

# WALTHAM FOREST 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 Waltham Forest, the percentage that are physically active (65%) has increased since 2016 and is above the London average (62%). The proportion of residents who are physically inactive (22%) has decreased and is below the London average (25%). The percentage of male and female residents who were physically active in the last 28 days is higher than last year, 13% and 5% respectively.

## PHYSICAL ACTIVITY MEASURE

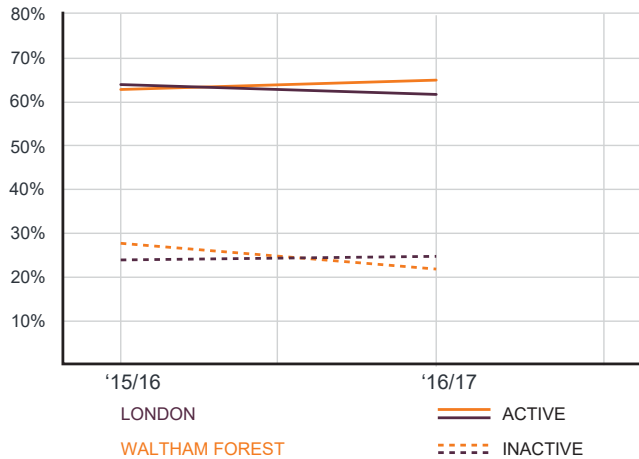
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

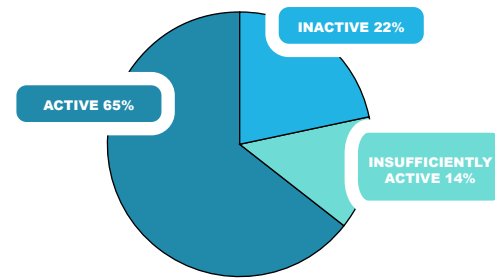
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening



## WALTHAM FOREST

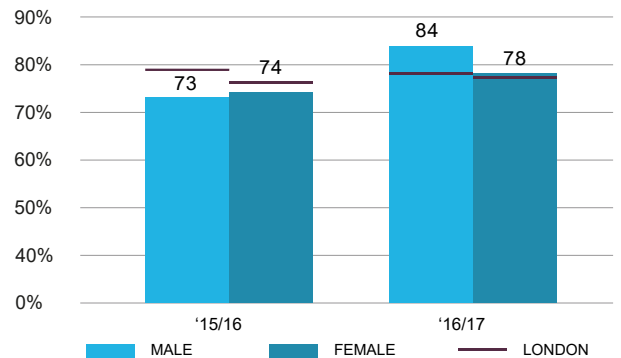


## PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

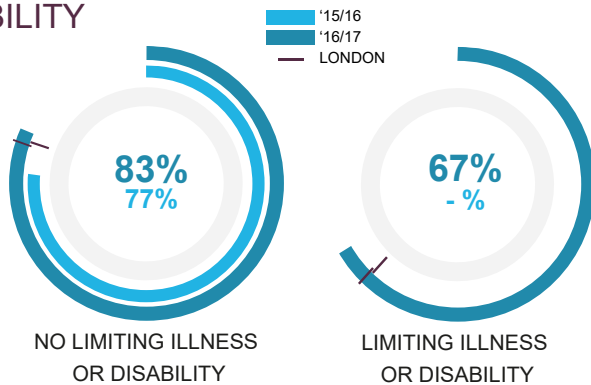
### WALTHAM FOREST



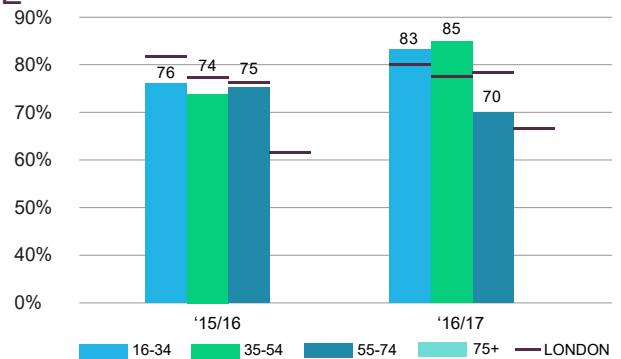
### GENDER



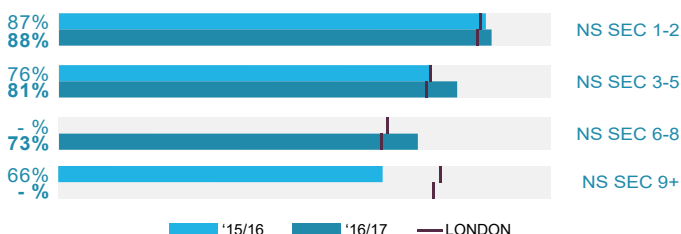
### DISABILITY



### 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/>