

Adult Active Lives: April 2019

The Active Lives report (April 2019 Release) provides an updated comprehensive overview of adult (age 16+) sport and physical activity in England in the 12 months from November 2017 to November 2018.

Black Country:

- In the Black Country, **54.9% of people are physically active**, compared to 62.6% nationally. This is **up 1.8pp** (percentage points) since the last year, a **higher increase than the national average** of 0.8pp since the previous year.
- In the Black Country, **33.0% of people are classed as inactive**, however this has decreased since the previous year by **-1.2pp**. Nationally, 25.1% of people are inactive, a decrease of -0.6pp since last year.
- Volunteering rates in Dudley are 10.2%, and for Wolverhampton its 13.5%. Data is not available for Sandwell and Walsall.
- Nationally, volunteering rates is at 13.9%, a decrease of -0.9pp since the previous year.

Activity levels:

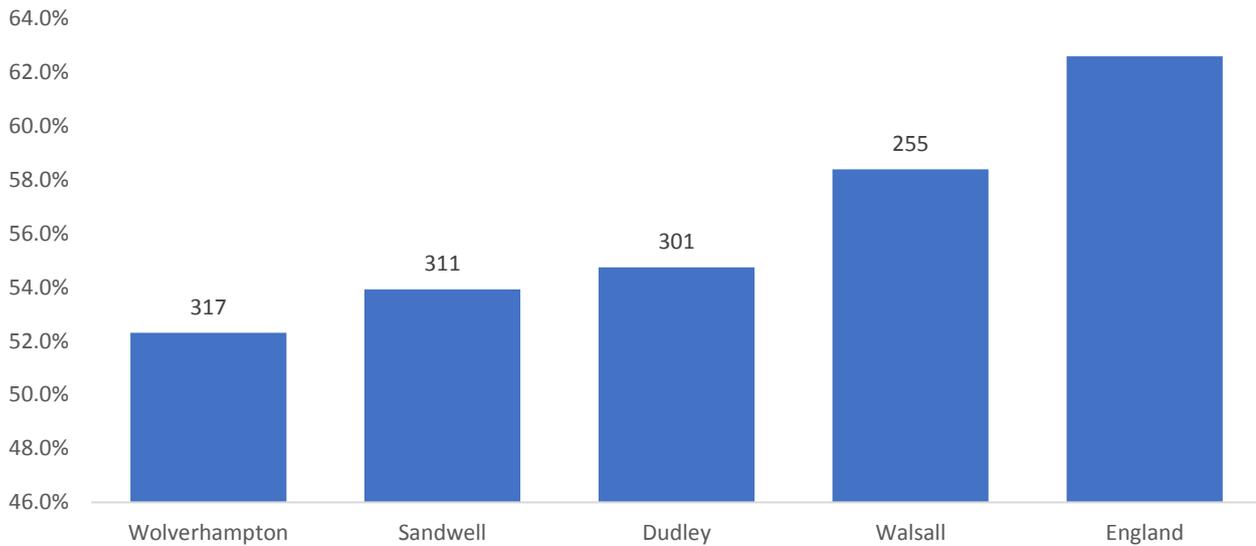
The positive news is that in the 12 months to November 2018, the number of adults who were regularly active has increased, whilst the number of inactive adults has fallen. These results have primarily been driven by an increase in the number of women who are regularly active. Activity levels are also up for disabled people and those with a long-term health condition. Nationally;

- Men (65% or 14.2m) are more likely to be active than women (61% or 13.9m)
- Those in routine/semi-routine jobs and those who are long term unemployed or have never worked (NS-SEC 6-8), are the most likely to be inactive (33%) and the least likely to be active (54%).
- Inactivity levels generally increase with age, but the sharpest increase comes at ages 75-84 (to 47%) and age 85+ (to 70%).
- Inactivity is more common for disabled people or those with a long-term health condition (42%) than those without (21%).
- Activity levels are highest for mixed (72%) and white other (67%) adults, and lowest for South Asian (56%), other (56%) and black (57%) adults.

