East Riding

Emerging Physical Activity Insight

April 2018

EAST RIDING OF YORKSHIRE COUNCIL

ACTIVE HUMBER

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What we are going to cover:

- Key demographics
- Healthy Life Expectancy
- Physical activity behaviour – Whole population
- Physical activity behaviour – Gender
- Physical activity behaviour – Long term (LT) disability
- Physical activity behaviour – Age
- Physical activity behaviour – Social grade
- Child Excess Weight
- Contribution of Gardening
- Sports and activities
- Greatest Need

- Qual data

Key Demographics

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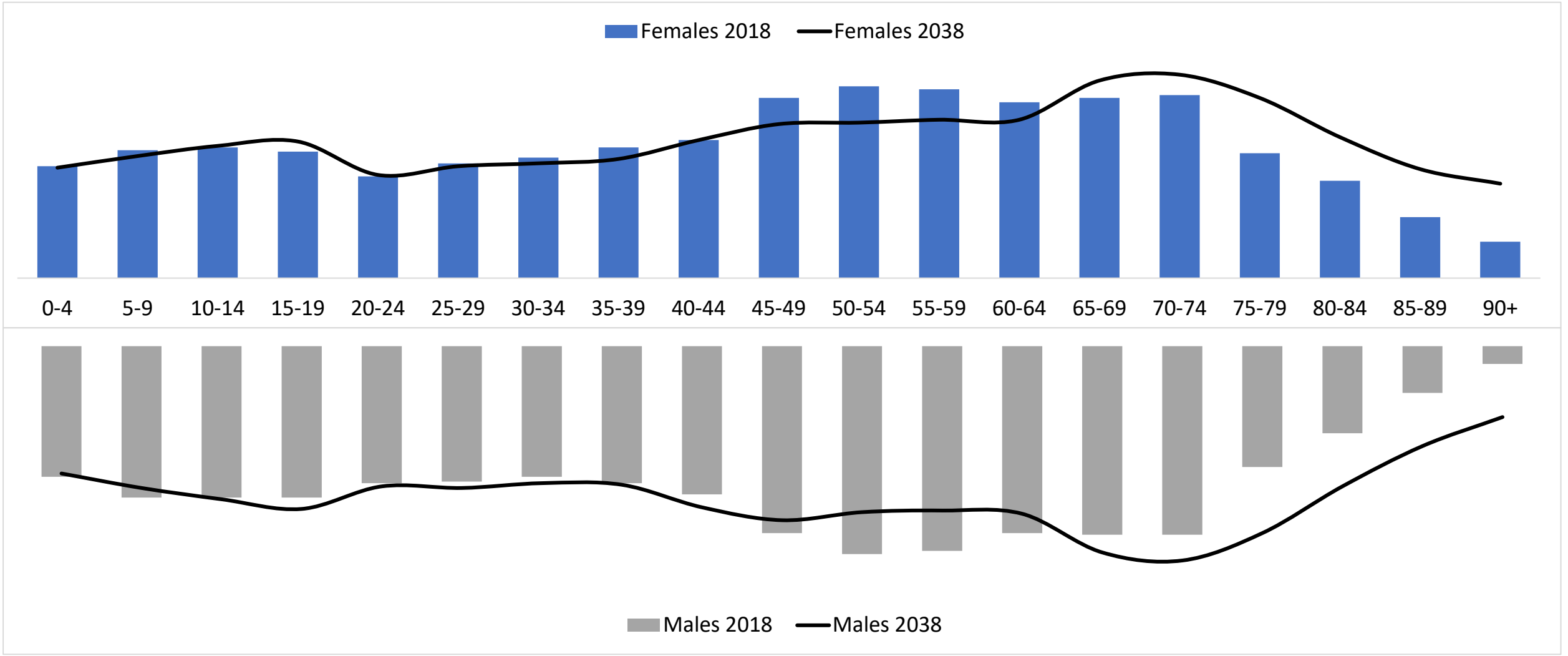
Population Breakdown (Census 2011)

	England	Active Humber	East Riding
Total Population			334179
0-15	18.91%	18.07%	16.71%
16-25	13.24%	12.90%	10.49%
26-34	12.13%	10.31%	8.36%
35-44	14.03%	13.39%	13.29%
45-54	13.73%	14.29%	14.96%
55-64	11.64%	13.00%	14.81%
65+	16.34%	18.04%	21.38%
Female	50.82%	50.67%	51.11%
Limited a little/ a lot	17.64%	19.37%	19.14%
NS SEC 1-2	31.32%	24.90%	31.70%
NS SEC 3-5	29.09%	29.15%	32.07%
NS SEC 6-8	30.58%	38.49%	29.93%
Unclassified	9.01%	7.46%	6.29%
White British	79.75%	93.50%	96.15%
BME	20.25%	6.50%	3.85%

Source: Census 2011

East Riding Population Projection



Source: ONS 2014, subnational projections

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Population Summary

East Riding of Yorkshire (ERY) has much **larger** proportions than both England and Active Humber, of

- people aged 65+
- those from white British backgrounds

ERY has **smaller** proportions than both England and Active Humber of those aged 0-15 years

ERY has similar proportions of NS SeC groups to that of England but much lower NS SeC 6-8 proportions and much higher NS SeC 1-2 proportions than Active Humber

Population projections suggest significant increases in those aged 65 and over during the next 20 years

Healthy Life Expectancy

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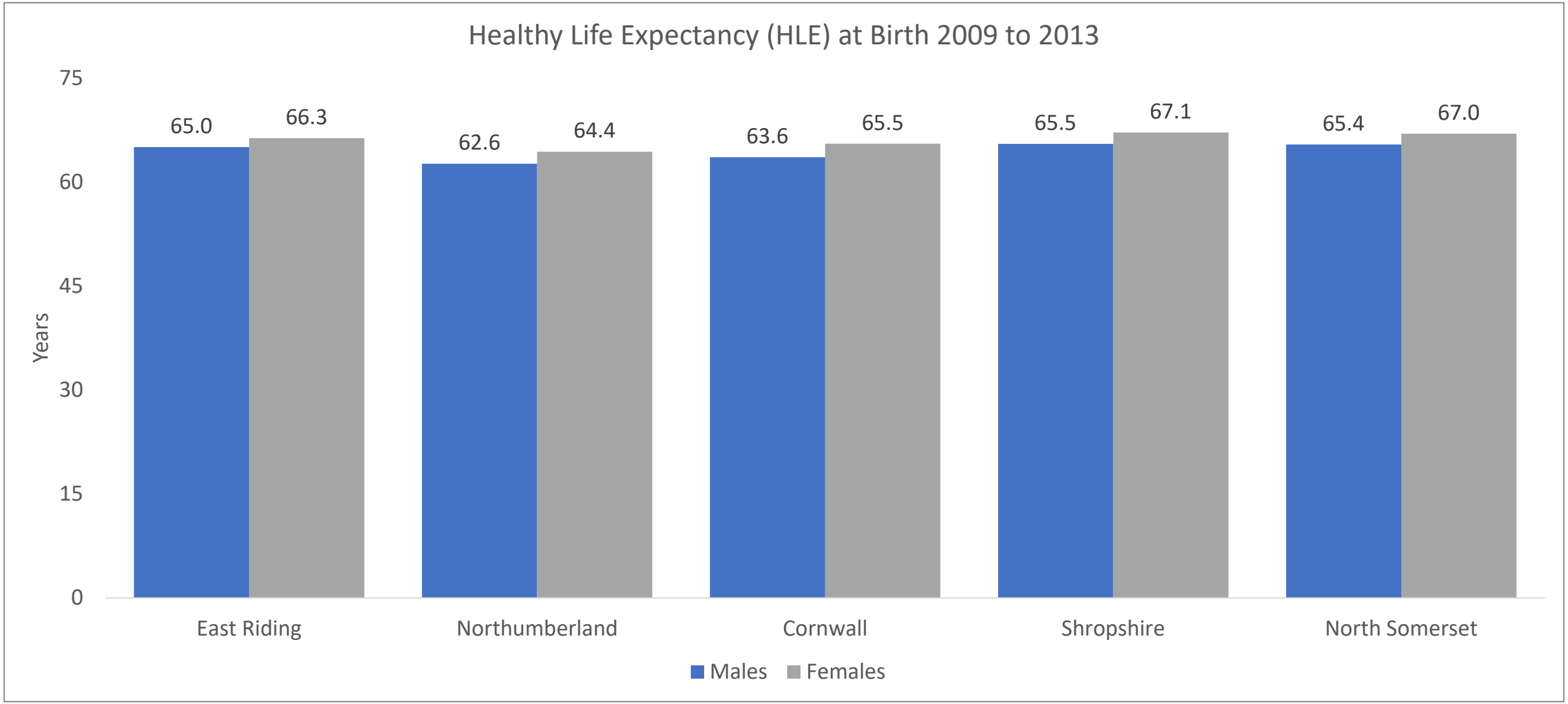
Healthy Life Expectancy at Birth



Source: ONS HLE at birth by lower tier local authorities in England, 2009 to 2013

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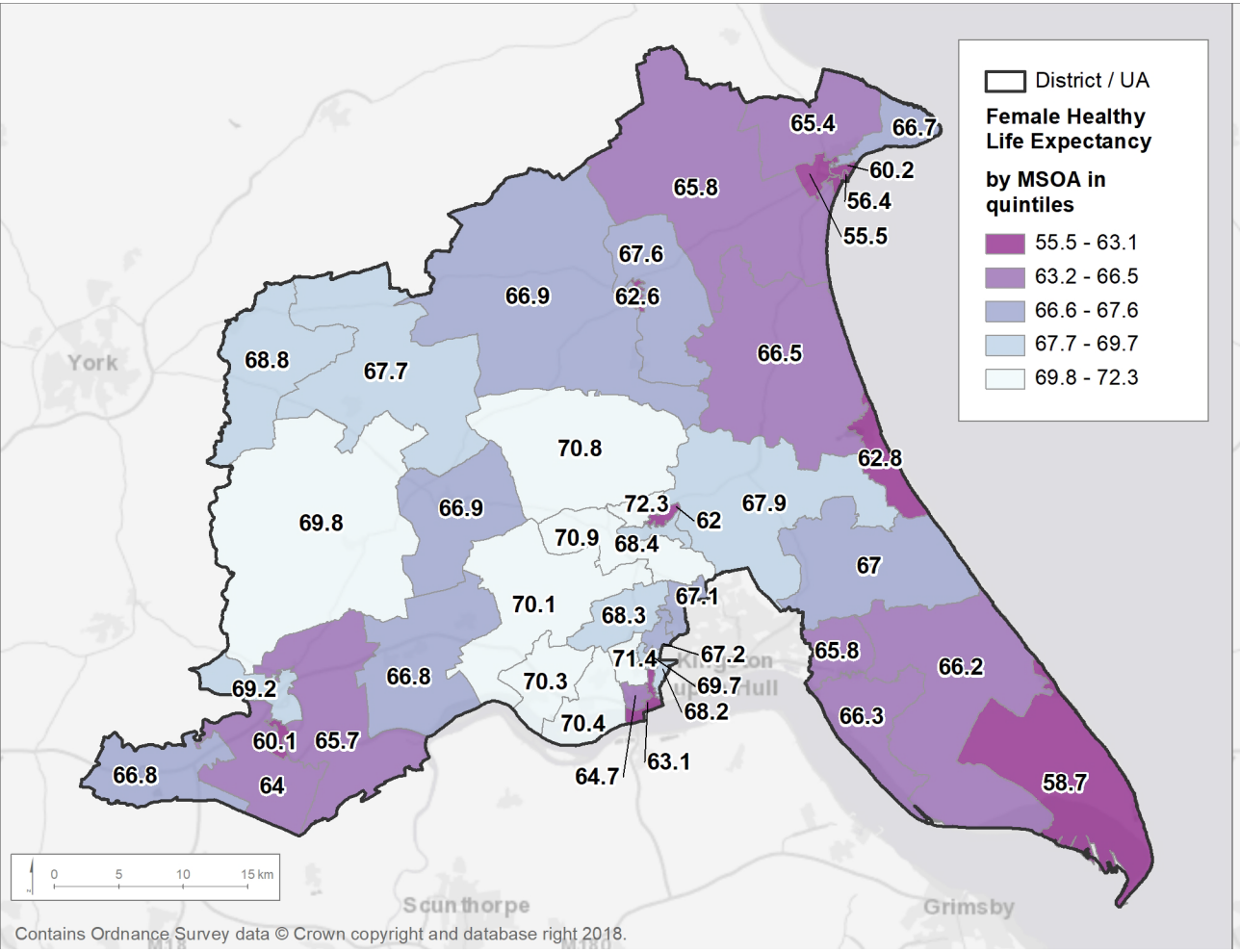
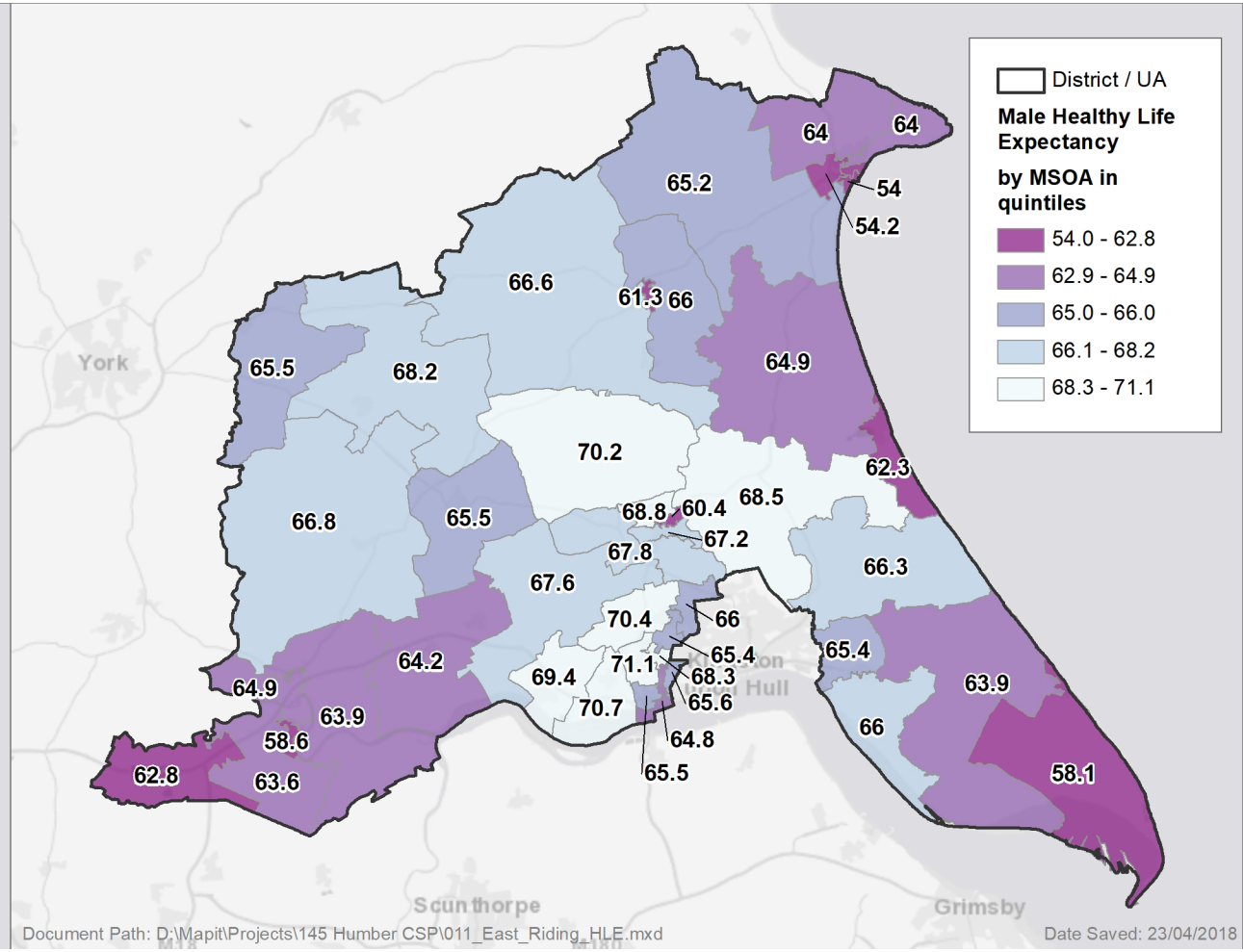
Healthy Life Expectancy at Birth





