

NEWHAM

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 in Newham who are classified as being physically active (62%) has increased since 2016 and is now consistent with the London average (62%). The percentage of males and females participating in sport and physical activity at least twice in the last 28 days has increased by 9% and 8%, respectively, since 2016. The largest increase in physical activity can be seen amongst residents aged 35-54 and residents aged 55-74. Participation in these age groups have increased by 23% and 27% respectively.

PHYSICAL ACTIVITY MEASURE

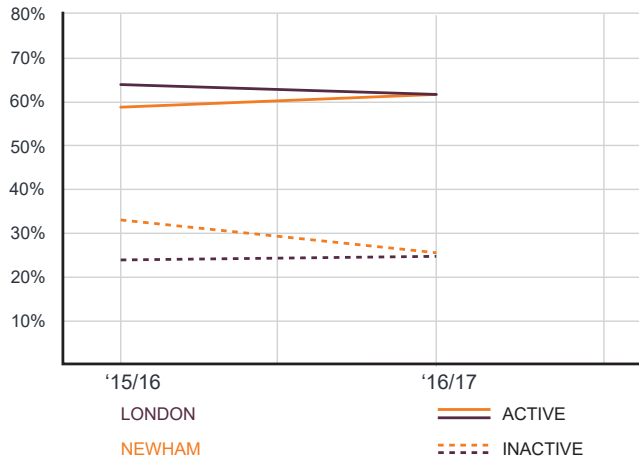
This measure shows the percentage of the population achieving the recommended levels of physical activity* set out by the Chief Medical Officer.

Active: >150 minutes a week

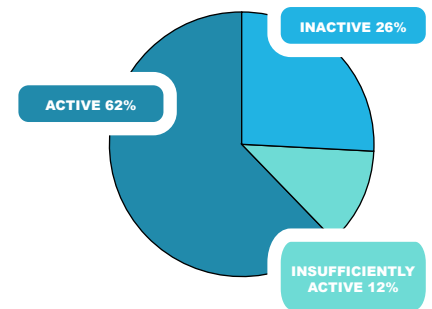
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

*Includes gardening



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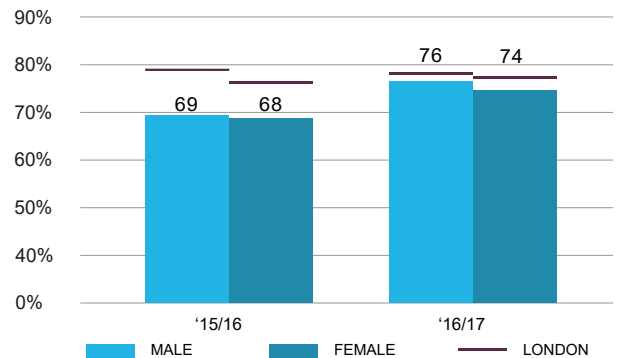


PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

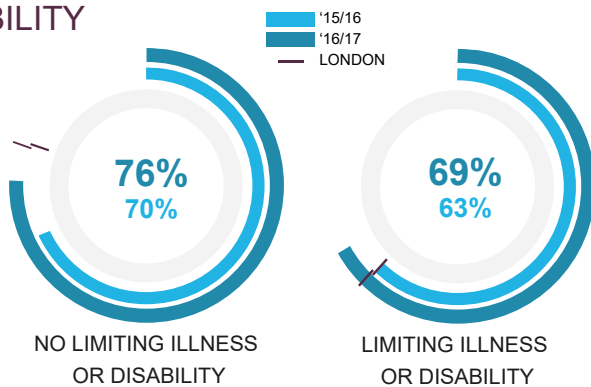
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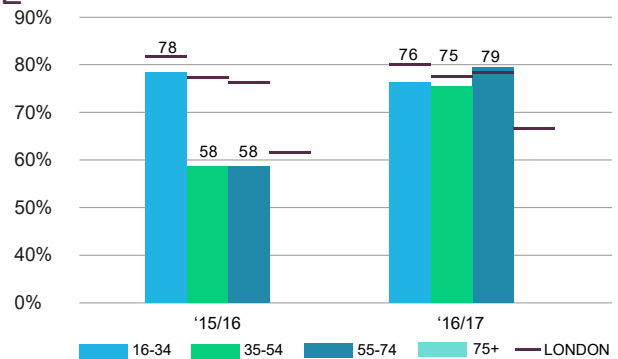
GENDER



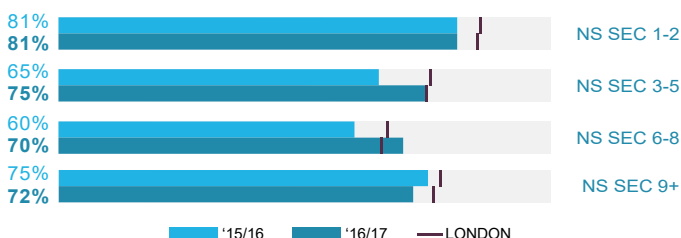
DISABILITY



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/>