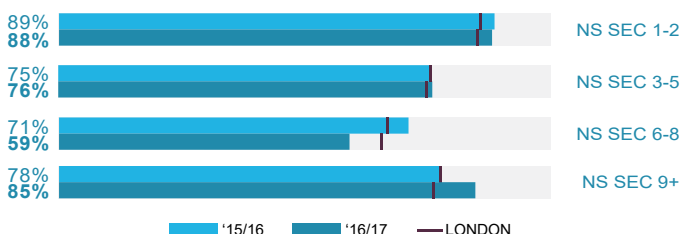
DISABILITY



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/>