Source: ONS HLE at birth by lower tier local authorities in England, 2009 to 2013

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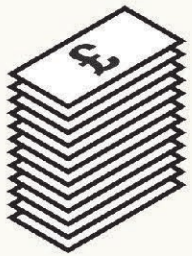
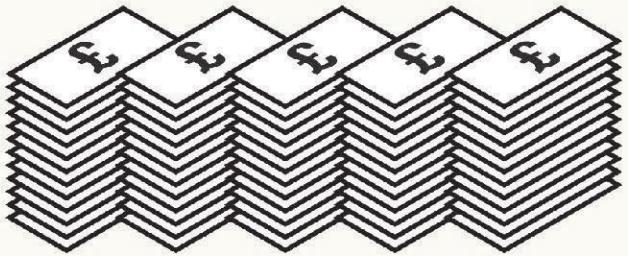
The financial impact of physical inactivity - East Riding area

HEALTH COSTS OF PHYSICAL INACTIVITY



1 YEAR

£6,605,220



5 YEARS

£33,026,100

COST PER 100,000 POPULATION

£2,098,624

DISEASE CATEGORY COST BREAKDOWN PER YEAR

BREAST CANCER	CANCER LOWER GI e.g. bowel cancer	DIABETES	CEREBROVASCULAR DISEASE e.g. stroke	CORONARY HEART DISEASE
£354,200	£428,000	£943,650	£790,200	£4,089,170

SOURCE: SPORT ENGLAND COMMISSIONED DATA FROM BRITISH HEART FOUNDATION HEALTH PROMOTION RESEARCH GROUP FOR PCTS, REWORKED INTO ESTIMATES FOR LAS BY TBR

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Physical Activity Behaviour

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Physical Activity Measures

- Our analysis focuses on Active Lives (Nov15-Nov 16) actuals and APS trends
- Active Lives (16+):
  - New survey has replaced Active People
  - First year of data (wave 1) published Jan 17 (Nov 15-Nov 16) includes gardening
  - Newly launched on-line tool for wave 1 (Nov 15-Nov 16) data excluding gardening
  - Recently published data for May 16-May 17 (18month rolling data) excludes gardening
  - Headline data has now been released for Nov 16-17 (wave 2)
- APS (Active People Survey) trends:
  - Four years of inactive and active data from the Active People Survey
  - 10 years of 1x30mins data though this has become less important due to recent policy developments
- Survey of 500 people per Local Authority area per year (some have boosted samples)

Physical Activity Measures

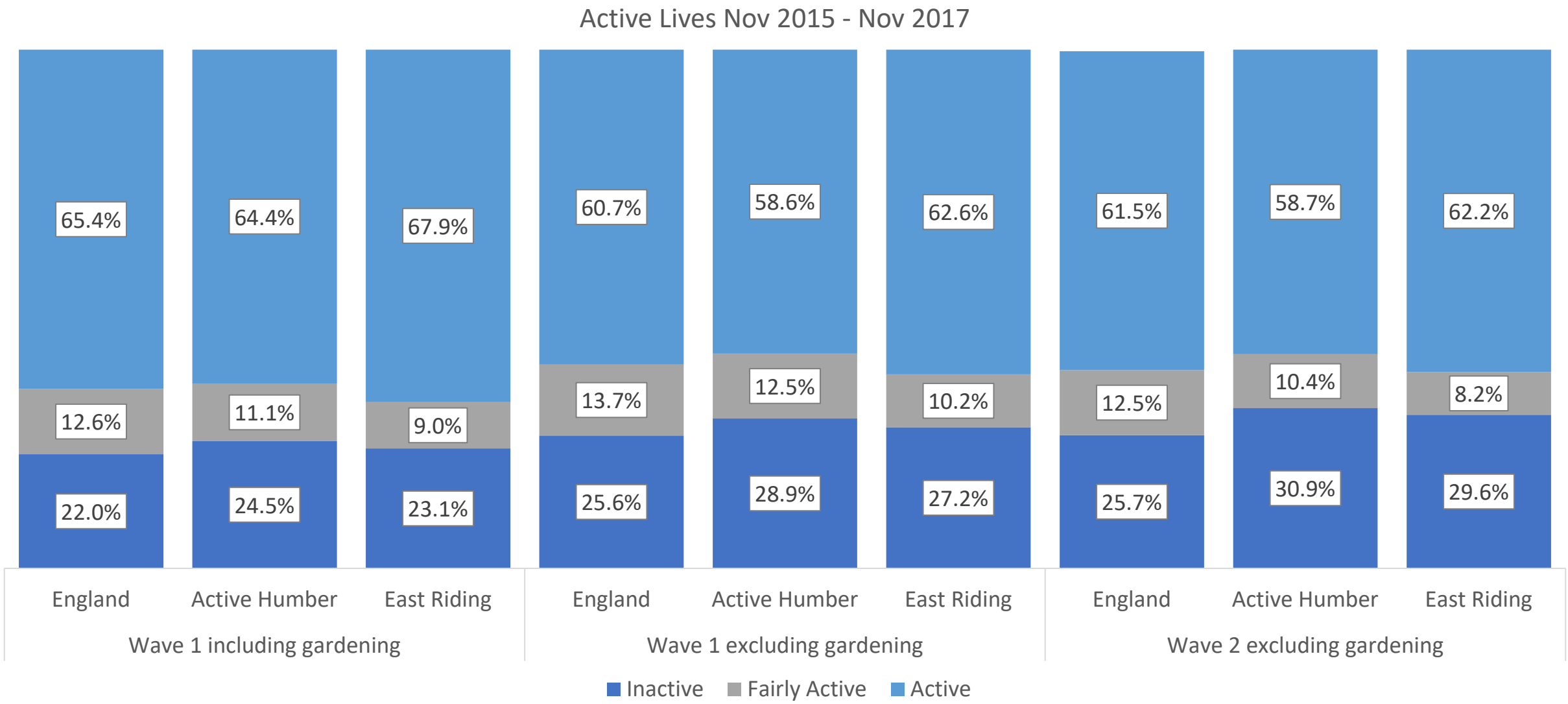
INACTIVE

- % of people doing less than 30 mins of physical activity per week
- Duration of activity: Bouts of 10 mins of moderate intensity
- Vigorous activity counts for double the minutes
- Based on CMO recommendations
- **LOWER IS BETTER**
- 4 years of data

ACTIVE

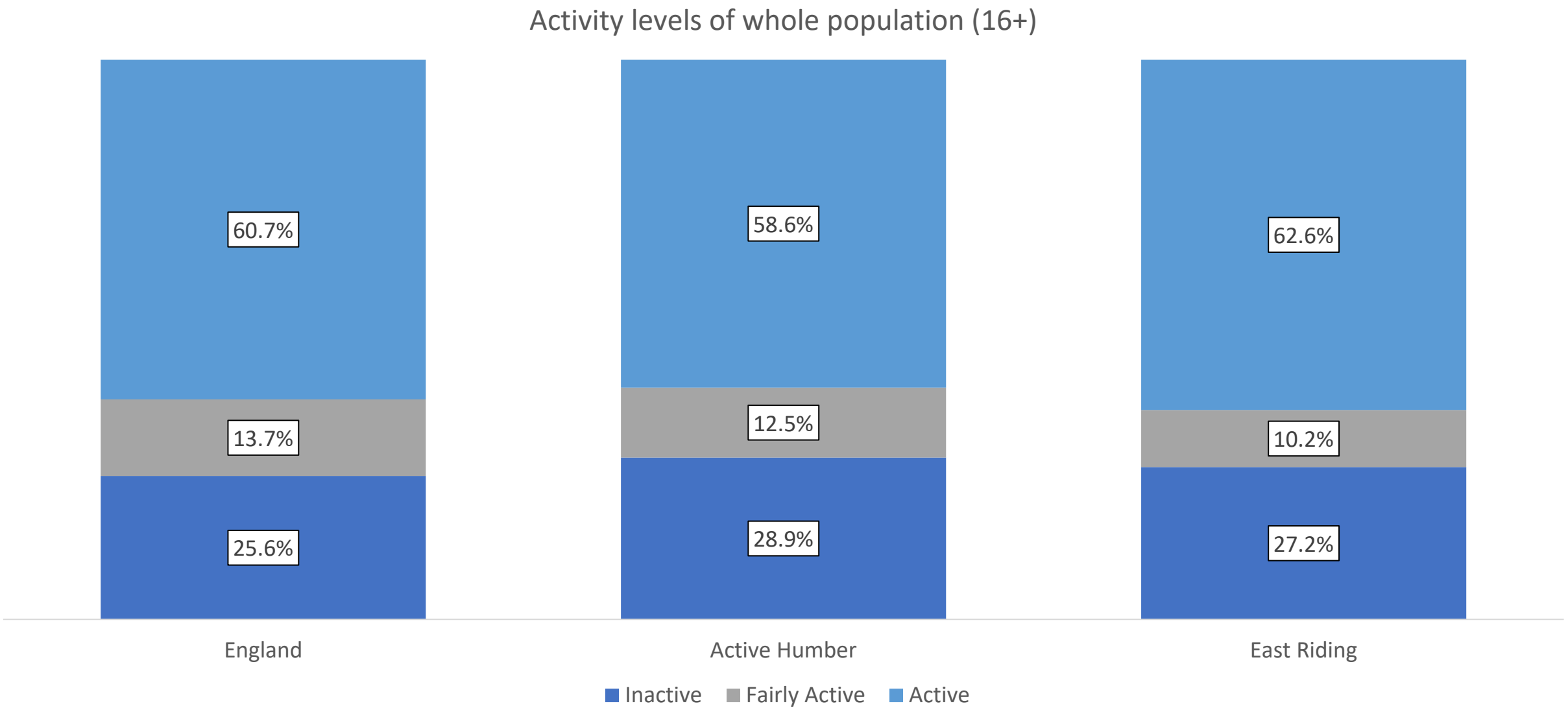
- % of people doing at least 150 mins of physical activity per week
- Duration of activity: Bouts of 10 mins of moderate intensity
- Vigorous activity counts for double the minutes
- Based on CMO recommendations
- **HIGHER IS BETTER**
- 4 years of data

Active Lives (age 16+) including and excluding gardening



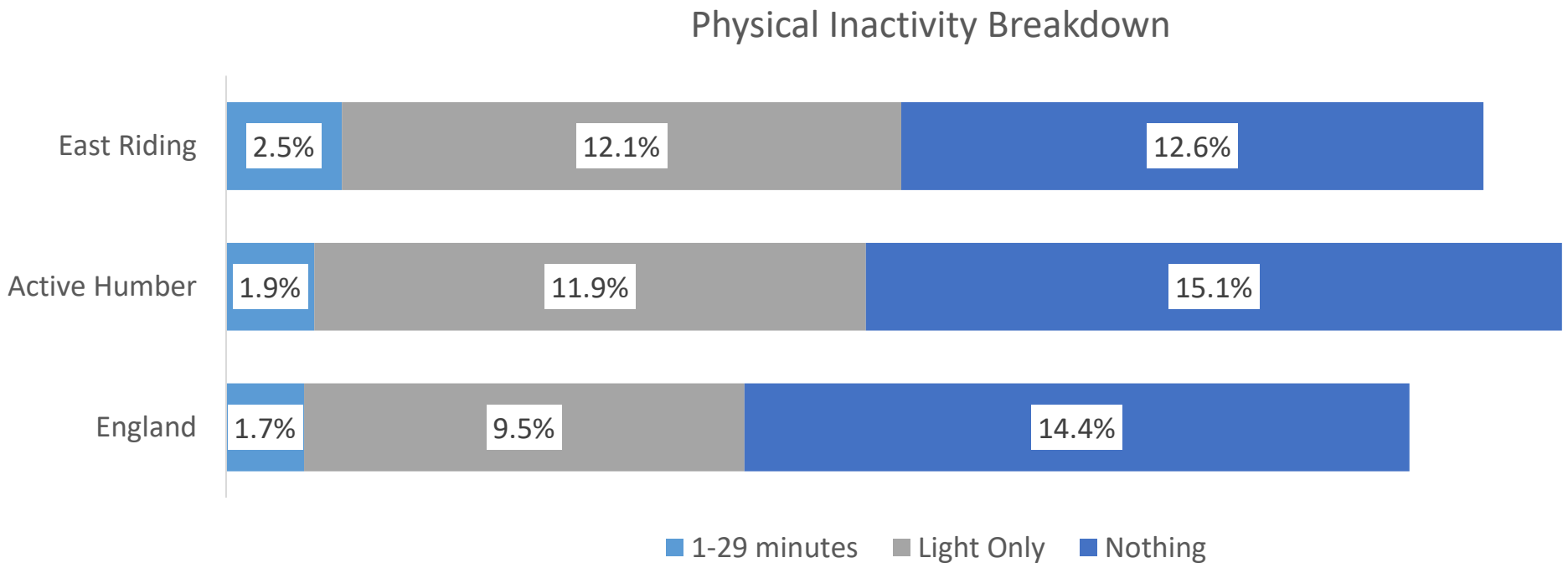
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) and Nov 16 to Nov 17 (wave 2)

Active Lives Wave 1 (age 16+) excluding gardening



Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

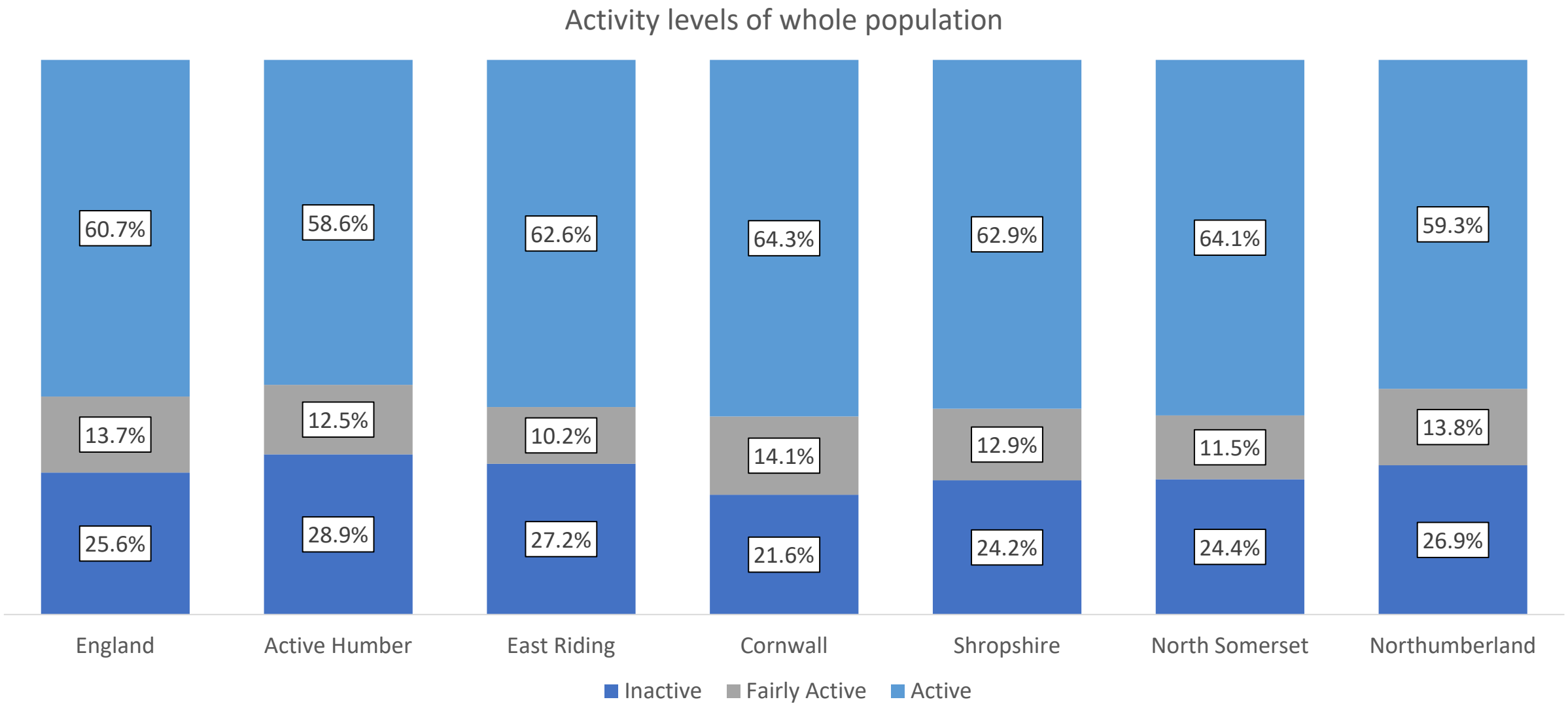
Active Lives Wave 1 (age 16+) excluding gardening



