

WESTMINSTER

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 Westminster, participation in sport or physical activity at least twice in the last 28 days (80%) is higher than the London Average (77%) and the percentage has increased by 3.3% since 2016. There is a greater percentage of disabled people who have participated at least twice in the last 28 days than last year, and the biggest increase in participation across all age groups was for people aged 55-74.

PHYSICAL ACTIVITY MEASURE

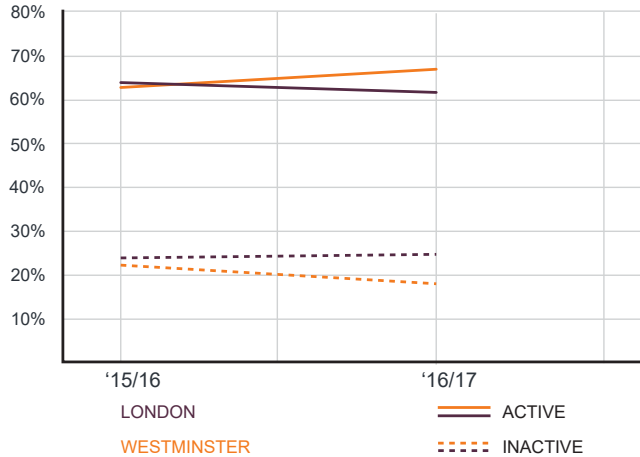
This measure shows the percentage of the population achieving the recommended levels of physical activity* set out by the Chief Medical Officer.

Active: >150 minutes a week

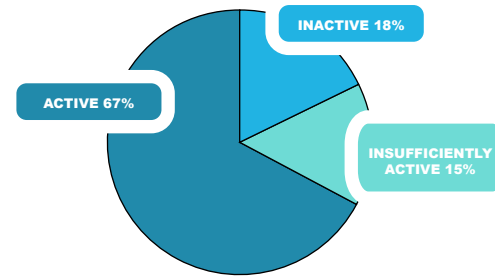
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

*Includes gardening

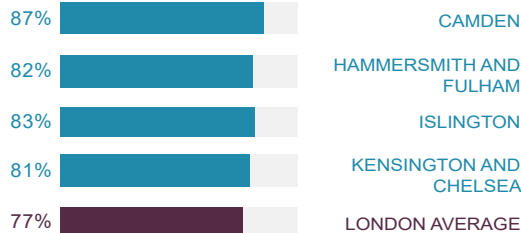


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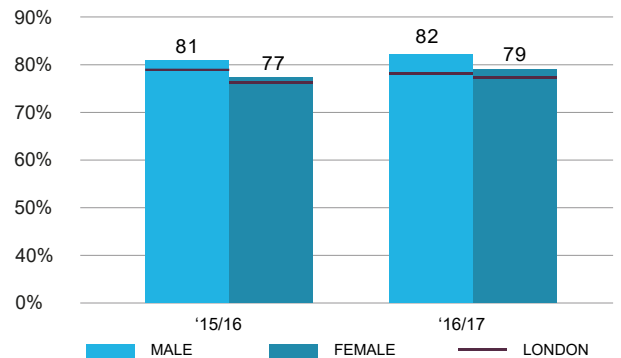


PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

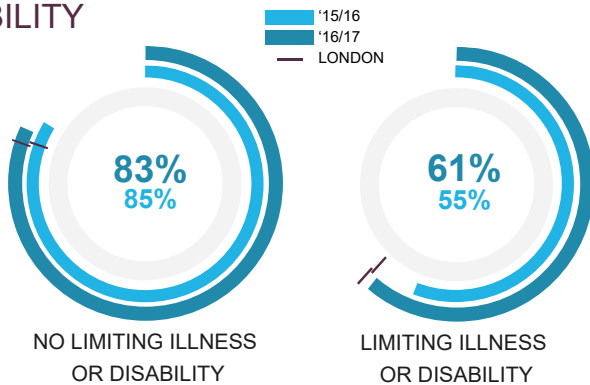
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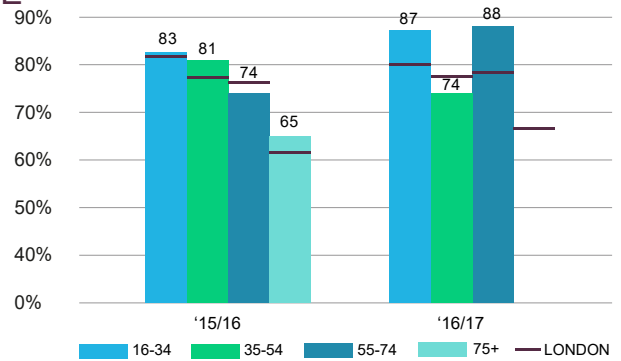
GENDER



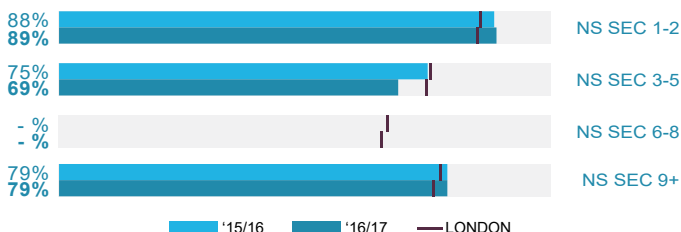
DISABILITY



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/>