



Sports England – Active Lives Adult Survey: May 2020/21 - Released October 2021¹

In Summary:

- Overall, for the Black Country area, 36.3% of adults (343,300) were classed as inactive in May 2020/21. This has increased by 1.4 percentage points (pp) since May 2019/20. Nationally, 27.5% of adults classed as inactive, an increase of 2.0pp.
- To reach the national level percentage of inactivity (27.5%) would require the Black Country area to reduce by 83,528 people that are classed as inactive
- Participates were asked: “how often do you feel lonely?” Focusing on feeling lonely often/always responses show that for the Black Country overall was 9.0% compared to 6.2% nationally.

In Detail:

Physical Activity Levels²

Inactive:

- Overall, for the Black Country area, 36.3% of adults (343,300) were classed as inactive in May 2020/21. This has increased by 1.4 percentage points (pp) since May 2019/20. Nationally, 27.5% of adults classed as inactive, an increase of 2.0pp. To reach the national level percentage of inactivity (27.5%) would require the Black Country area to reduce by 83,528 people that are classed as inactive.
- Sandwell had the highest proportion of inactive adults than any other local authority in England at 42.1% (107,000) and also increased by 6.4pp since May 2019/20. Within the Black Country, Dudley had the lowest inactive rate at 30.4% and decreased by 1.5pp since May 2019/20. Walsall’s inactivity rate was 39.0% in May 2020/21 and increased by 3.0pp since May 2019/20. Wolverhampton inactivity rate was 33.8% and decreased by 2.8pp over the same periods.

The following table shows physical inactivity levels:

	May 2019/20		May 2020/21		Percentage Point Change
	Num.	Rate	Num.	Rate	
Dudley	82,700	31.9%	79,000	30.4%	-1.5pp
Sandwell	90,600	35.7%	107,000	42.1%	6.4pp
Walsall	80,400	36.0%	87,400	39.0%	3.0pp
Wolverhampton	75,800	36.6%	70,100	33.8%	-2.8pp
Black Country	329,400	34.9%	343,300	36.3%	1.4pp
England	11,573,600	25.5%	12,549,800	27.5%	2pp

¹ [Source: Sport England, Active Lives Adult Survey, October 2021](#)

² Activity is counted in moderate intensity equivalent minutes whereby each ‘moderate’ minute counts as one minute and each ‘vigorous’ minute counts as two moderate minutes. People are classed as inactive when less than 30 minutes a week of physical activity has been completed, fairly inactive when they have completed 30 – 149 minutes a week and physically active when they do at least 150 minutes a week.



Fairly Active:

- Overall, for the Black Country area, 13.0% (123,100) of adults were classed as fairly active in May 2020/21, a decrease by 0.7 pp when compared to May 2019/20. Nationally there were 11.6% of people classed as fairly active which decreased by 0.1pp since May 2019/20.

Active:

- Overall, for the Black Country area, 50.7% (479,600) of adults were classed as active in May 2020/21, this has decreased by 0.7pp when compared to May 2019/20. Nationally there were 60.9% of people classed as active which decreased by 1.9pp since May 2019/20.
- Within the Black Country, Dudley had the highest activity rate at 54.2% and increased by 3.1pp since May 2019/20. Sandwell had the lowest activity rate at 46.2% and decreased by 5.8pp since May 2019/20. Walsall's activity rate was 49.0% in May 2020/21 and decreased by 1.5pp since May 2019/20. Wolverhampton inactivity rate was 53.6% and increased by 1.7pp over the same periods.
- For the Black Country to reach the national percentage of 60.9%, requires 96,892 more people to be classed as active.

The following table shows physical activity levels:

	May 2019/20		May 2020/21		Percentage Point Change
	Num.	Rate	Num.	Rate	
Dudley	132,500	51.1%	140,900	54.2%	3.1pp
Sandwell	131,800	51.9%	117,300	46.2%	-5.8pp
Walsall	113,000	50.6%	110,100	49.0%	-1.5pp
Wolverhampton	107,400	51.9%	111,200	53.6%	1.7pp
Black Country	484,700	51.4%	479,600	50.7%	-0.7pp
England	28,558,100	62.8%	27,847,500	60.9%	1.9pp

Loneliness

Supporting people to have meaningful social relationships isn't just crucial to people's physical and mental health. It also affects their engagement in the workplace and wider community cohesion. Participants were asked: "how often do you feel lonely?"

Focusing on feeling lonely often/always responses show that for the Black Country overall was 9.0% compared to 6.2% nationally in May 2020/21. Out of 42 Active Partnerships (3 were excluded from analysis due to missing results), the Black Country Active Partnership was highest for feeling lonely often/always.

The following table shows loneliness levels:

	Often / always	Some of the time	Occasionally	Hardly ever	Never
Black Country	9.0%	17.7%	23.5%	26.4%	23.4%
England	6.2%	18.0%	22.2%	28.1%	25.5%