		16+ Population
East Riding		278333
Nothing	12.6%	35052
Light Only	12.1%	33689
1-29 minutes	2.5%	6965
Total inactive Population	27.2%	75707

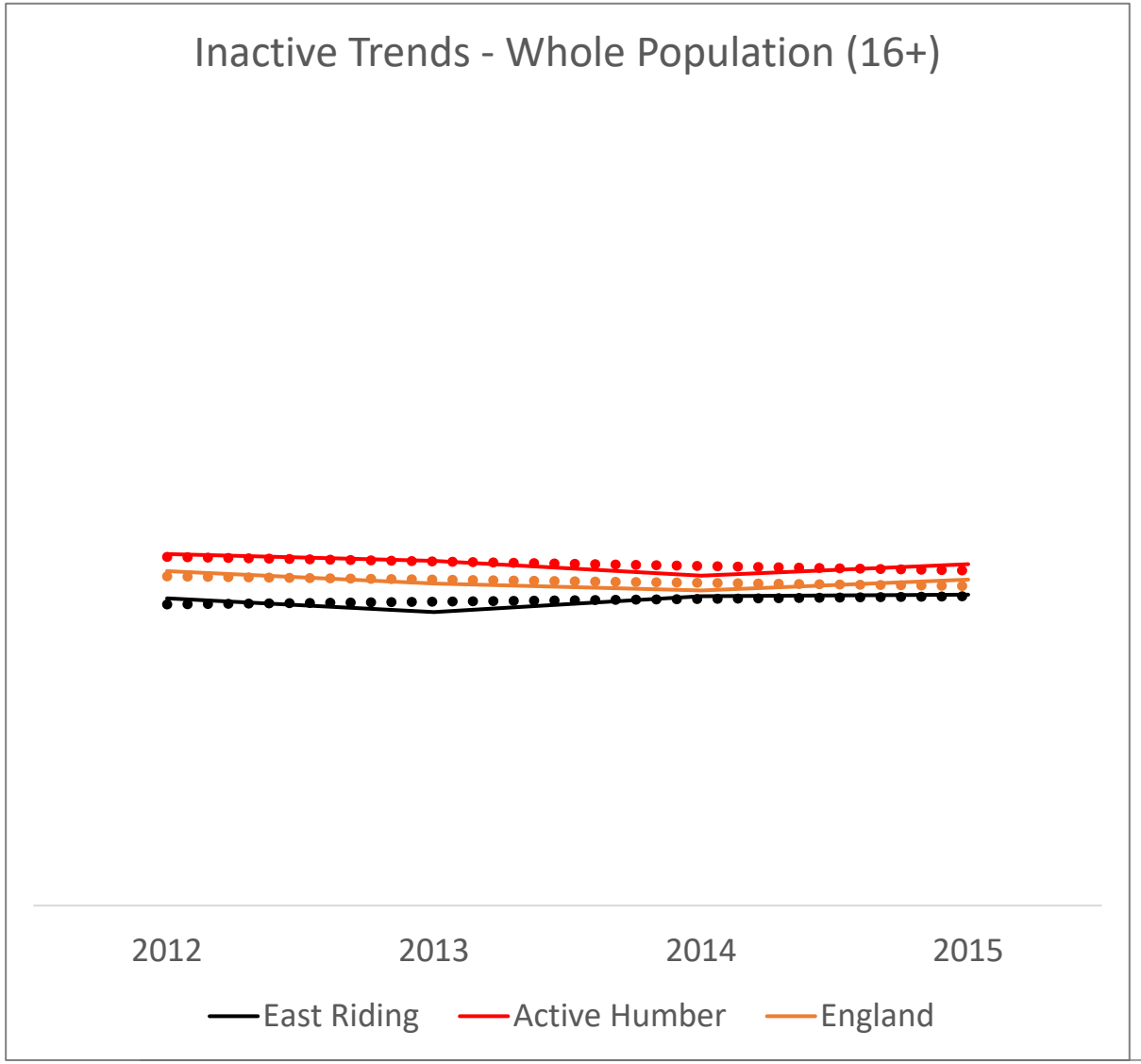
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening
Census 2011

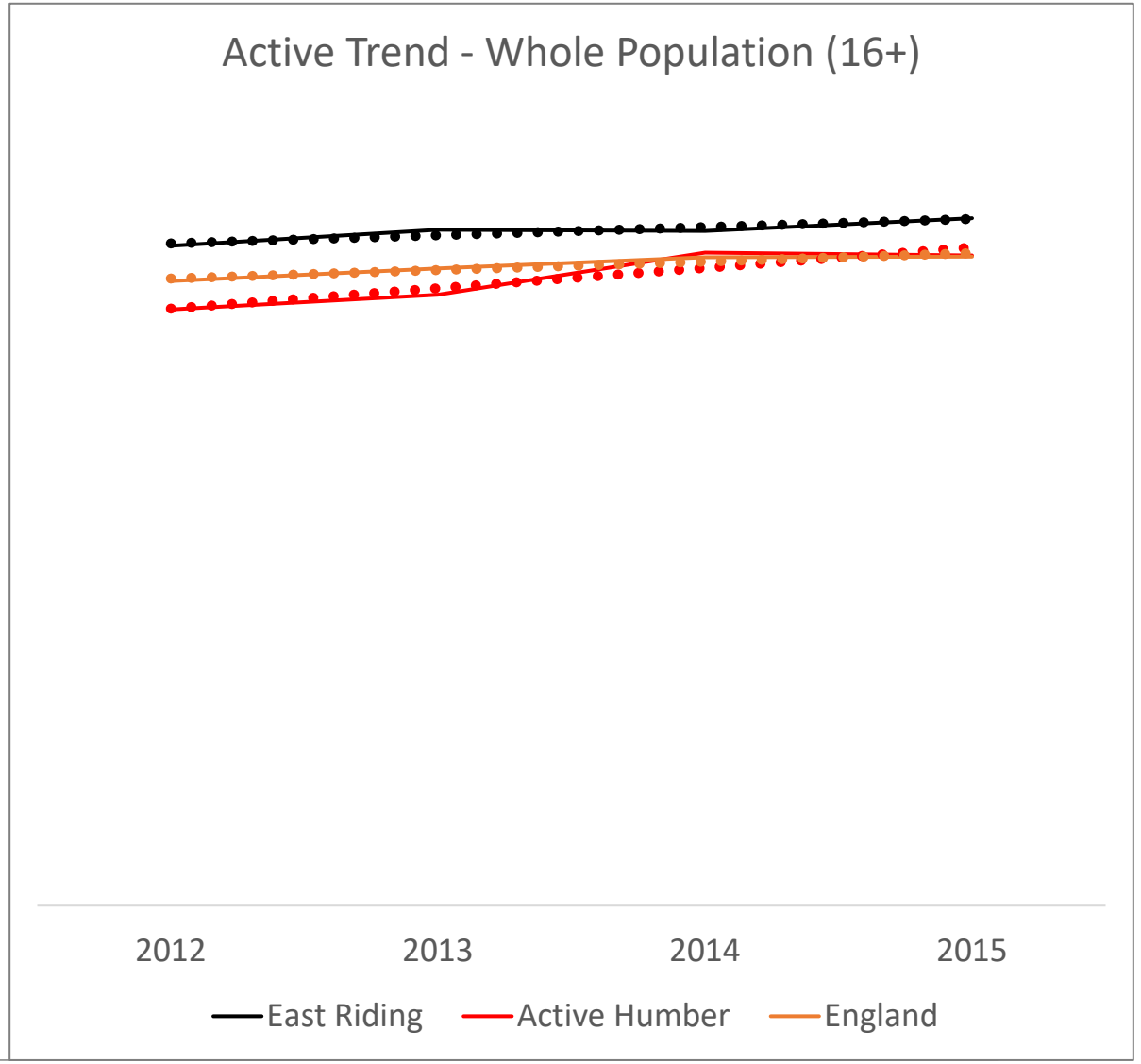
Active Lives Wave 1 (age 16+) excluding gardening



Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

Active People Survey 2012 - 2015





Source: Sport England, APS Jan 12 – Jan 16

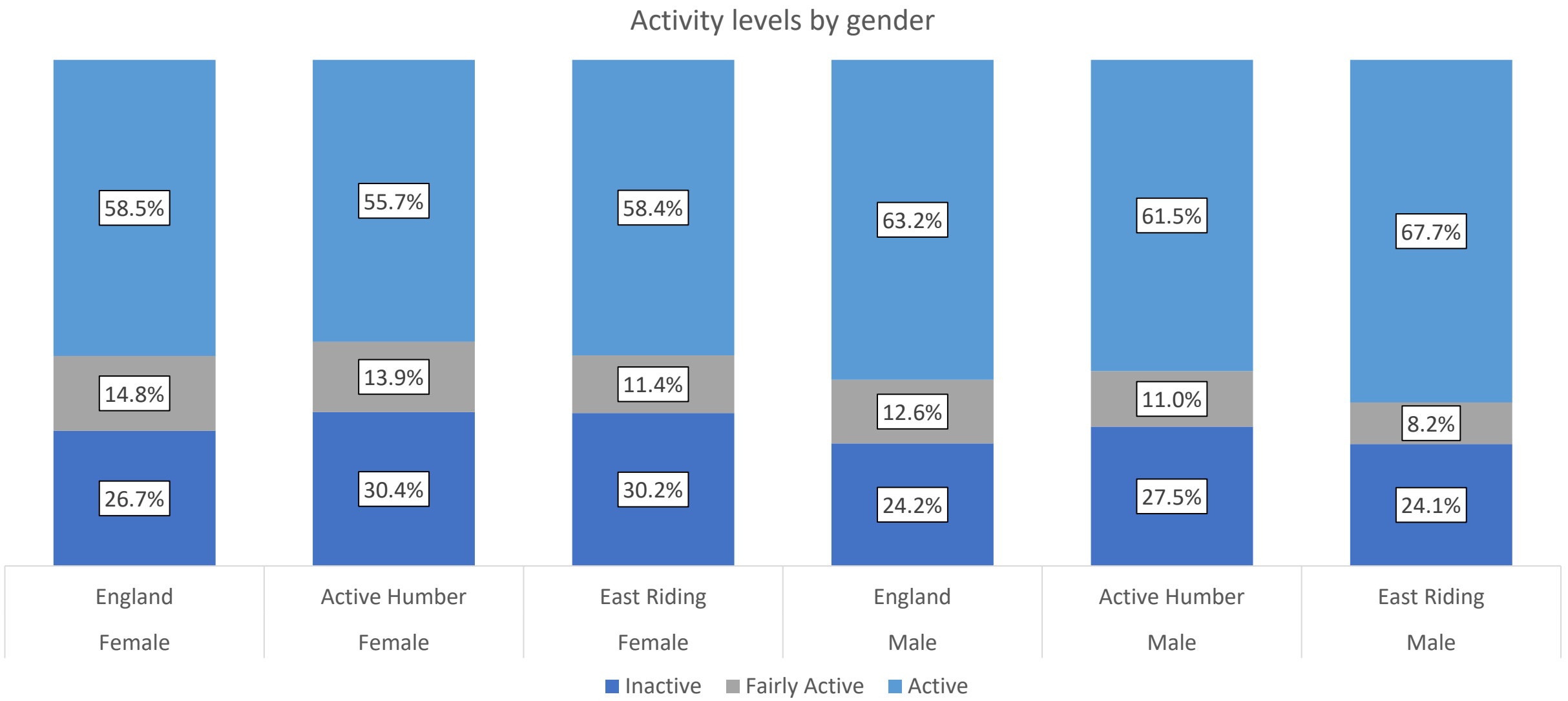
Whole Population Summary

- ERY inactive proportion is higher (worse) than England but lower (better) than Active Humber. There are approx. 75,707 number of inactive people in ERY
- ERY active proportion is higher (better) than both England and Active Humber
- Proportion of inactive has risen (got worse) from 27.2% (wave 1) to 29.6% (wave 2). The active proportion has marginally reduced (got worse)
- Gardening has a similar impact on overall inactive levels as that of England and Active Humber
- ERY has a larger proportion of it's inactive population doing 'nothing' than England and a smaller proportion than both England and Active Humber doing '1-29minutes' and 'light only'
- When compared to nearest neighbours ERY is 5th of 5 NN's for inactive and 4th of 5 for active

Trends suggest that

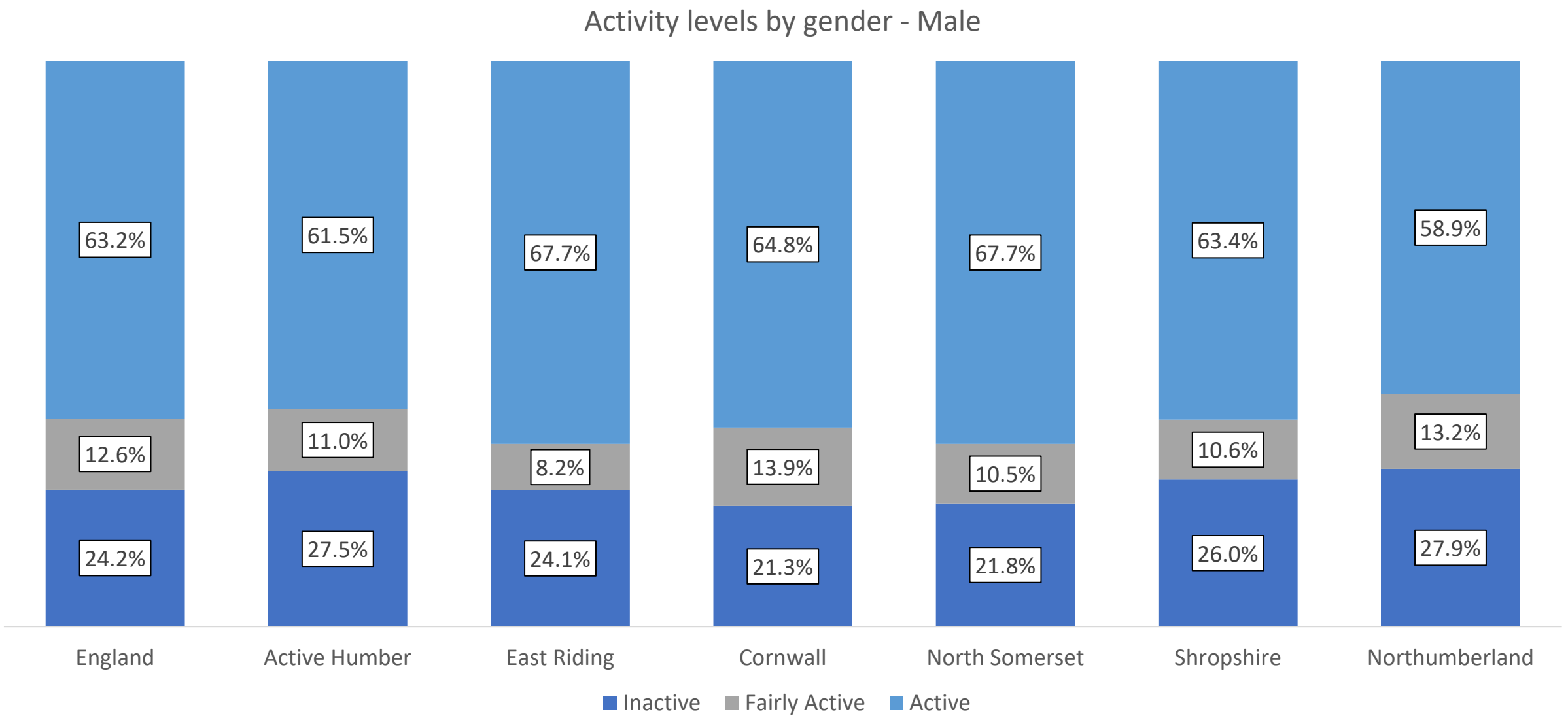
- Inactive levels are marginally increasing (getting worse). Both England and Active Humber are fairly flat
- Active levels are increasing (getting better) at a similar rate to England but not as quickly as Active Humber

