

UK Active Lives Survey: October Release

The Active Lives survey data was released this month, showing data about the activity levels of residents within the Black Country. The data shows a positive story about the Black Country as there are 6,700 fewer people classed as inactive, and 12,600 more people classed as active. More people are participating in sport and physical activity regularly, however fewer people are volunteering in sport.

| Activity Levels: | National Ranking (/326) |
|--|--------------------------------|
| • Less than 30 minutes a week | Dudley 29 |
| • Fairly Active: 30 – 149 minutes a week | Sandwell 13 |
| • Active: At least 150 minutes a week | Walsall 16 |
| | Wolverhampton 12 |

Rank 1 = most inactive
Rank 326 = least inactive

| | Inactive 2017 | Inactive 2018 | | | Active 2017 | Active 2018 | | |
|----------------------|----------------|----------------|----------------|---------------|----------------|----------------|----------------|---------------|
| | Current | Current | Target | Gap | Current | Current | Target | Gap |
| Dudley | 83,200 | 81,600 | 65,017 | 16,583 | 140,400 | 135,600 | 160,672 | 25,072 |
| Sandwell | 88,500 | 84,000 | 63,580 | 20,420 | 125,500 | 137,800 | 157,121 | 19,321 |
| Walsall | 66,900 | 72,800 | 55,689 | 17,111 | 125,700 | 121,000 | 137,621 | 16,621 |
| Wolverhampton | 75,300 | 68,800 | 51,832 | 16,968 | 106,900 | 116,700 | 128,089 | 11,389 |
| Black Country | 313,900 | 307,200 | 236,142 | 71,058 | 498,500 | 511,100 | 583,502 | 72,464 |

From the year previous, the number of people in the Black Country who are inactive **decreased by 6,700**. The largest decrease was seen in Wolverhampton where **6,500 fewer people are inactive**. In Dudley **1,600** less people are inactive and in Sandwell the number is **4,500 less**. The only area with an **increase in inactivity was in Walsall**, where **5,900** more people are inactive.

For people who are classed as active in comparison to the year before, **12,600 more people in the Black Country are active**. The largest increase was seen in Sandwell, where **12,300 more people are active**, and there were large improvements in Wolverhampton where **9,800 more people are exercising for more than 150 minutes a week**. **Decreases** in activity were seen in Dudley and Walsall, **where 4,800 and 4,700 fewer people** were classed as active.

Sport and Physical Activity at Least 2 Times in the Past 28 Days:

| | % May 2017 | Count May 2017 | % May 2018 | Count May 2018 | Change |
|----------------------|---------------------------|-------------------------------|---------------------------|-------------------------------|---------------|
| Dudley | 70.4% | 180,600 | 70.2% | 180,900 | -0.2% |
| Sandwell | 66.2% | 165,800 | 68.5% | 172,700 | 2.3% |
| Walsall | 72.2% | 158,700 | 68.7% | 151,700 | -3.6% |
| Wolverhampton | 65.1% | 133,300 | 68.3% | 140,600 | 3.2% |
| Black Country | 68.6% | 638,400 | 69.0% | 645,900 | 0.4% |
| England | 77.2% | 33,531,400 | 77.5% | 34,836,700 | 0.3% |

Dudley and Walsall saw a **decrease** in the percentage of people taking part in sport and physical activity, however Sandwell and Wolverhampton saw **large increases**. The Black Country as a whole have a way to go to get to national average figures, equivalent of **79,620** extra people taking part in sport.

Volunteering to Support Sport or Physical Activity in the Last 12 Months:

| | 2017% | 2017 Count | 2018% | 2018 Count |
|----------------------|--------------|-----------------------|--------------|-----------------------|
| Dudley | 19.1% | 49,100 | 12.6% | 32,500 |
| Sandwell | 6.9% | 17,400 | 6.6% | 16,700 |
| Walsall | 11.8% | 25,800 | 8.8% | 19,400 |
| Wolverhampton | 12.1% | 24,700 | 11.6% | 23,900 |
| Black Country | 12.6% | 117,400 | 9.9% | 92,400 |

Between May 2017 and May 2018, the number of people volunteering to support sport **decreased in all areas of the Black Country**. The largest decrease was seen in Dudley as there were **16,600 fewer** people volunteering. The area with the smallest decrease was Sandwell, where there were **700 fewer** volunteers.