

# REDBRIDGE

## ACTIVE LIVES BOROUGH UPDATE 16/17

Sport England's Active Lives survey measures the percentage of people taking part in physical activity and sport. In Redbridge, the percentage of people who are classified as being physically active (56%) has increased since 2016 but remains below the London average (62%), while the percentage of people who are physically inactive (29%) has increased over the last year remains above the London average (25%). Female participation (72%) remains static but is below the London average.

### PHYSICAL ACTIVITY MEASURE

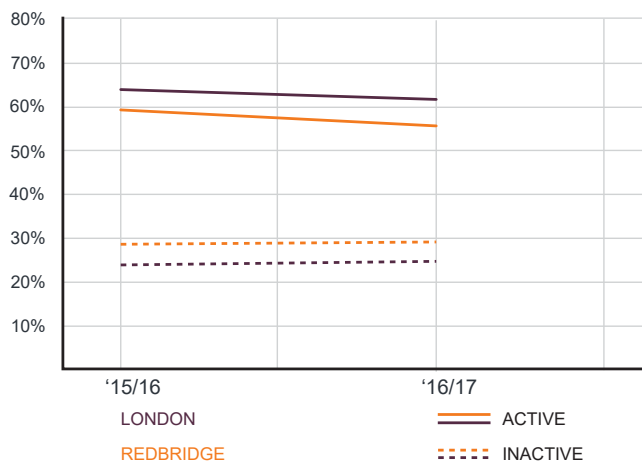
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

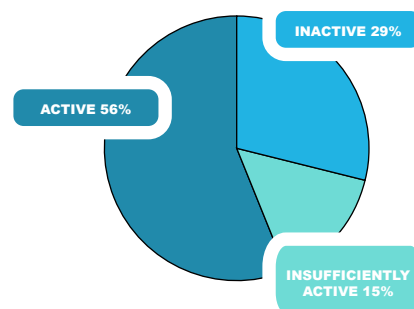
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening



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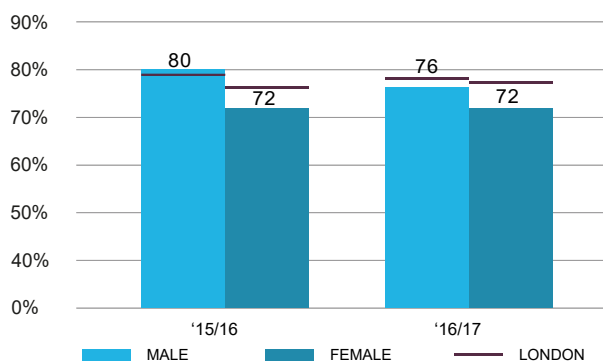


### PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

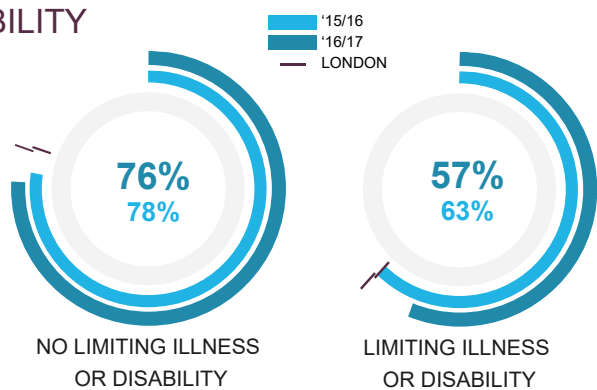
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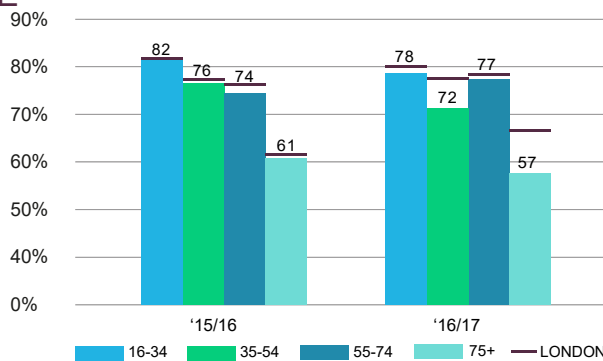
#### GENDER



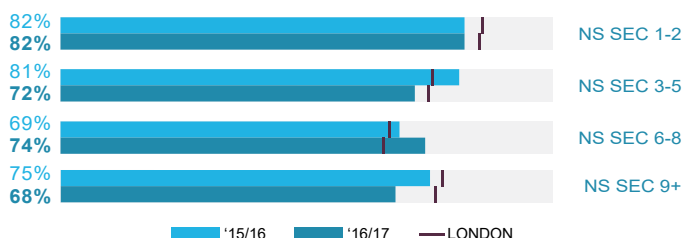
#### DISABILITY



#### 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/>