GENDER - Active Lives Wave 1 (age 16+) excluding gardening



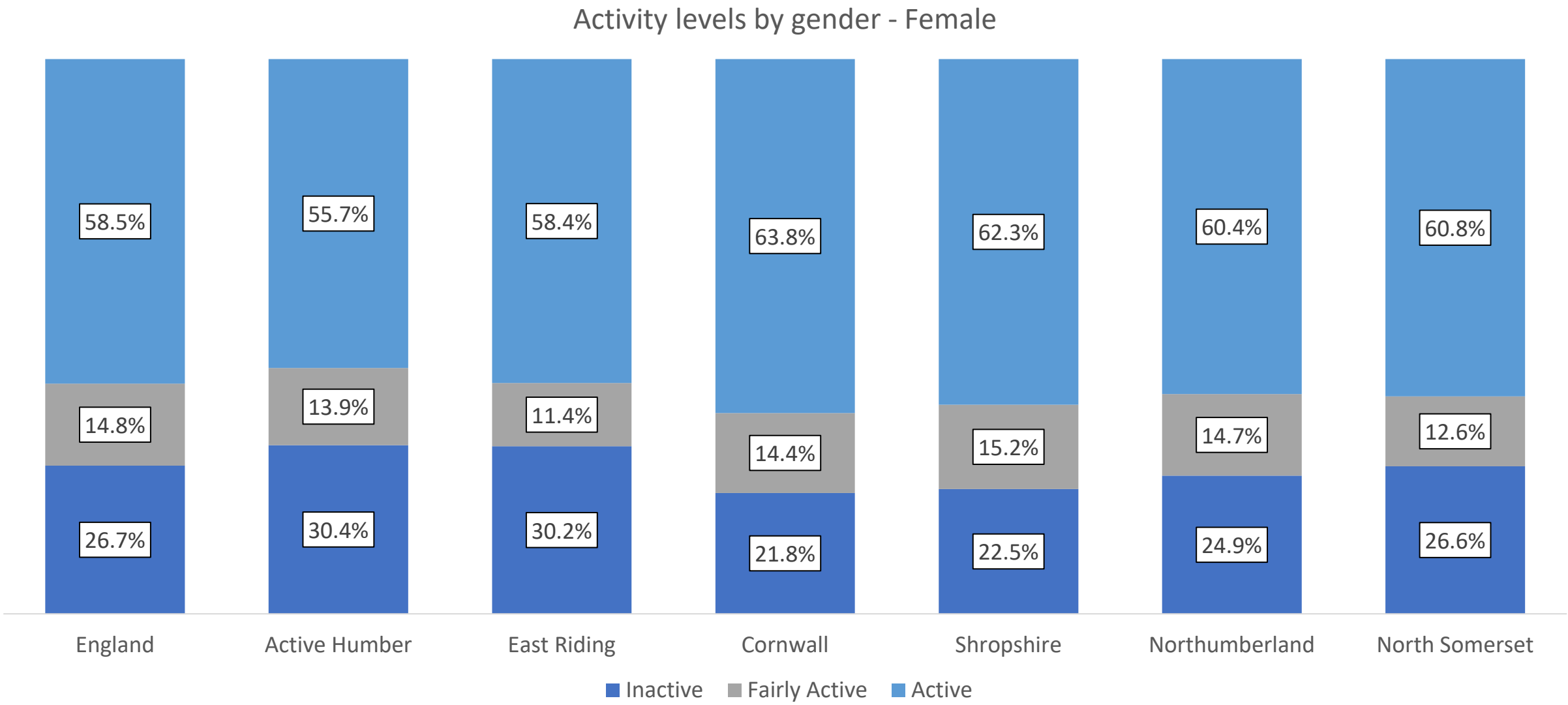
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

MALE - Active Lives Wave 1 (age 16+) excluding gardening



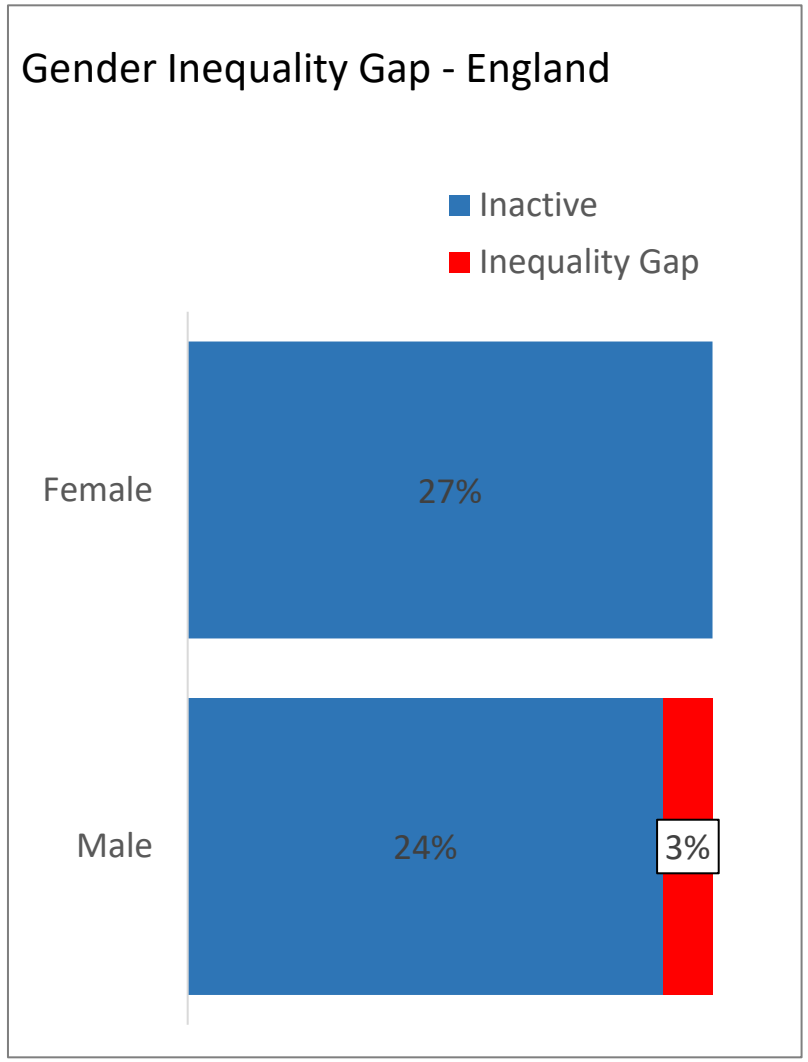
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

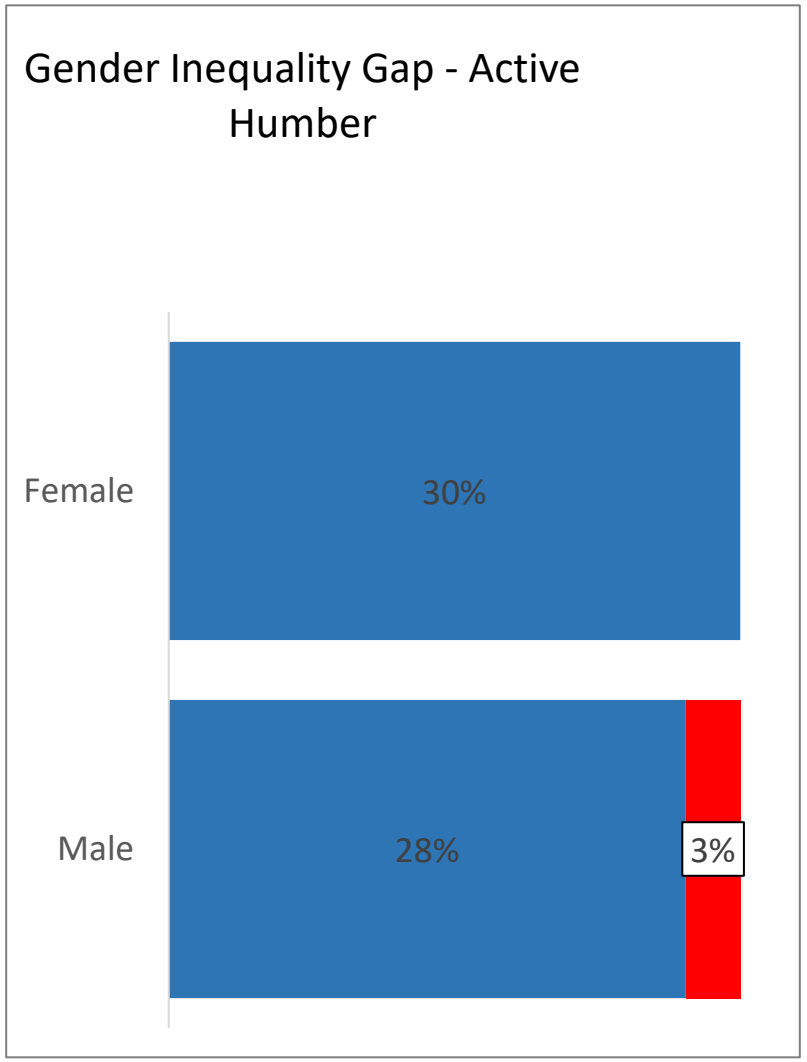
FEMALE - Active Lives Wave 1 (age 16+) excluding gardening

