

SOUTHWARK

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 Southwark, physical activity levels have stayed fairly stable (69%) and remain above the London average (62%). There are no significant changes in any of the measures. There is little disparity in the percentage of people participating in sport and physical activity in the last 28 days across both gender and age group. As is consistent with the rest of London, people with the highest socio-economic status in Southwark have the highest levels of physical activity.

PHYSICAL ACTIVITY MEASURE

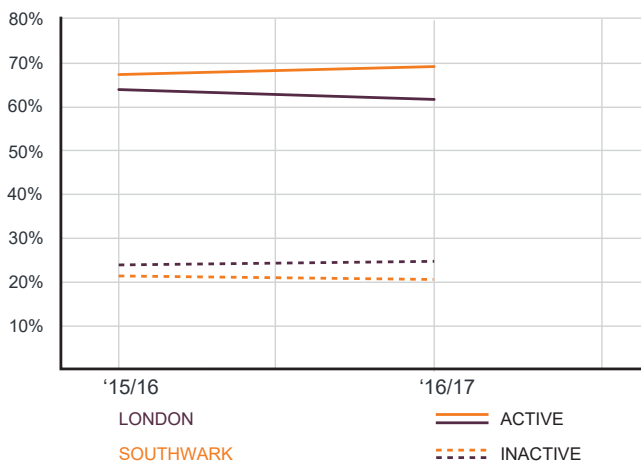
This measure shows the percentage of the population achieving the recommended levels of physical activity* set out by the Chief Medical Officer.

Active: >150 minutes a week

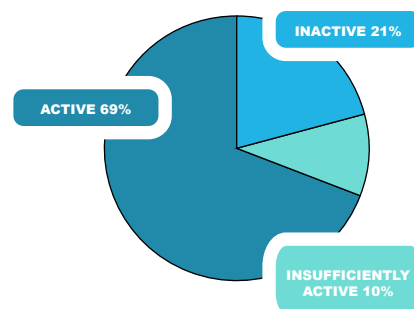
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

*Includes gardening

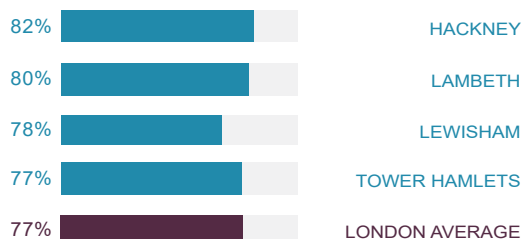


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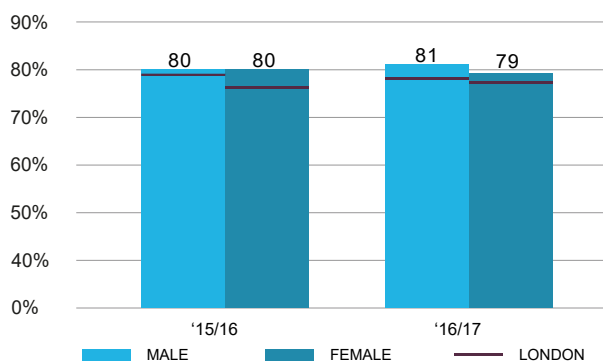


PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

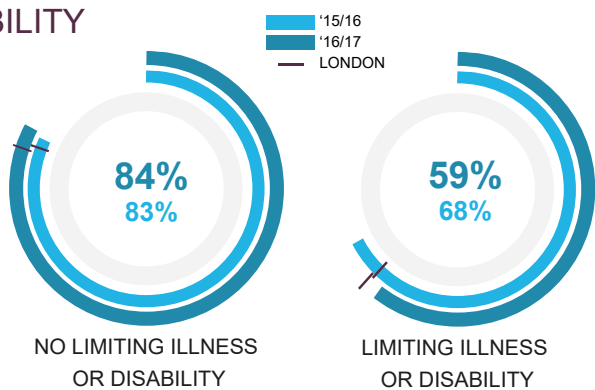
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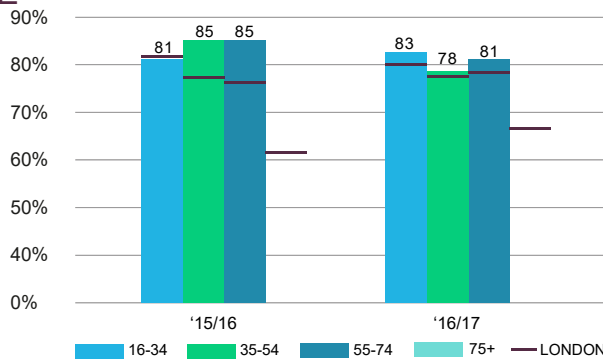
GENDER



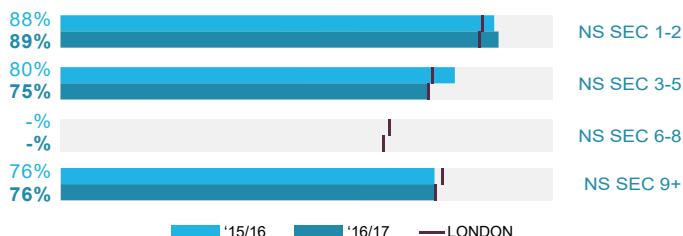
DISABILITY



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/>