Within the Black Country, activity levels vary. Wolverhampton has the lowest levels of activity at 52.3%, ranking 317 out of 326 Local Authorities, whereas Walsall has the highest levels of activity at 58.4%, ranking 255.

Compared to 2016/17, Walsall had the biggest increase in active adults at 4.0%, with England increasing by 0.8pp. In contrast Wolverhampton was the only local authority within the Black Country to experience a decrease which was at 2.0pp. Walsall had the largest decrease in inactive adults at -2.9pp with the national average change at -0.6pp, while Wolverhampton had a 1.1pp increase.

Figure 1: Activity levels within the Black Country compared to other local authorities and England



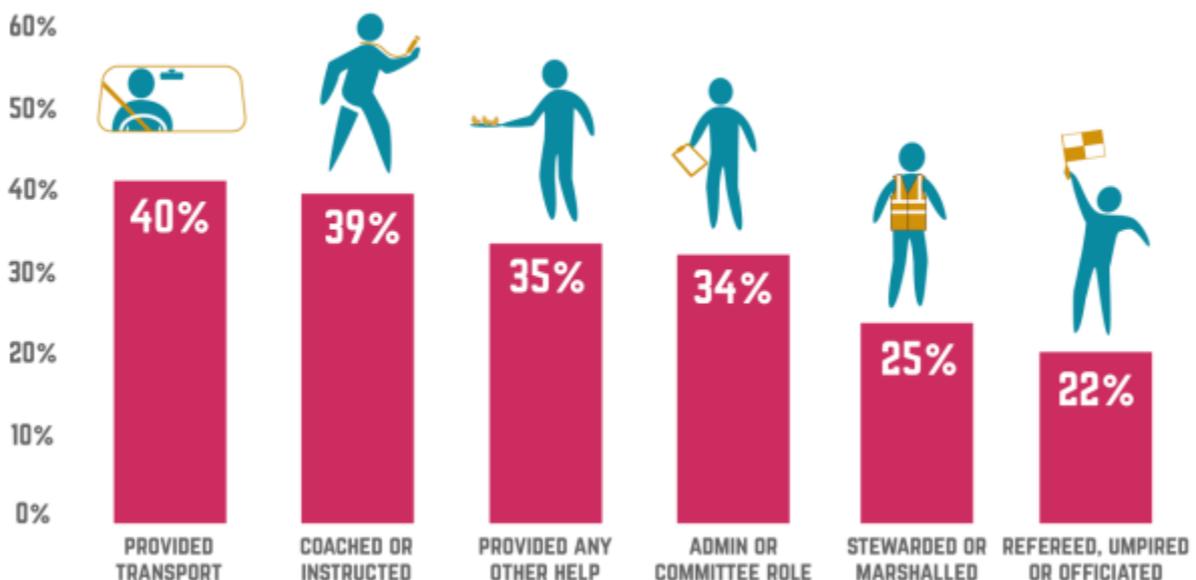
(Data labels show rank out of 326 LA's. 1 = most active, 326 = least active)

In order to meet the national average, 72,637 more people need to exercise for 150 minutes a week or more, and 73,476 fewer people need to be classed as inactive.

Volunteering

Someone counts as a volunteer if they have taken part in a volunteering role to support sport/physical activity at least twice in the past 12 months.

ROLES UNDERTAKEN AMONG ADULTS (AGED 16+) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (NOV 17/18)