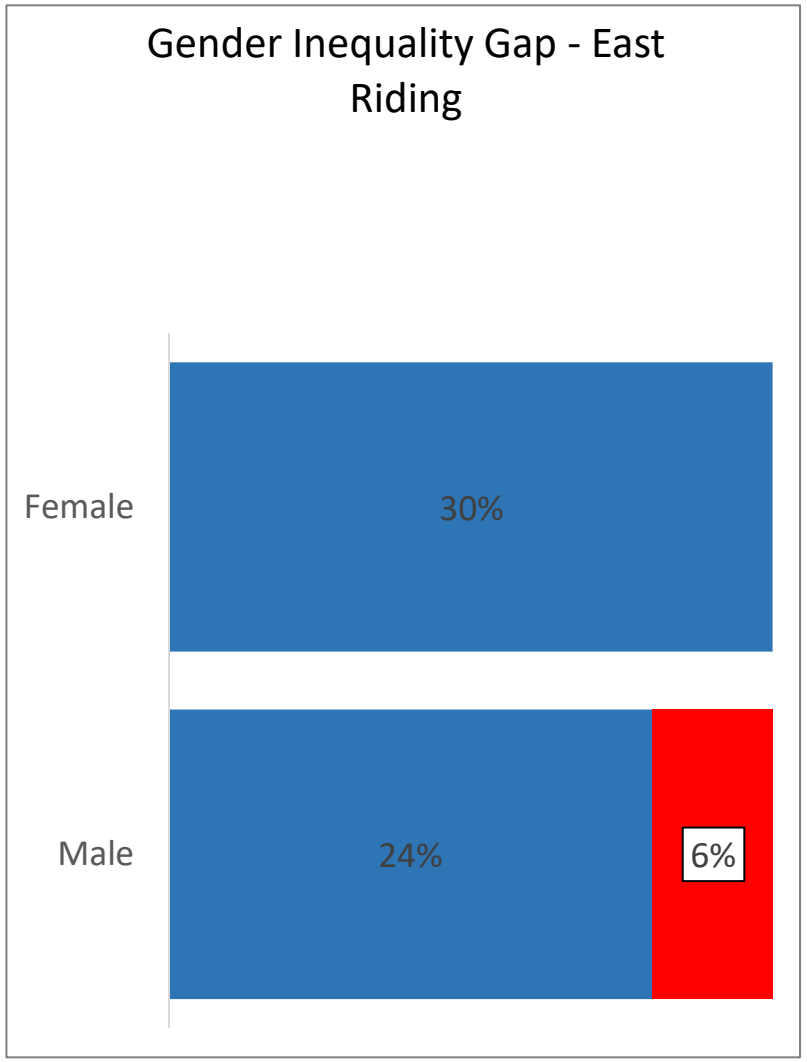


Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

GENDER - Active Lives Wave 1 (age 16+) excluding gardening Inequalities

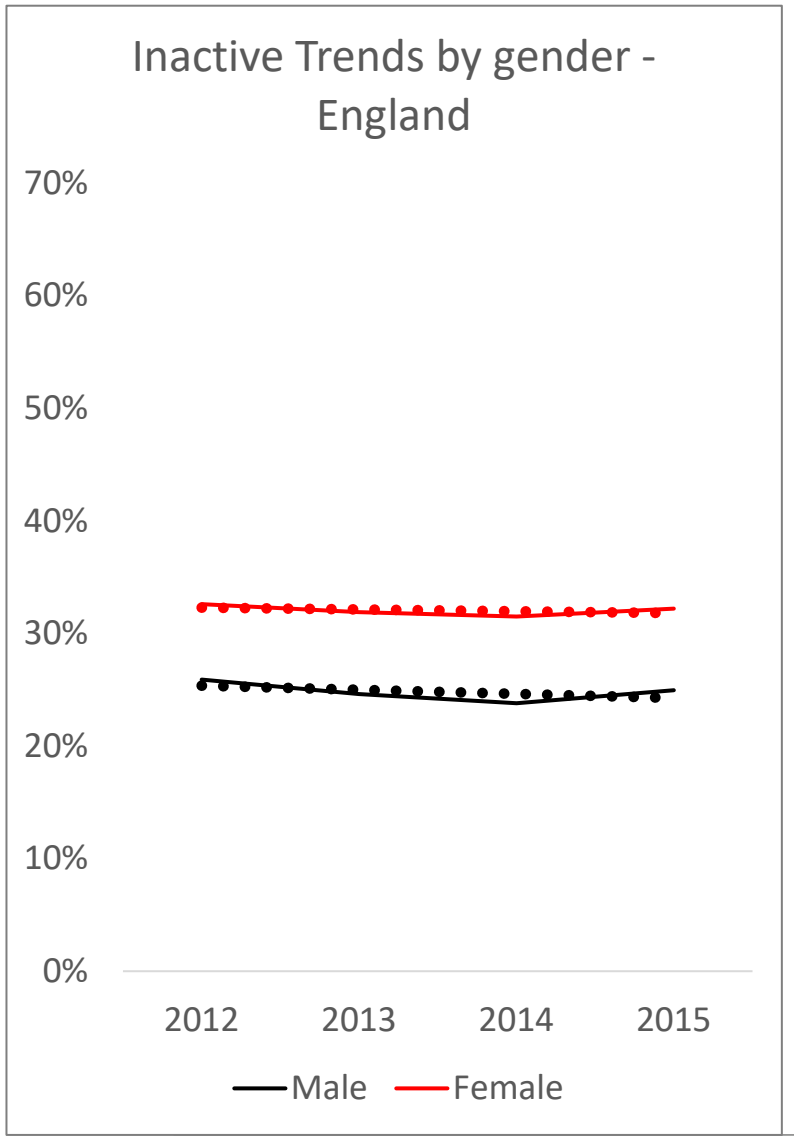


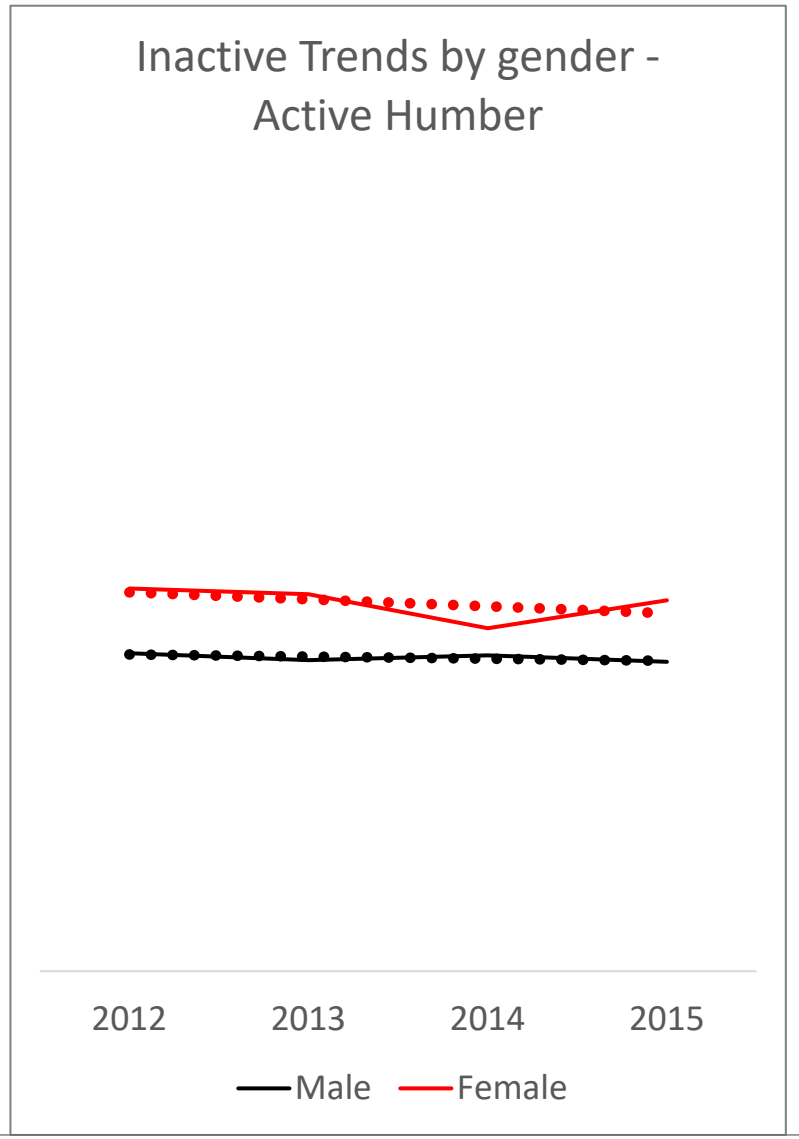


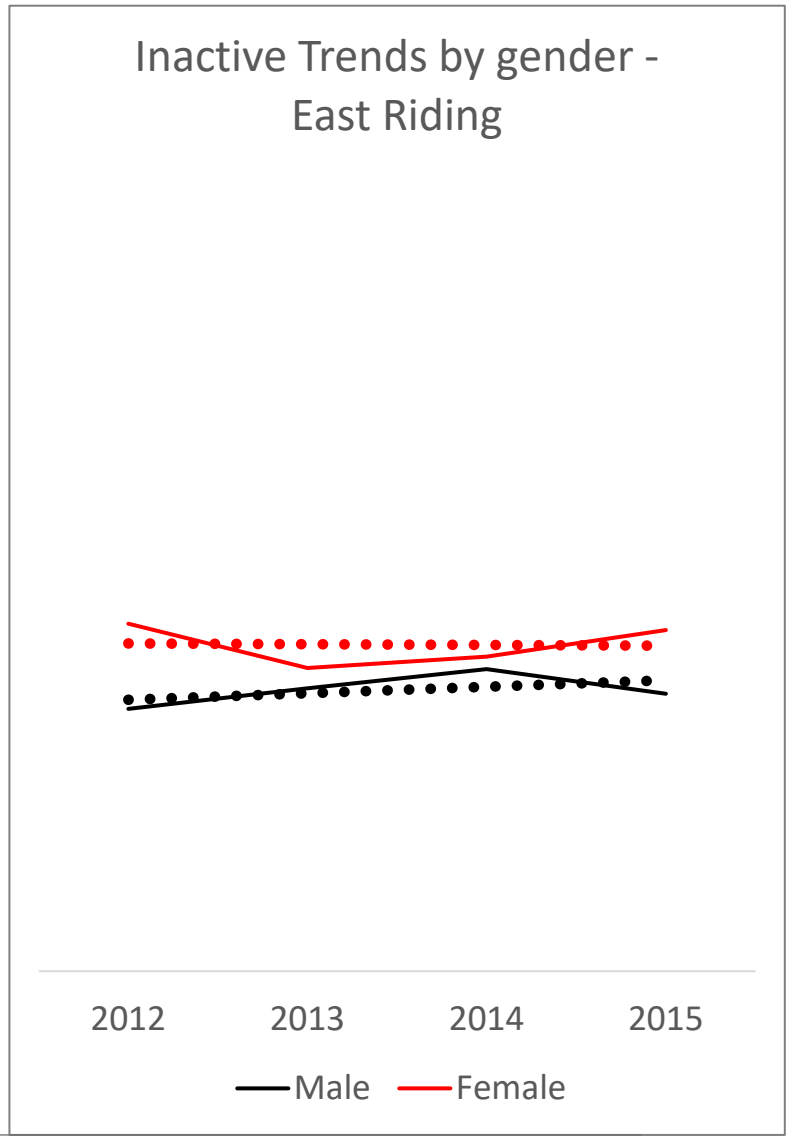


Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

GENDER – Active People Survey 2012 - 2015







Source: Sport England, APS Jan 2012-Jan 2016

EAST RIDING OF YORKSHIRE COUNCIL

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Summary Gender

Female

- Inactive proportion higher than England and only just better than Active Humber
- Active proportion just behind England but higher (better) than Active Humber
- 5th amongst 5 nearest neighbours for both active and inactive proportions

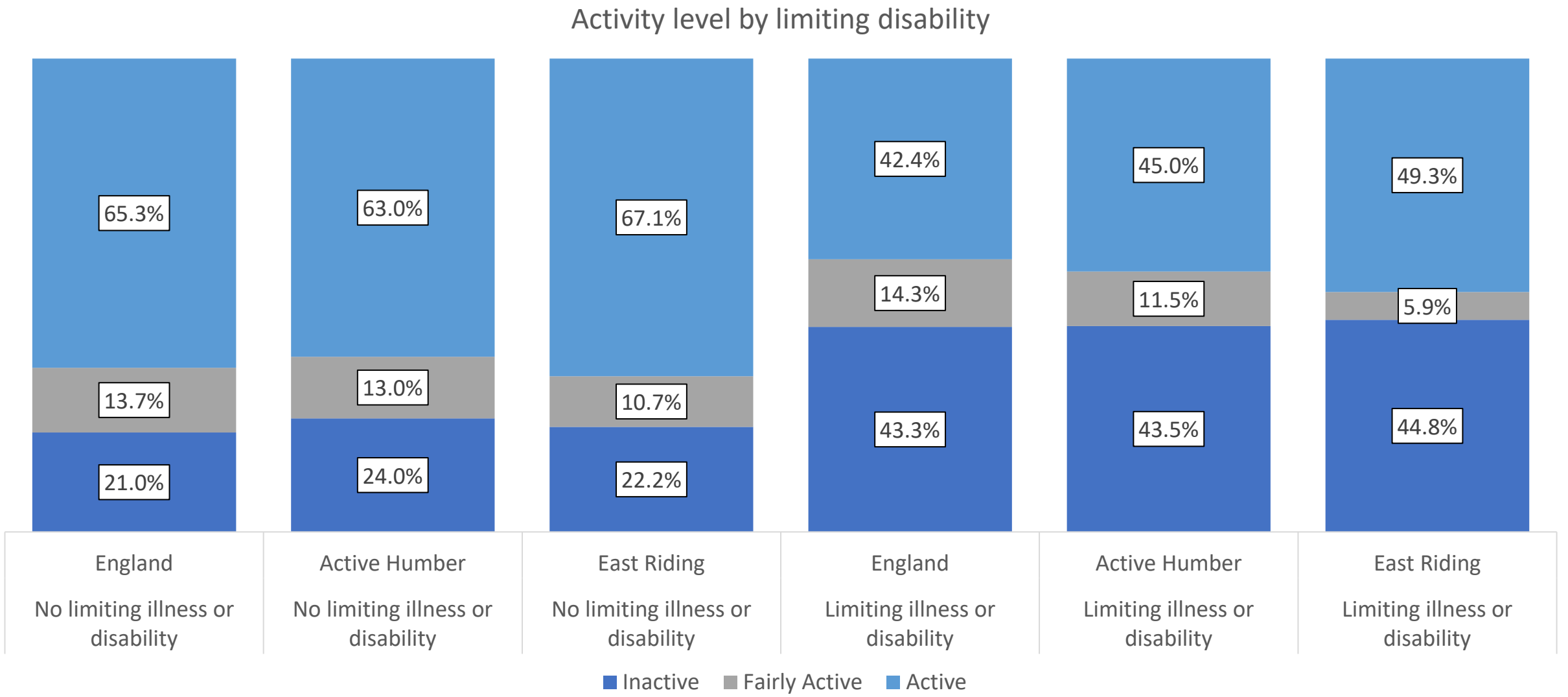
Male

- Inactive proportion lower (better) than both England and Active Humber
- Active proportion much higher (better) than both England and Active Humber
- 3rd amongst 5 nearest neighbours for inactive and joint 1st of 5 for active

Gender inequality gap double that of both England and Active Humber for inactive

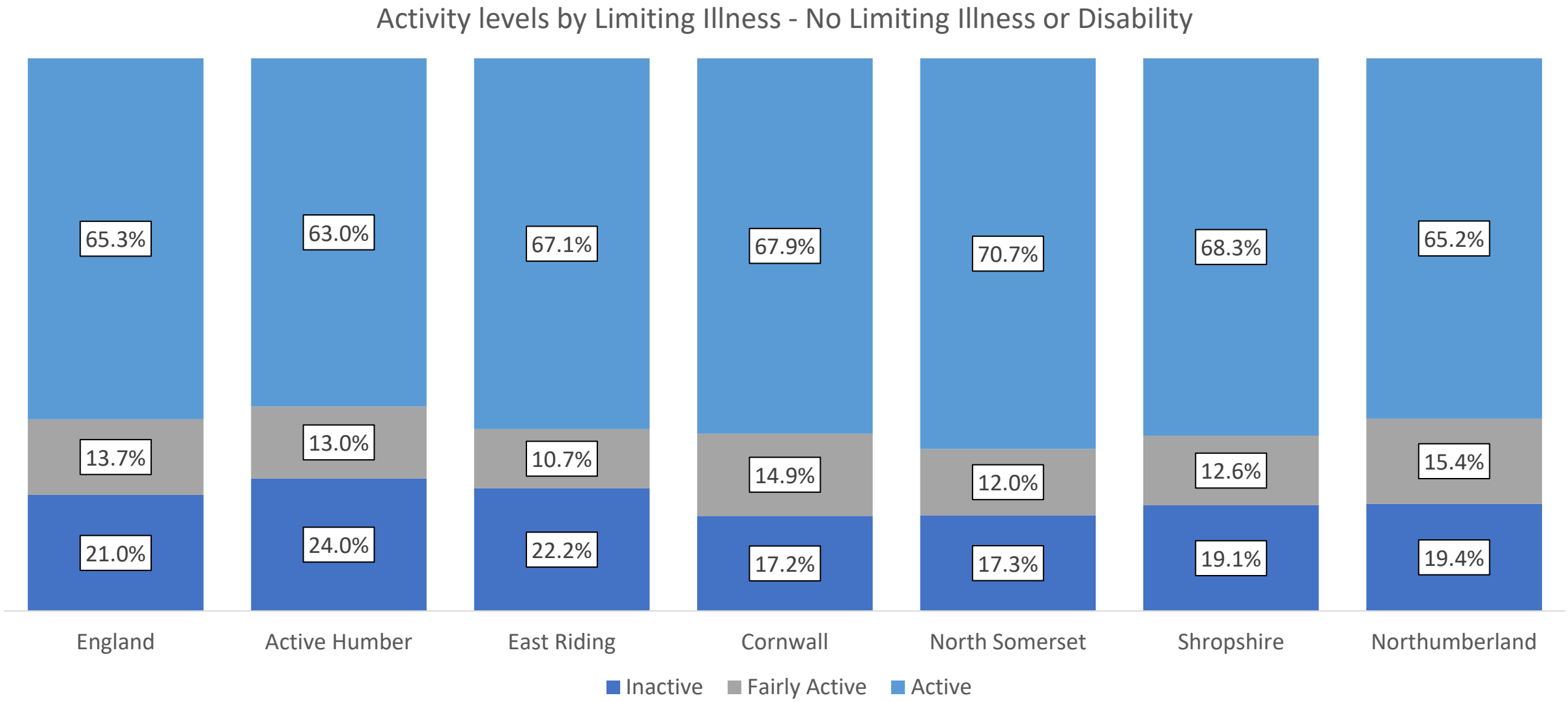
Trends from Active People data suggest that the gender inequality gap is reducing as it is with Active Humber. The England gap remains static

