



## **HEALTH OVERVIEW AND SCRUTINY COMMITTEE: 16<sup>th</sup> JANUARY 2019**

### **REPORT OF THE DIRECTOR OF PUBLIC HEALTH**

#### **ACTIVE LIVES SURVEY 2018 – PHYSICAL ACTIVITY LEVELS IN LEICESTERSHIRE**

##### **Purpose of report**

1. The purpose of this report is to provide information to the Health Overview Scrutiny Committee on the results of the latest 'Active Lives' Survey by Sport England and to highlight trends in physical activity in Leicestershire.

##### **Policy Framework and Previous Decisions**

2. Increasing levels of physical activity in the population would have a positive impact on four of the outcomes of the Leicestershire Health and Well Being Strategy:
  - a. Outcome 1: The people of Leicestershire are enabled to take control of their own health and wellbeing;
  - b. Outcome 2: The gap between health outcomes for different people and places has reduced;
  - c. Outcome 3: Children and young people in Leicestershire are safe and living in families where they can achieve their potential and have good health and wellbeing;
  - d. Outcome 4: People plan ahead to stay healthy and age well and older people.
3. The Health and Social Care Act 2012 places a statutory duty on the County Council to take appropriate steps to improve the health of people living in Leicestershire.

##### **Background**

4. The Active Lives Survey 2018 is the latest in a series of surveys by Sport England to measure physical activity across the country. Nationally 185,000 responded to the survey with 3,496 of those from Leicestershire.
5. The survey produces estimates of the percentage of people meeting the Chief Medical Officer's (CMO) guideline of undertaking 150 minutes or more of physical activity a week. It also provides data on the percentage of 'fairly active' and inactive people as well as data on the types of activity undertaken.
6. These estimates include the activities of walking, cycling, dance, fitness and sporting activities, but exclude gardening which is seen as being outside of Sport England's remit.

## Physical activity performance - adults

### Leicestershire Performance

7. Since the Active Lives survey was first carried out in 2015/16, levels of physical activity Leicestershire have changed from a position of being above the national average, although not statistically significantly, to being statistically significantly below the national average. In 2015/16, the percentage of Leicestershire residents doing more than 150+ minutes physical activity a week was 62.3% (Confidence Interval (CI) range 60.5-65.3%), compared to a national average of 62.1% (CI range 61.8-62.4%). This declined in 2017/18 to 59.3% of adults in Leicestershire doing more than 150 minutes of physical activity a week (CI range 57.0-61.6%), compared to a national average of 62.3% (CI range 62.0-62.6%).
8. Figures from the latest survey show Leicestershire physical activity levels as being significantly below the national average. Correspondingly, the increase in the percentage of 'inactive' adults, that is those undertaking less than 30 minutes a week of physical activity, is statistically significant when compared to the national average.

**Figure 1 : Active Lives Adults data (16+), May 2017/18**

	May 2017 - May 2018		
	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
	Rate (%)	Rate (%)	Rate (%)
England	62.3%	12.5%	25.2%
Leicestershire	59.3%	13.2%	27.5%
Leicester	58.3%	13.1%	28.6%
Rutland	58.8%	13.5%	27.7%
Blaby	59.7%	14.1%	26.2%
Charnwood	58.4%	11.9%	29.7%
Harborough	63.4%	13.9%	22.7%
Hinckley and Bosworth	58.4%	14.8%	26.9%
Melton	61.8%	12.7%	25.5%
North West Leicestershire	57.2%	12.5%	30.3%
Oadby and Wigston	58.5%	13.6%	28.0%

#### Key

- Red: significantly worse than national average
- Green: significantly better than national average
- Amber: similar to the national average

### District performance

9. Table 1 below shows the performance by district for 17/18. Activity levels range from a low in North West Leicestershire of 57.2% of adults undertaking 150+mins of physical activity, to a high in Harborough of 63.4%.

10. Compared to the baseline year of 15/16, some districts have achieved modest gains in performance. The percentage of active adults in Harborough has increased by 3.2% and in Blaby and Melton by 1%. In other districts large falls in active adults have occurred. In North West Leicestershire the percentage of active adults has declined by 8.3% and in Charnwood by 9.2%.

