

RICHMOND 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. Physical activity levels in Richmond upon Thames (69%) remain relatively static, and above the London average (62%). However, male participation in physical activity and sport in the last 28 days is 8% lower than in 2016. Unlike other London trends, physical activity levels for 35-54 and 55-74 year olds living in this borough are higher than 16-34 year olds living in the same area.

PHYSICAL ACTIVITY MEASURE

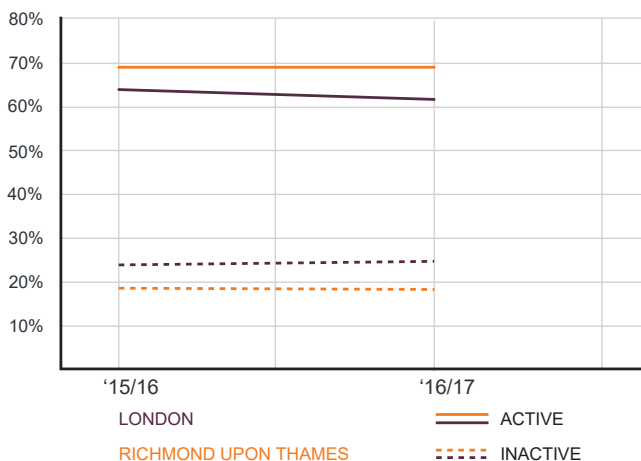
This measure shows the percentage of the population achieving the recommended levels of physical activity* set out by the Chief Medical Officer.

Active: >150 minutes a week

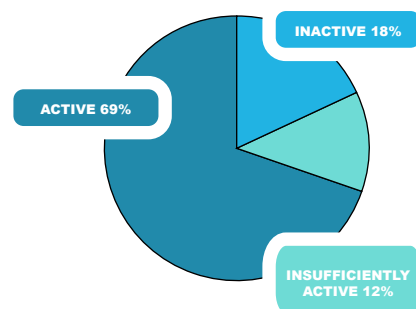
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

*Includes gardening



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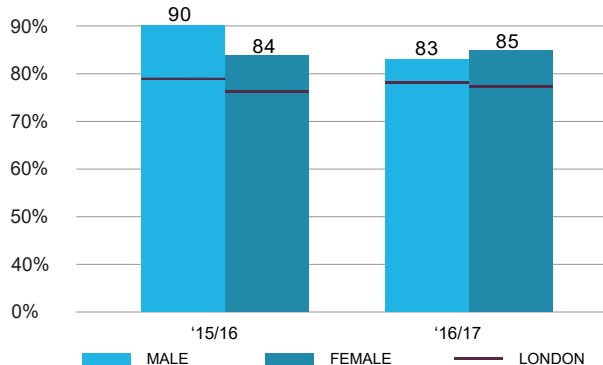


PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

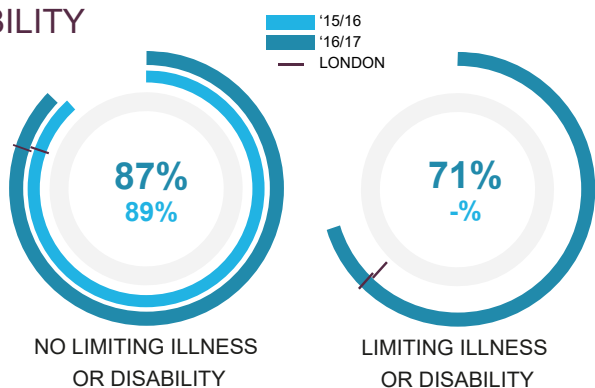
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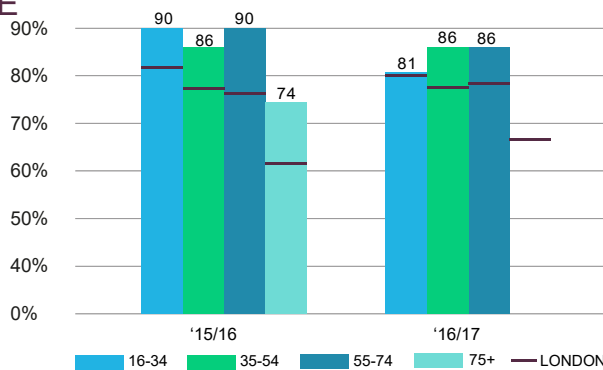
GENDER



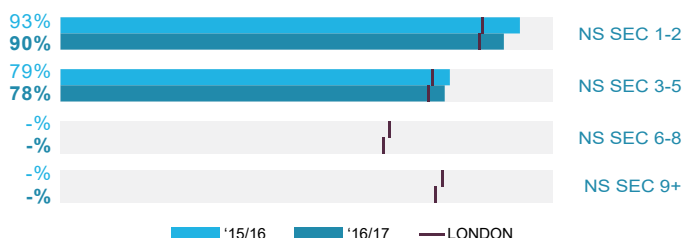
DISABILITY



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/>