LT DISABILITY - Active Lives Wave 1 (age 16+) excluding gardening



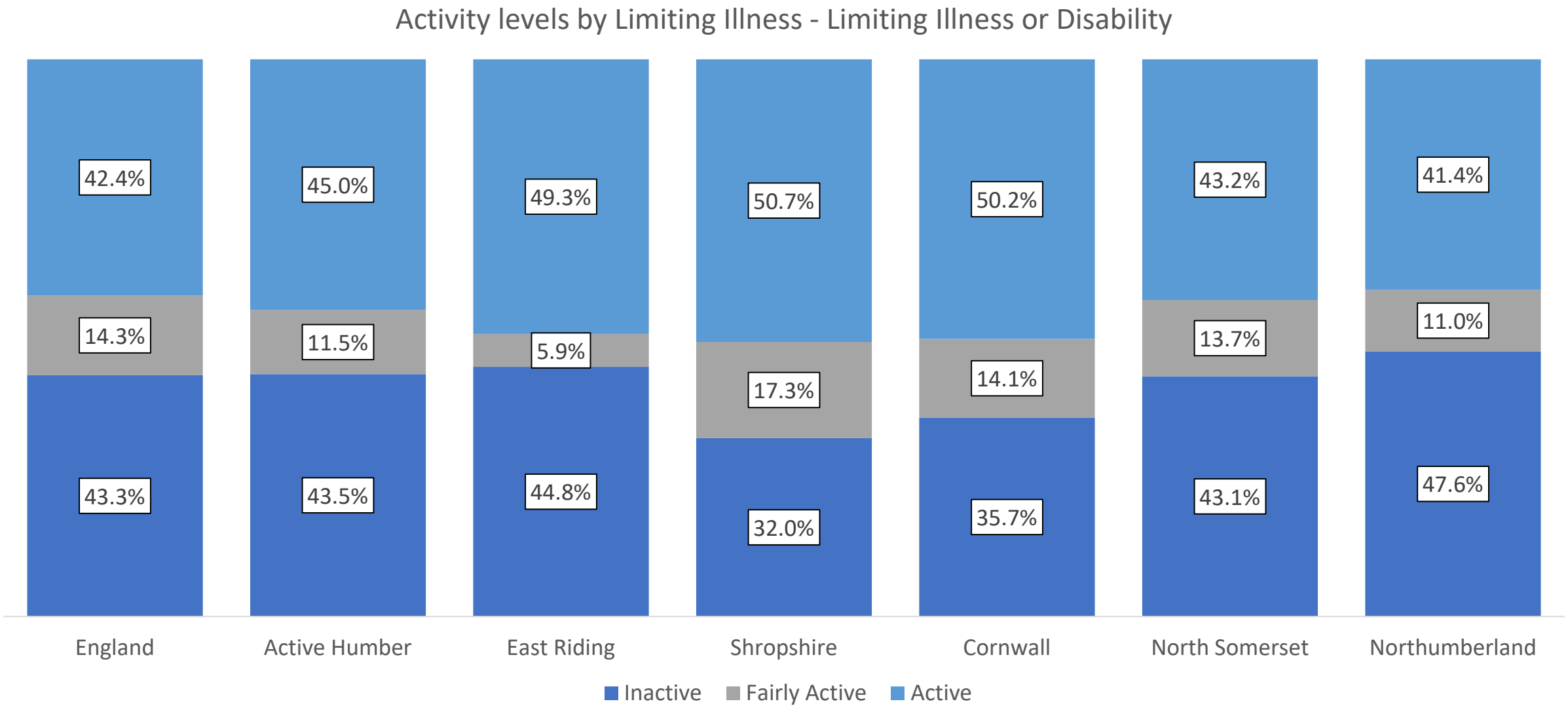
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

No LT DISABILITY - Active Lives Wave 1 (age 16+) excluding gardening



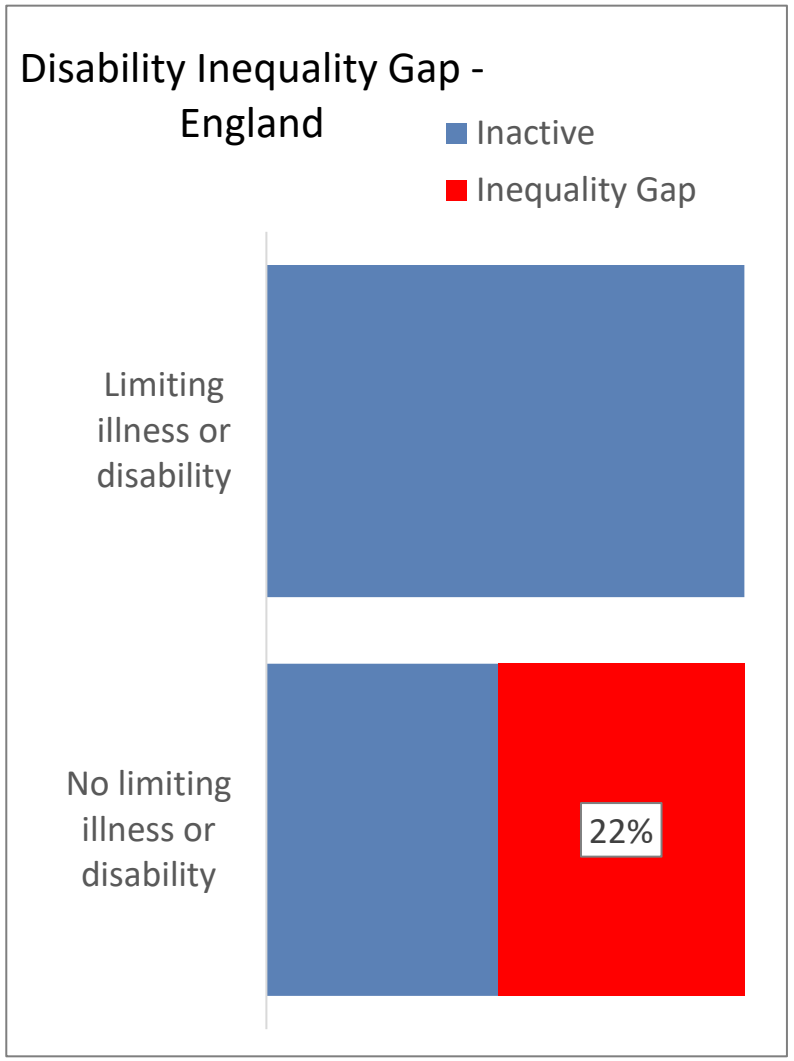
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

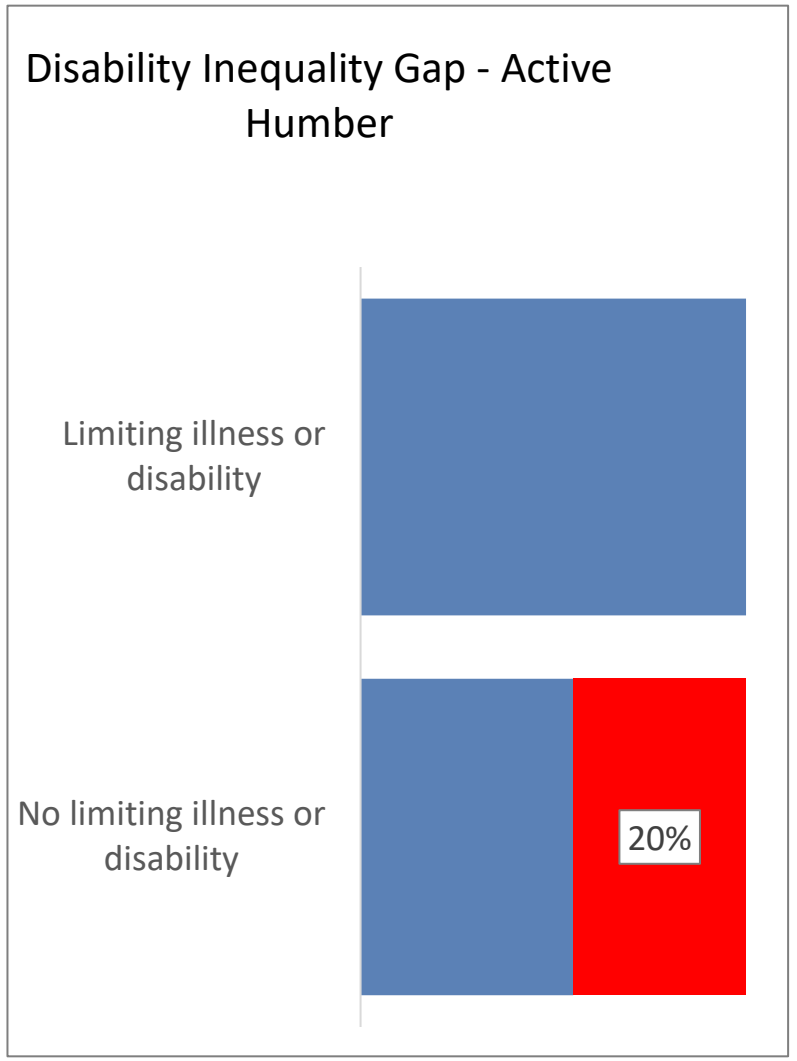
LT DISABILITY - Active Lives Wave 1 (age 16+) excluding gardening