Table 1 :Physical activity levels: May 2017 - May 2018

	Active (150+ minutes a week)	Change compared to baseline	Change in the last 12 months
Blaby	59.7%	+1.2%	-0.3%
Charnwood	58.4%	<b>-9.2%</b>	<b>-3.4%</b>
Harborough	63.4%	+3.2%	+3.2%
Hinckley and Bosworth	58.4%	<b>-3.4%</b>	<b>-1.1%</b>
Melton	61.8%	+1.8	+0.9%
North West Leicestershire	57.2%	<b>-8.3%</b>	<b>-5.9%</b>
Oadby and Wigston	58.5%	<b>-1.4%</b>	<b>-1.0%</b>
Leicestershire	59.3%	<b>-3.6%</b>	<b>-1.6%</b>
England	62.3%	+0.2	+0.3

**Figures in bold indicate statistically significant changes**

### National trends in activity

11. Local analysis of the types of activity undertaken is not yet available from Sport England, but national figures would suggest that, for men, participation in sport has declined (although not significantly) whereas walking for leisure and for travel has increased significantly.
12. For women, the national trend is towards a significant increase in walking for leisure and a significant decline in participation in dance for fitness.

### Comparison across councils nationally

13. Analysis by County Council areas shows a number have achieved a statistically significant increase in physical activity since the baseline year: Suffolk, Nottinghamshire and Hampshire. The only County to see a statistically significant decline is Leicestershire.
14. Across unitaries, metropolitan boroughs and district councils there is no immediately discernible pattern by authority, although it is of note those areas that are relatively more affluent (Test Valley, Runnymede, Poole, Eastleigh for example) have achieved significant increases in performance while more deprived areas seem to be associated with worsening performance (Corby, Sefton and Rotherham for example). However this is by no means a uniform pattern with some deprived areas (Manchester, Salford, Chorley) making significant gains and some relatively affluent areas (North West Leicestershire, Charnwood, Broadland, Wealden) seeing a decrease in physical activity levels.

## Physical activity performance – children and young people

15. Alongside the adult active lives survey, this year has seen the first national Active Lives Children and Young People's (CYP) survey. This is a school-based survey measuring participation in sport and physical activity inside and outside of school as well as attitudes towards sport and physical activity among CYP in school years 1-11 (roughly children aged 5 to 16) across England. It provides estimates at a national and local level to inform government policy (e.g. Primary PE and Sports premium and the Childhood Obesity Plan) and local decision making.
16. This first national report includes information about levels and types of activity, swimming proficiency, volunteering within sport and physical activity as well as mental wellbeing and individual and social development data, broken down by key demographics.

### Active Lives CYP (school years 1-11), Academic Year 2017/18

	Active every day (60 minutes or more every day) <sup>1</sup>	Active across the week (an average of 60 minutes or more a day but not every day) <sup>1</sup>	Fairly active (an average of 30- 59 minutes a day) <sup>1</sup>	Less active (less than an average of 30 minutes a day) <sup>1</sup>
	Rate (%)	Rate (%)	Rate (%)	Rate (%)
England	17.5%	25.7%	23.9%	32.9%
Leicestershire	18.1%	27.0%	24.1%	30.8%
Leicester	15.0%	25.9%	16.3%	42.8%
Rutland	14.2%	26.8%	25.5%	33.5%
Blaby	18.2%	25.7%	29.1%	27.0%
Charnwood	18.8%	28.1%	21.1%	32.0%
Harborough	18.0%	29.5%	25.3%	27.3%
Hinckley and Bosworth	20.4%	27.4%	22.6%	29.7%
Melton	15.4%	22.9%	23.3%	38.5%
North West Leicestershire	15.1%	27.9%	26.0%	31.0%
Oadby and Wigston	26.2%	27.8%	16.9%	29.1%

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17. For Leicestershire, the results indicate that activity levels in children and young people are not significantly different from the national average, at either the County levels or district level. The exception to this is activity levels for Oadby and Wigston that are significantly higher than the national average.

### Timetable for Decisions

18. The report will be considered by Cabinet on the 8<sup>th</sup> February 2019.

## **Conclusions**

19. Although difficult to draw conclusions at this stage, if the local decline in certain areas is due to falls in broader physical activity, such as walking and cycling, rather than a decline in sporting participation, it may point to the desirability of a better joined up approach across Leicestershire. This should bring together sport, physical activity, transport, infrastructure planning and green spaces into one system.

## **Background papers**

Active Lives Children and Young People Survey - 2017/18 Report (national summary):  
<https://www.lrsport.org/researchandevidence/active-lives-children-and-young-people-survey---201718-report>

Active Lives Adult Survey - May 17/18 Report (national summary):  
<https://www.lrsport.org/researchandevidence/active-lives-adult-survey---may-1718-report>

## **Circulation under the Local Issues Alert Procedure**

None

## **Officer to Contact**

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## **Relevant Impact Assessments**

### **Equality and Human Rights Implications**

20. The Equality Act 2010 imposes a duty on the local authority when making decisions to exercise due regard to the need to eliminate unlawful discrimination, advance equality of opportunity and foster good relations between people who have a protected characteristic and those who do not. An overarching physical activity strategy for Leicestershire would need to consider its impact on protected characteristics groups.

## **Resource Implications**

21. There are no resource implications arising directly from this report.

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