

# SUTTON

## 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 Sutton, the percentage of people who are classified as being physically active (57%) has decreased by 8% since 2016 and is below the London average (62%). The percentage of people who are physically inactive (31%) has significantly increased by 8%. 16-34 year olds are the most active age group in Sutton, however the percentage of those who have participated in physical activity and sport in the last 28 days in that age group is 11% lower than in 2016.

### PHYSICAL ACTIVITY MEASURE

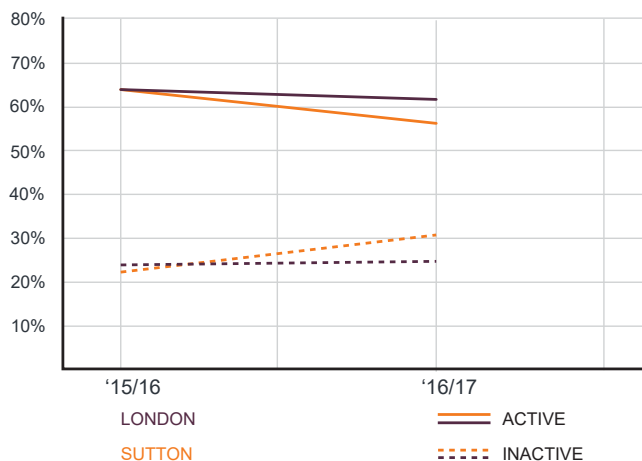
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

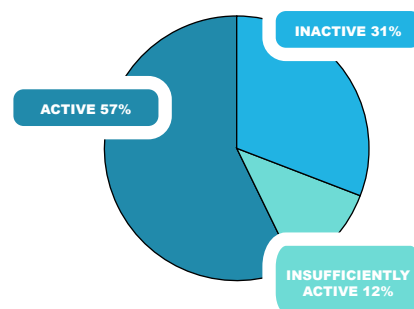
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening



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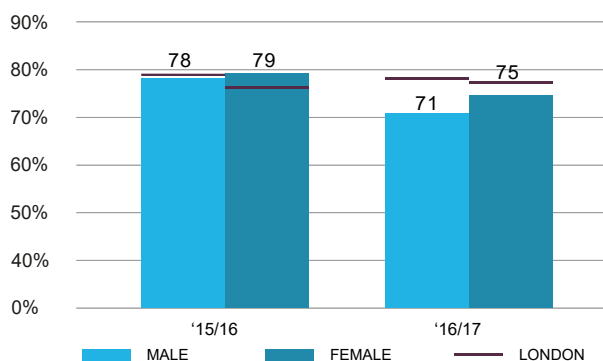


### PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

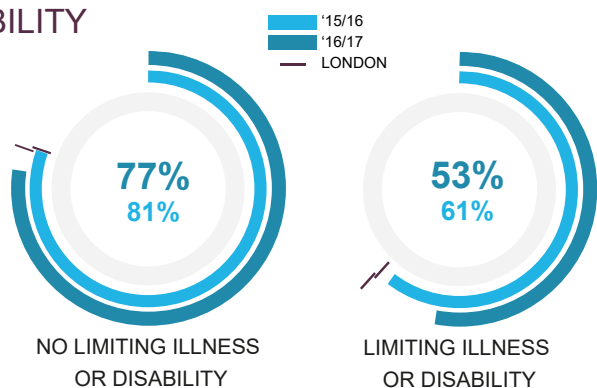
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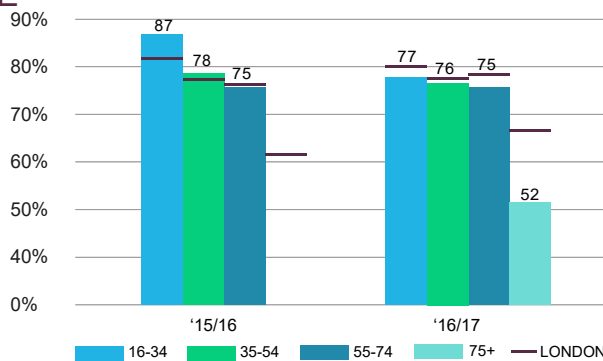
#### GENDER



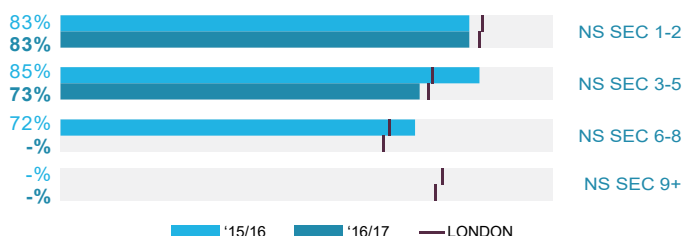
#### DISABILITY



#### AGE



#### SOCIO ECONOMIC STATUS



#### KEY CONTACTS

London Sport Relationship Manager: David Gentles  
 Tel: 02038484630  
 Email: david.gentles@londonsport.org  
 London Sport Insight Team: insight@londonsport.org

#### DATA SOURCE

Sport England Active Lives Nov 15 - 16 and Nov 16 - 17  
<https://activelives.sportengland.org/>