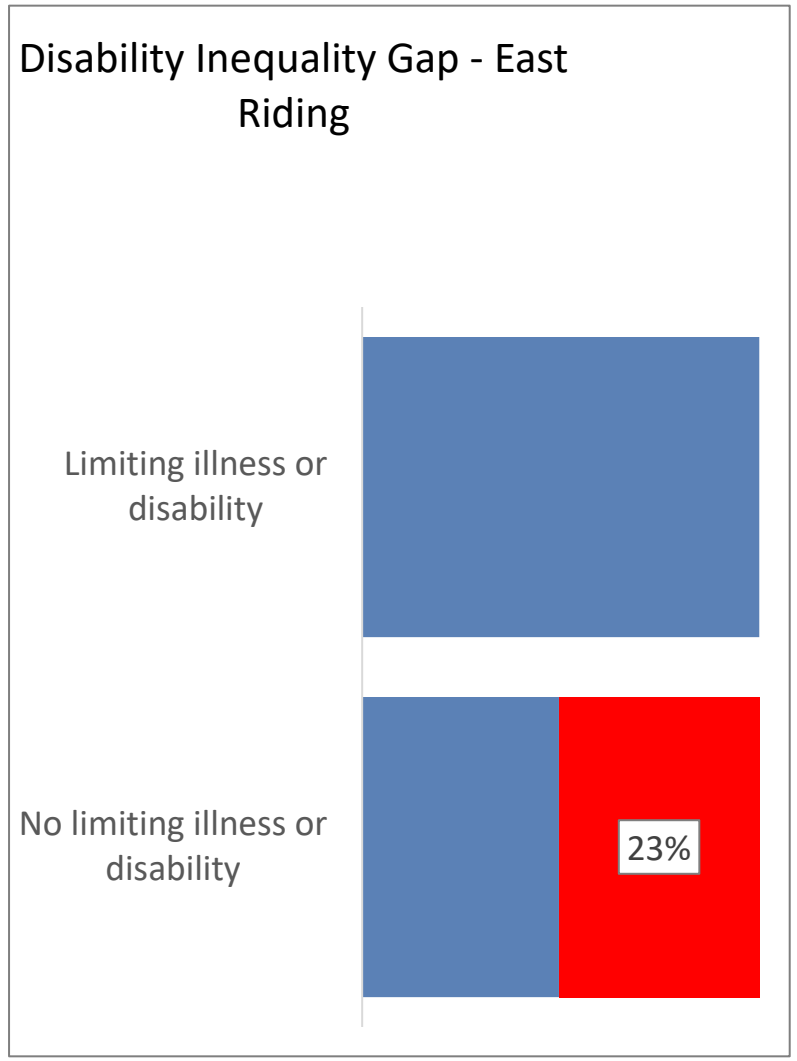


Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

LT Disability- Active Lives Wave 1 (age 16+) excluding gardening Inequalities

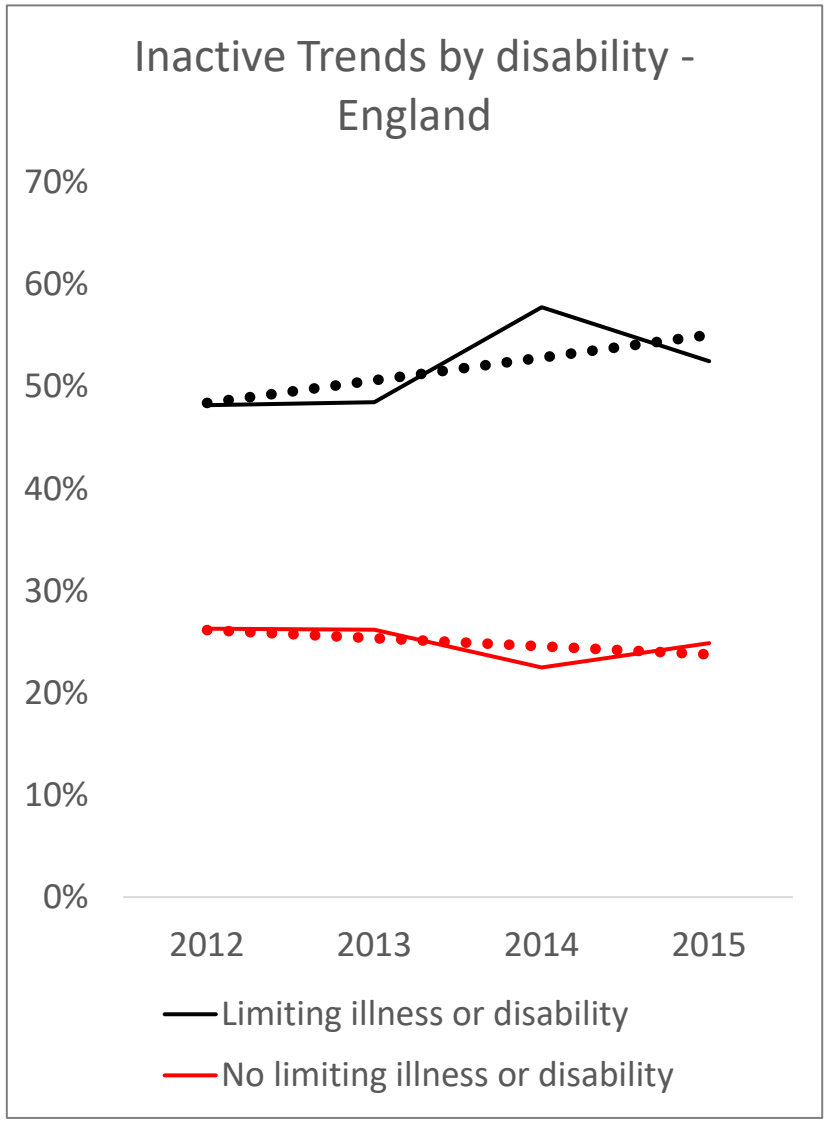


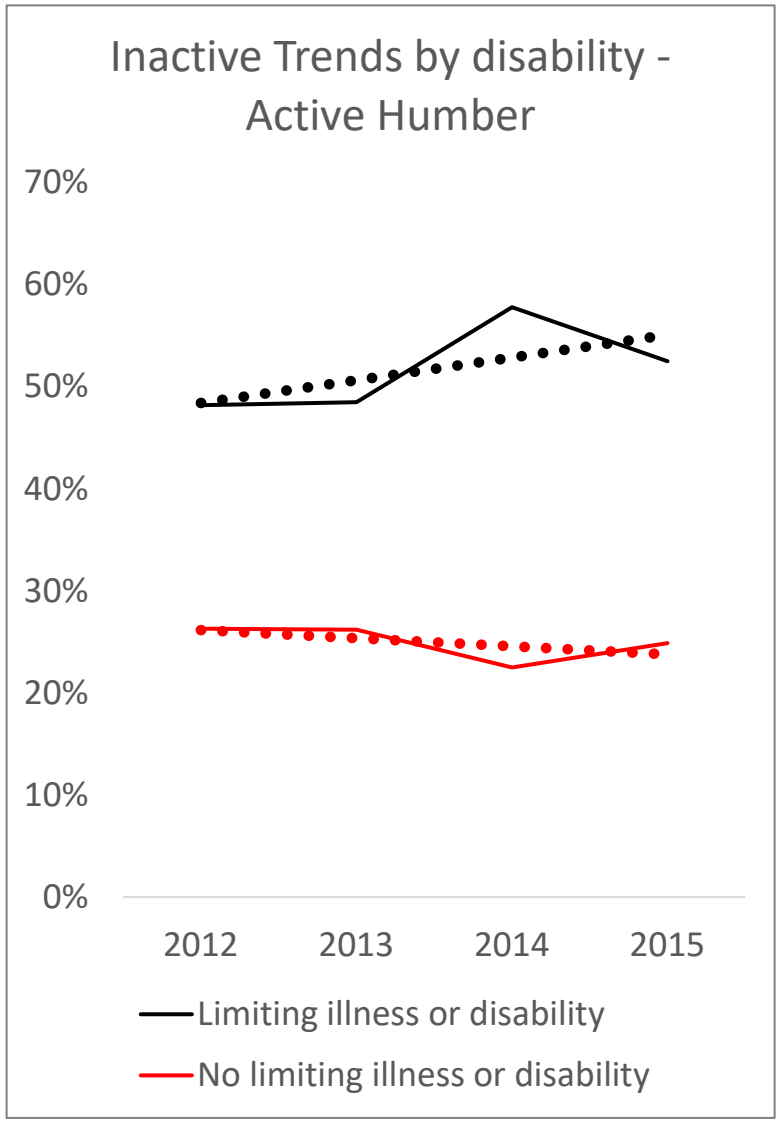


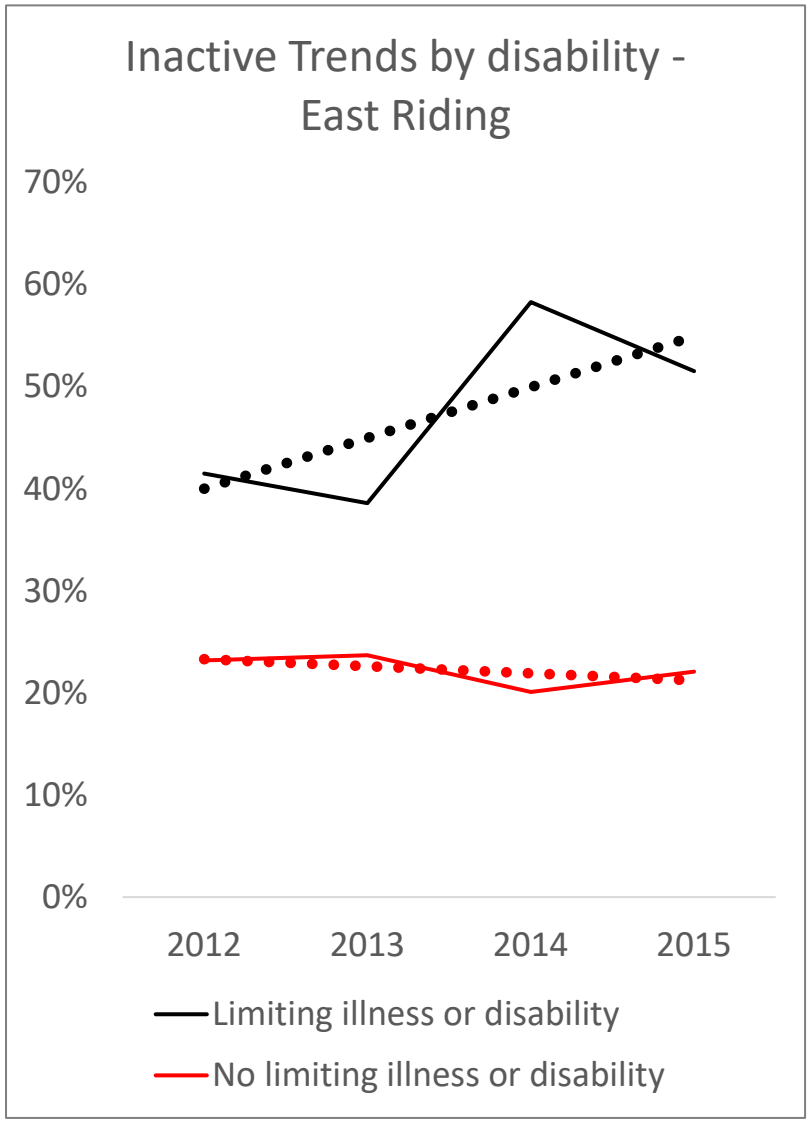


Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

Active People Survey 2012 - 2015







Source: Sport England, APS Jan 2012-Jan 2016

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Summary – Long Term Disability

LT disability

- Inactive proportions slightly higher (worse) than England and Active Humber
- Active proportion much higher (better) than England and Active Humber
- ERY 4th amongst 5 nearest neighbours for inactive and 3rd for active

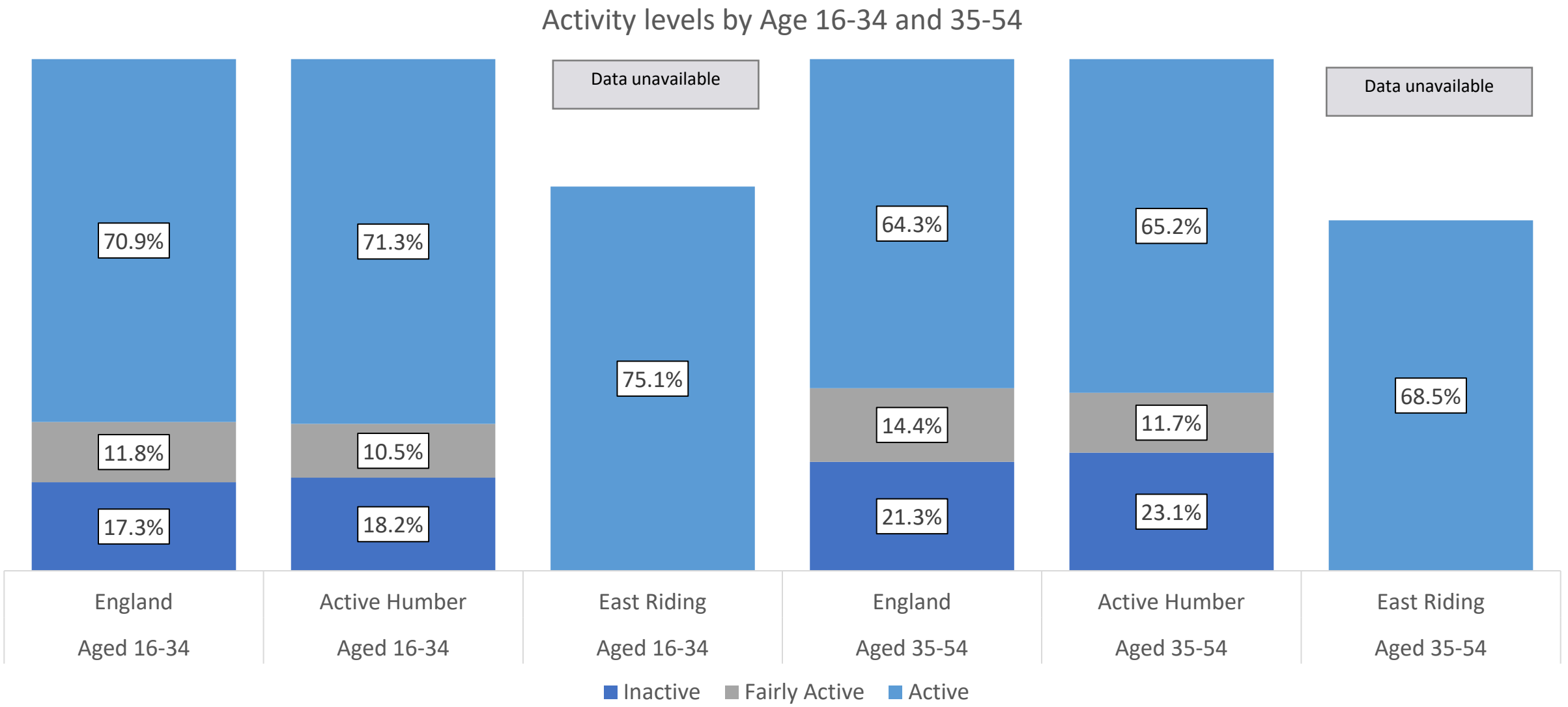
No LT disability

- Inactive proportion slightly higher (worse) than England but lower (better) than Active Humber
- Active proportion better than both England and Active Humber
- ERY 5th amongst 5 nearest neighbours for inactive and 4th for active

Inequality gap of 23% for inactive which is slightly higher than England and Active Humber

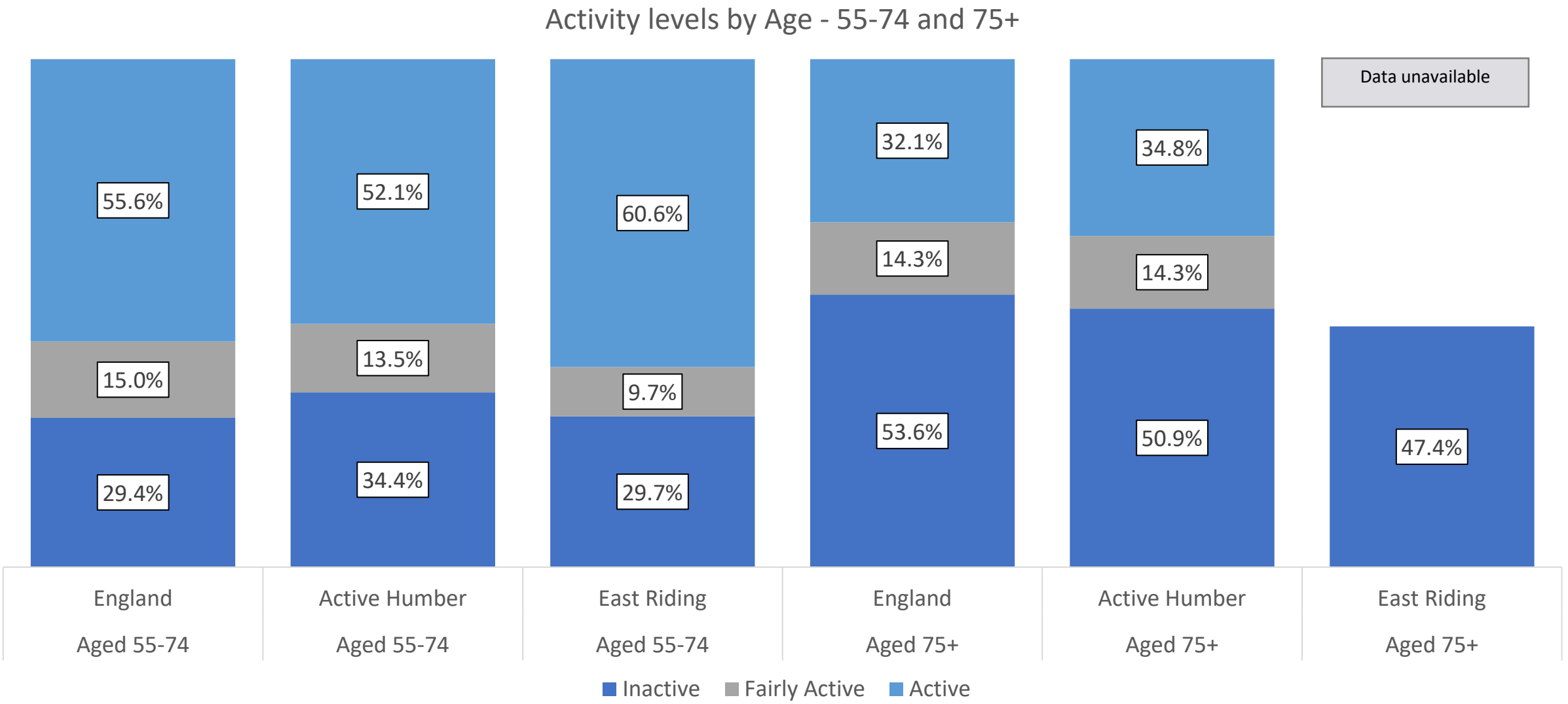
Update trends when charts updated

AGE - Active Lives Wave 1 excluding gardening



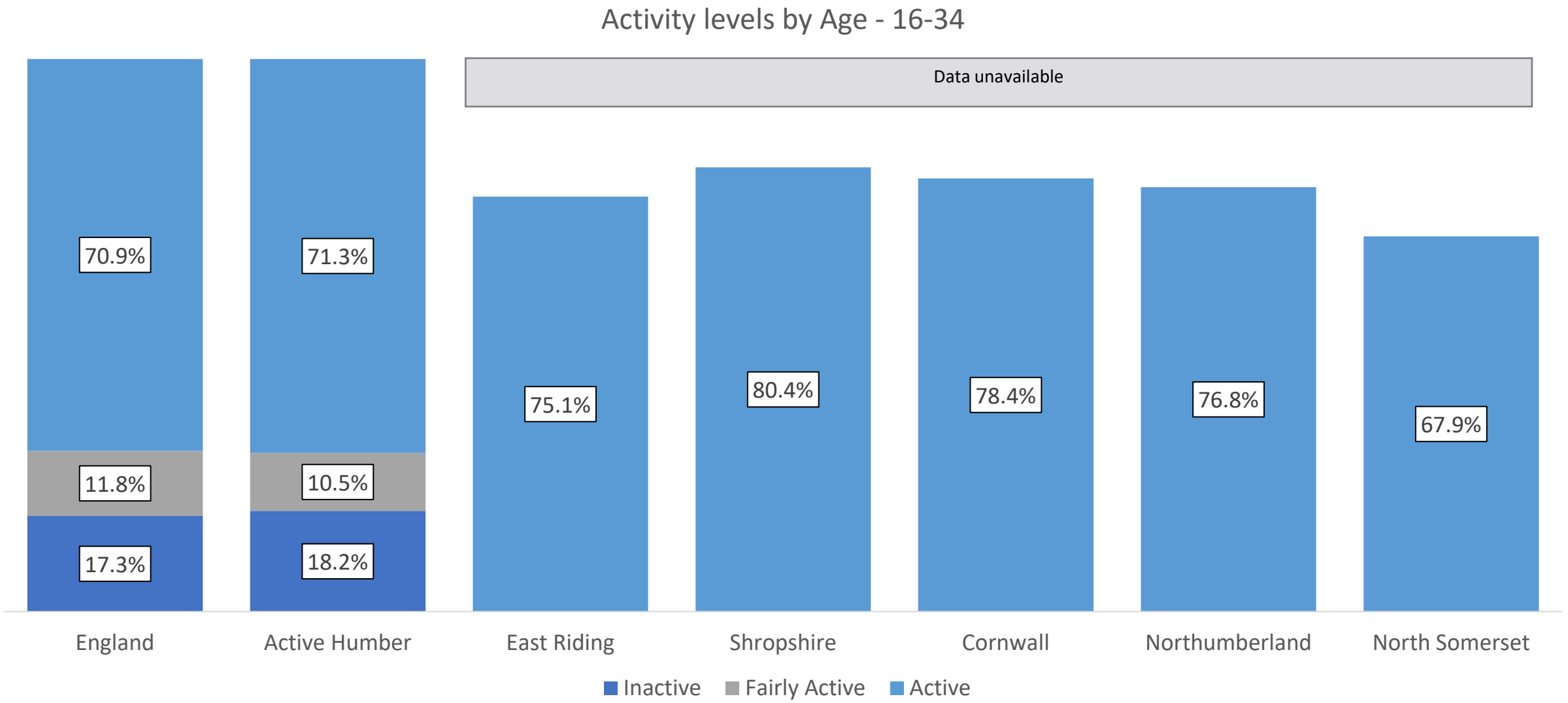
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

