

# LONDON

## ACTIVE LIVES BOROUGH UPDATE 16/17

Sport England's Active Lives survey measures the percentage of people taking part in physical activity and sport. The percentage of people who are classified as being physically active (62%) and physically inactive (25%) in London remains consistent with 2016 figures and have changed by no more than 2%. London's results are reflective of the national trends and there are no significant changes from last year. The 75+ age group remains the most inactive age group.

### PHYSICAL ACTIVITY MEASURE

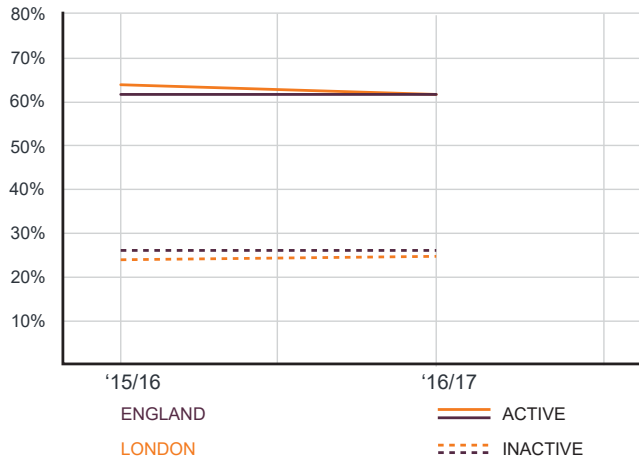
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

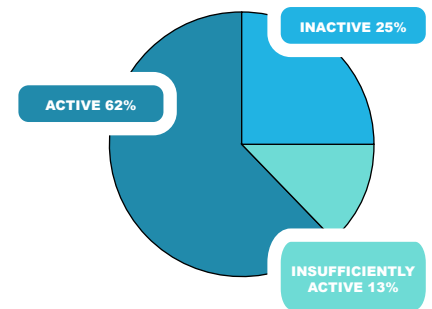
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening



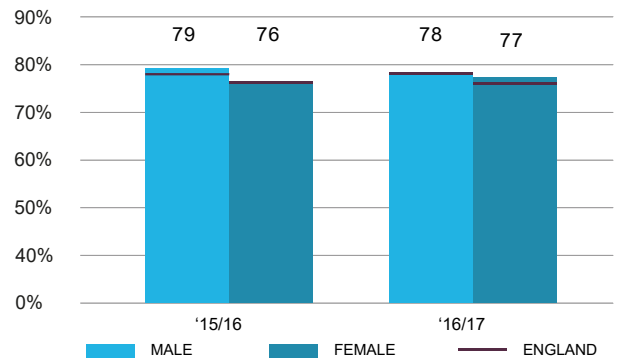
### LONDON



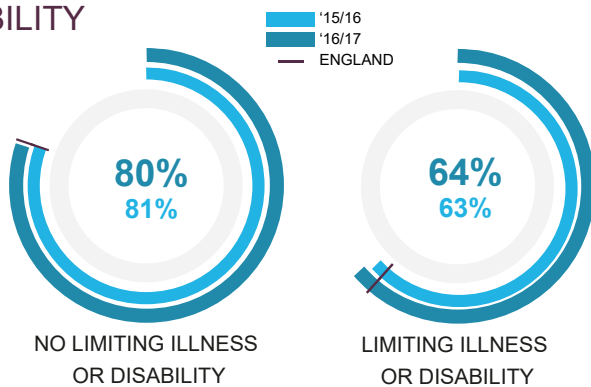
### PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS



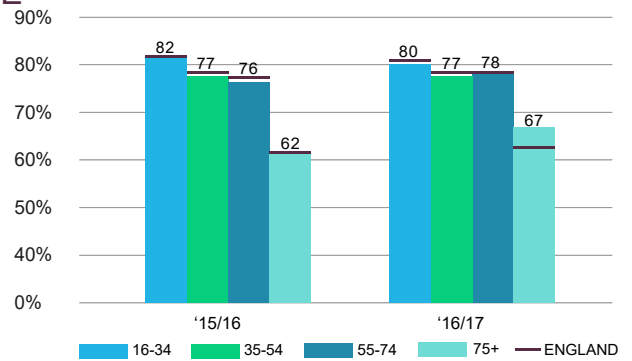
### GENDER



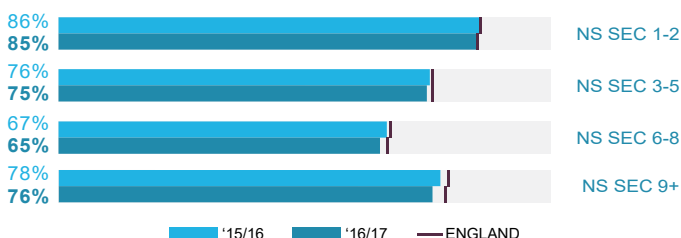
### DISABILITY



### 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/>