

# BARKING AND DAGENHAM

## 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 physically active people who are classified as being physically active (49%) in Barking and Dagenham has decreased by 5% since 2016. The borough has the lowest levels of physical activity across all London boroughs and all measures of the Active Lives survey are lower than the London average.

### PHYSICAL ACTIVITY MEASURE

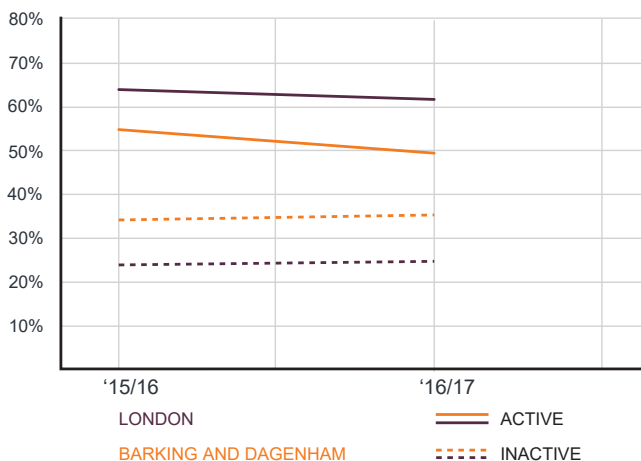
This measure shows the percentage of the population achieving the recommended levels of physical activity\* set out by the Chief Medical Officer.

Active: >150 minutes a week

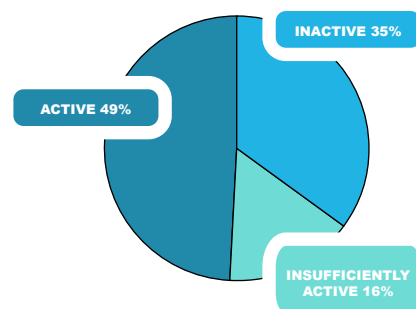
Fairly Active: 30-149 minutes a week

Inactive: 0-29 minutes a week

\*Includes gardening

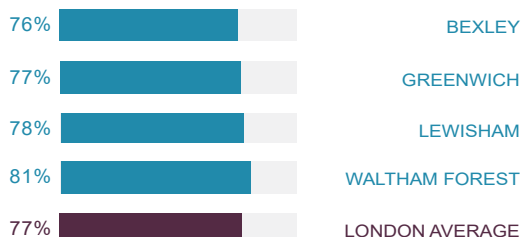


### BARKING AND DAGENHAM

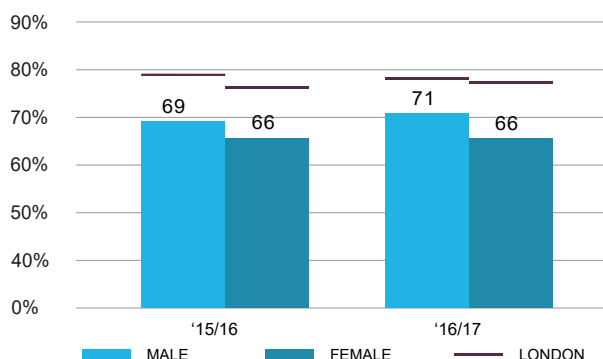


### PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS

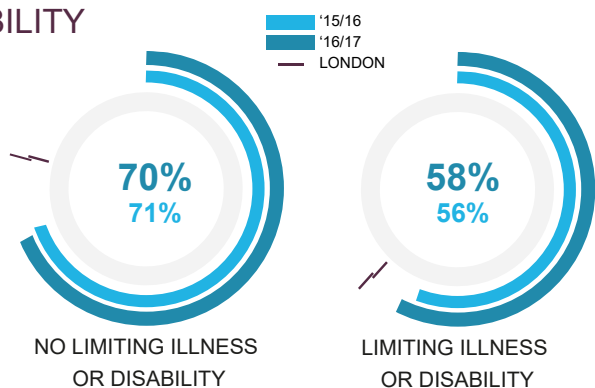
#### BARKING AND DAGENHAM



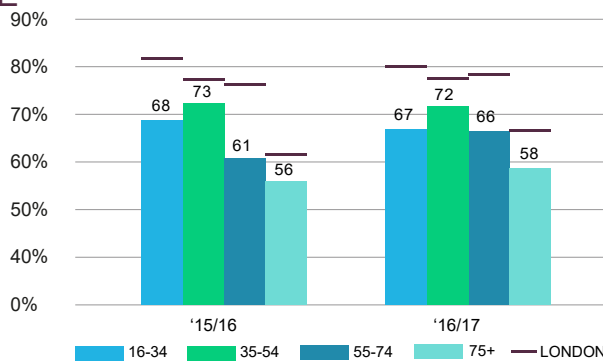
#### GENDER



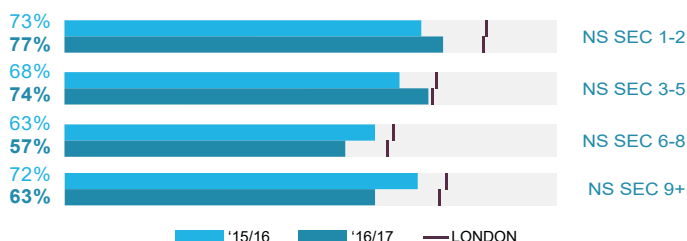
#### DISABILITY



#### AGE



#### SOCIO ECONOMIC STATUS



#### KEY CONTACTS

London Sport Relationship Manager: Matthew Roebuck  
 Tel: 02038484630  
 Email: matthew.roebuck@london sport.org  
 London Sport Insight Team: insight@london sport.org

#### DATA SOURCE

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