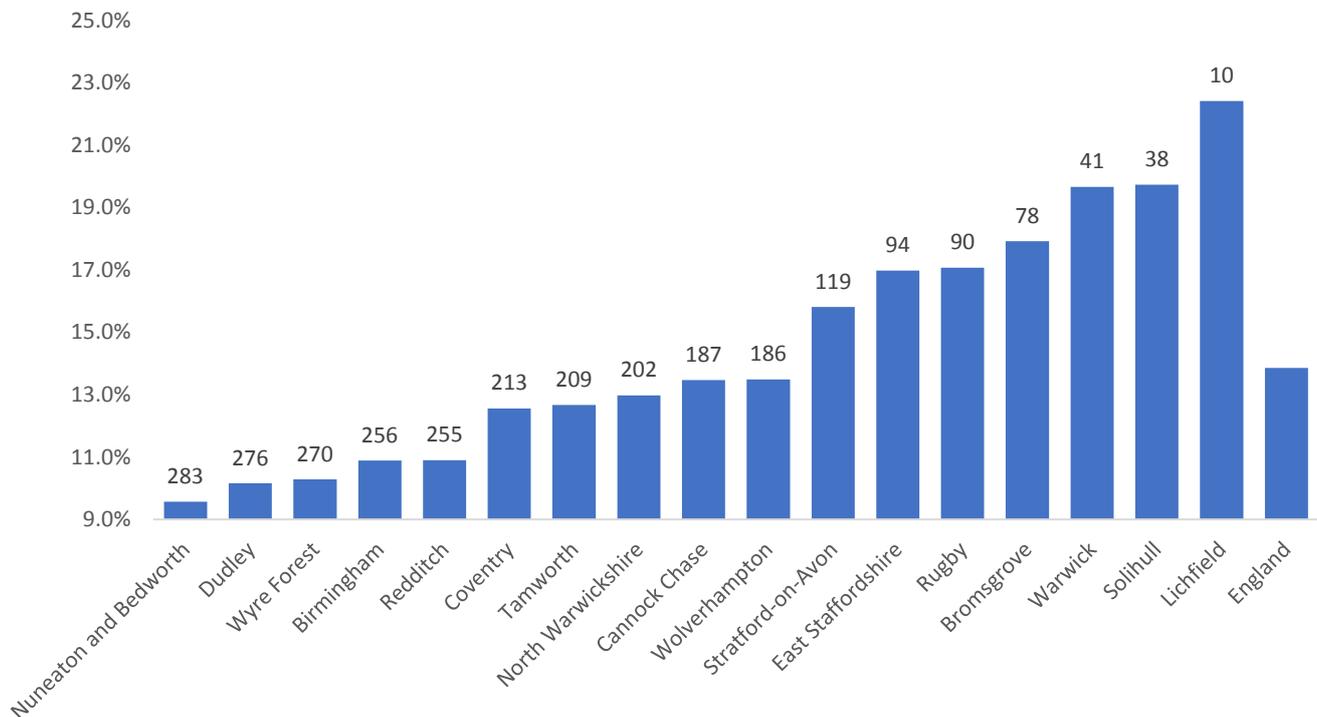


- Men are more likely to volunteer to support sport than women, comprising 59% of all volunteers.
- People from lower socioeconomic backgrounds (NS-SEC 6-8) are under-represented in volunteering, comprising just 11% of all sport volunteers but 31% of the adult population.

- Volunteering is more popular among two key age groups: those aged 16-24 and those in the 45-54 bracket. Combined, these groups account for 40% of all volunteers (but only 30% of the population).
- Disabled people or those with a long-term health condition¹ account for 12% of volunteers, despite accounting for 21% of the population as a whole.
- The volunteer profile across ethnic groups is generally reflective of the wider population. However, there are inequalities within sub-groups. For instance, females from South Asian backgrounds are underrepresented.

The Black Country Sports Partnership is reported to have a 9.5% volunteering rate which when compared to November 2016/17 is a decrease of 1.1pp. Further analysis that is available by local authority shows that Dudley has a 10.2% volunteering rate a decrease of 6.4pp from November 2016/17. Sandwell had a 13.5% volunteering rate in November 2017/18 which is a 2.6pp increase compared to the previous year.

Figure 2: Levels of volunteering across the WMCA



(data labels show rank out of 296 LA's – data for Sandwell and Walsall are not available)

1 = highest level of volunteering, 296 = lowest levels of volunteering

¹ limiting disability and long-term health conditions is defined as an individual reporting they have a physical or mental health condition or illness that has lasted or is expected to last 12 months or more, and that this has a substantial effect on their ability to do normal daily activities

Source: Sport England, Active Lives Adult Survey, April 2019

<https://www.sportengland.org/media/13898/active-lives-adult-november-17-18-report.pdf>