AGE - Active Lives Wave 1 excluding gardening



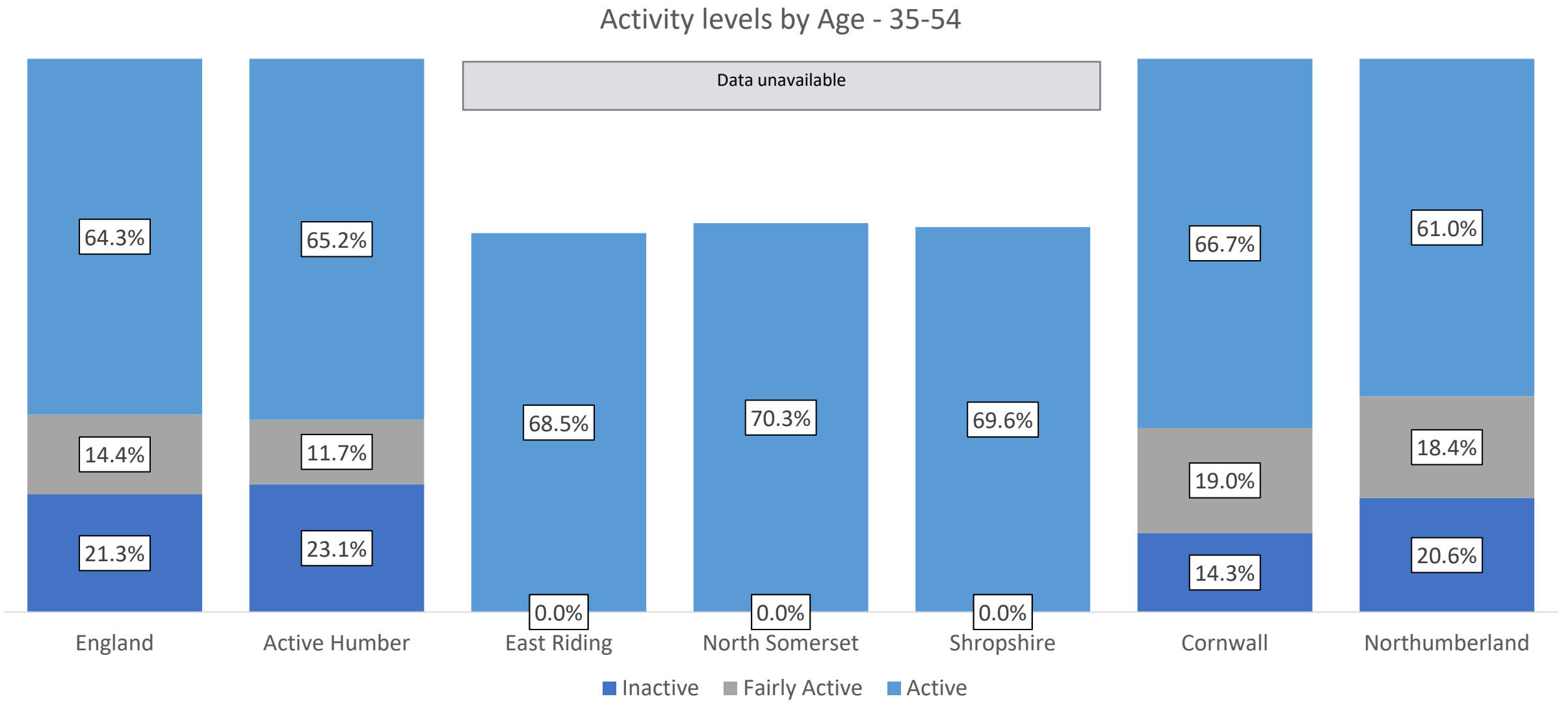
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

Age 16-34 - Active Lives Wave 1 excluding gardening



Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

AGE 35-54 - Active Lives Wave 1 excluding gardening



Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

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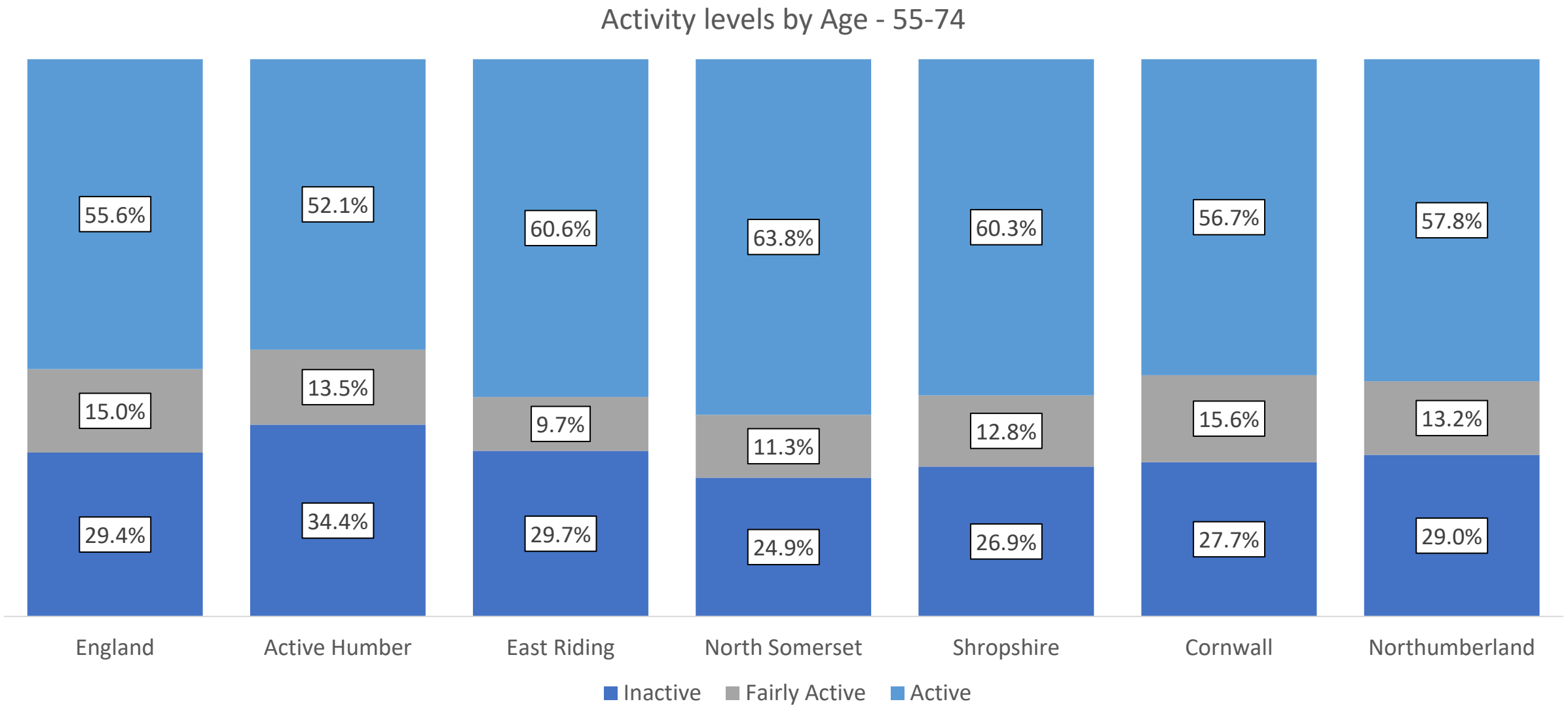
AGE 55-74 - Active Lives Wave 1 excluding gardening



Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

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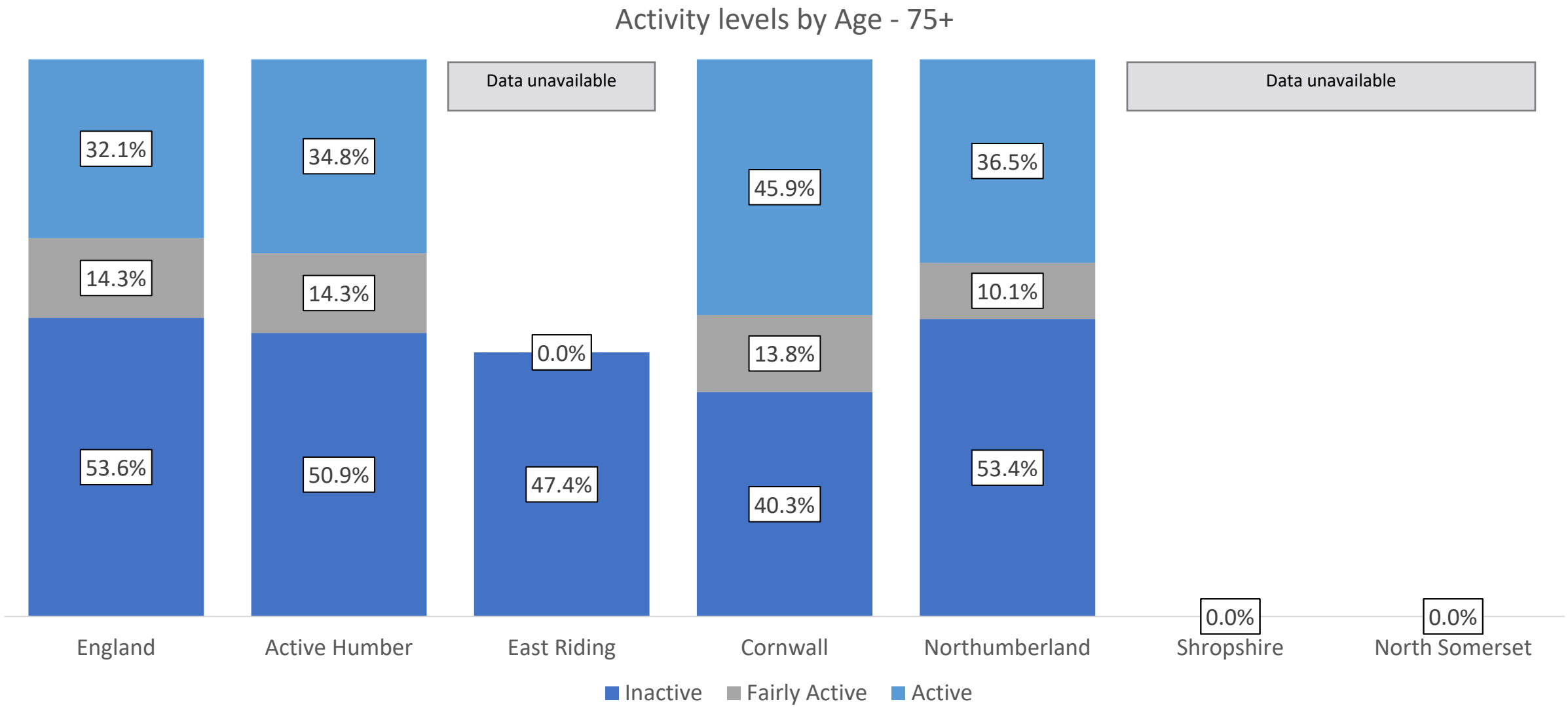
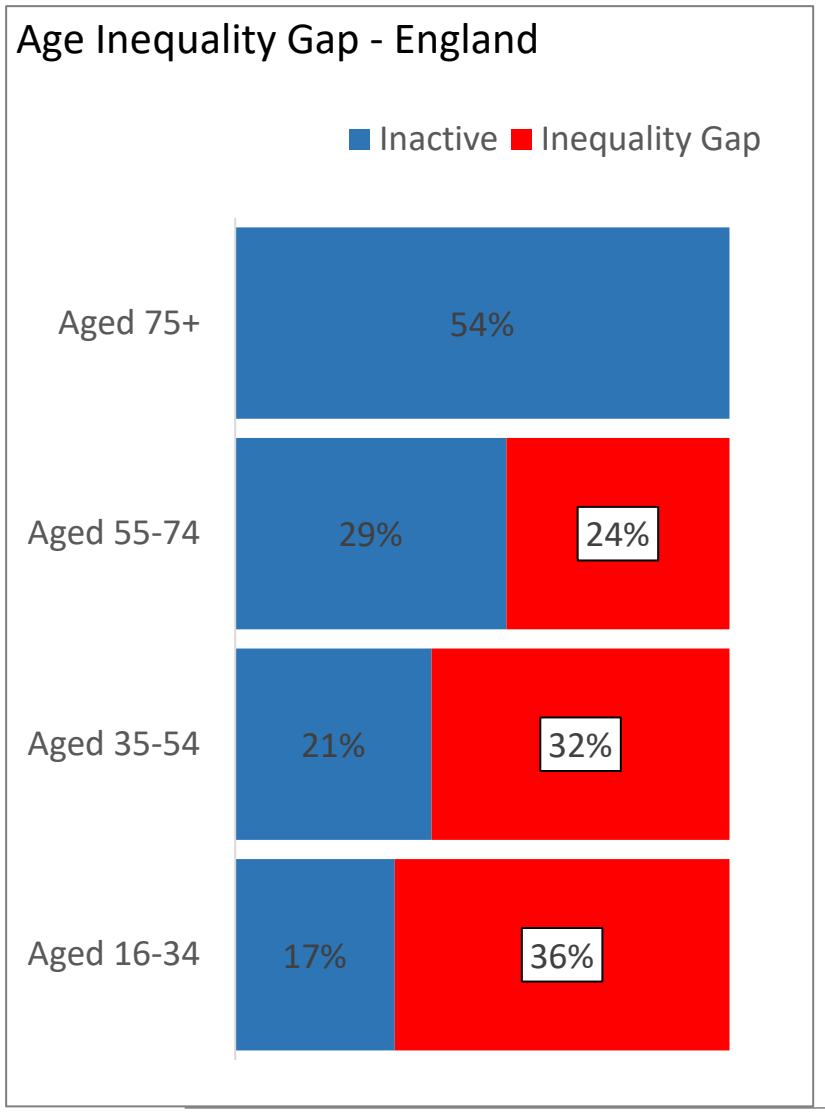
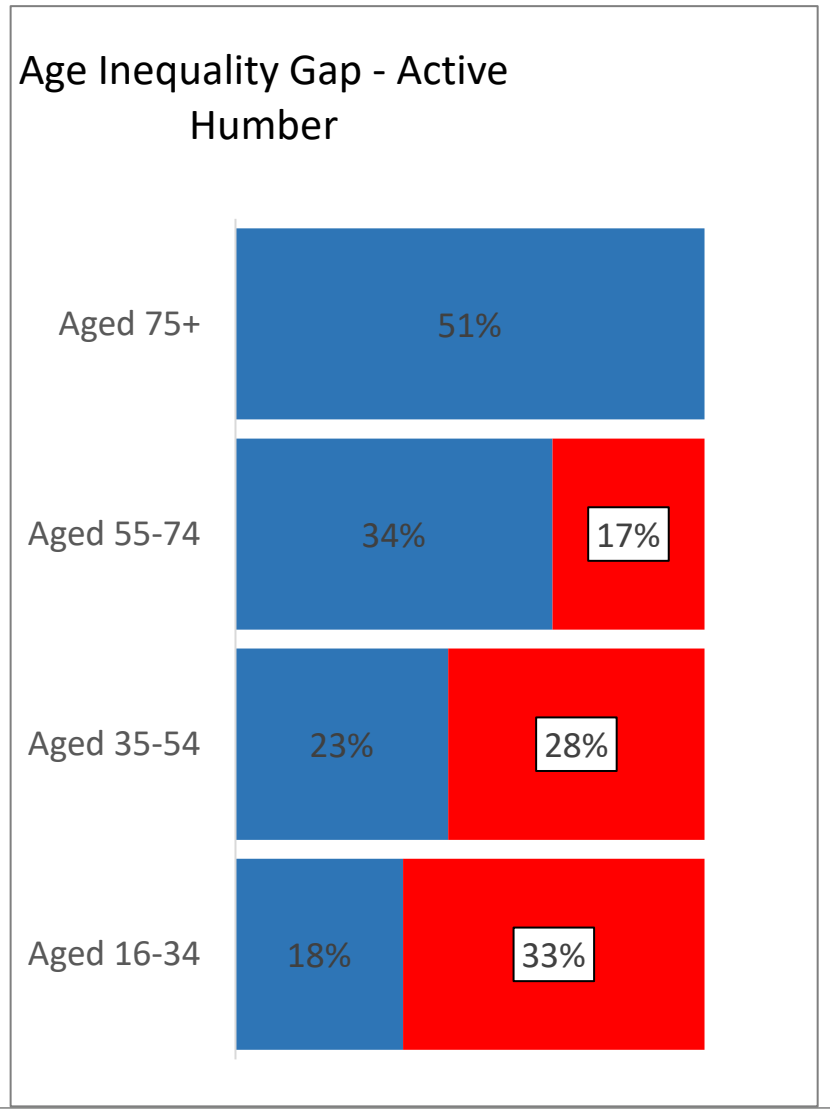
AGE 75+ - Active Lives Wave 1 excluding gardening

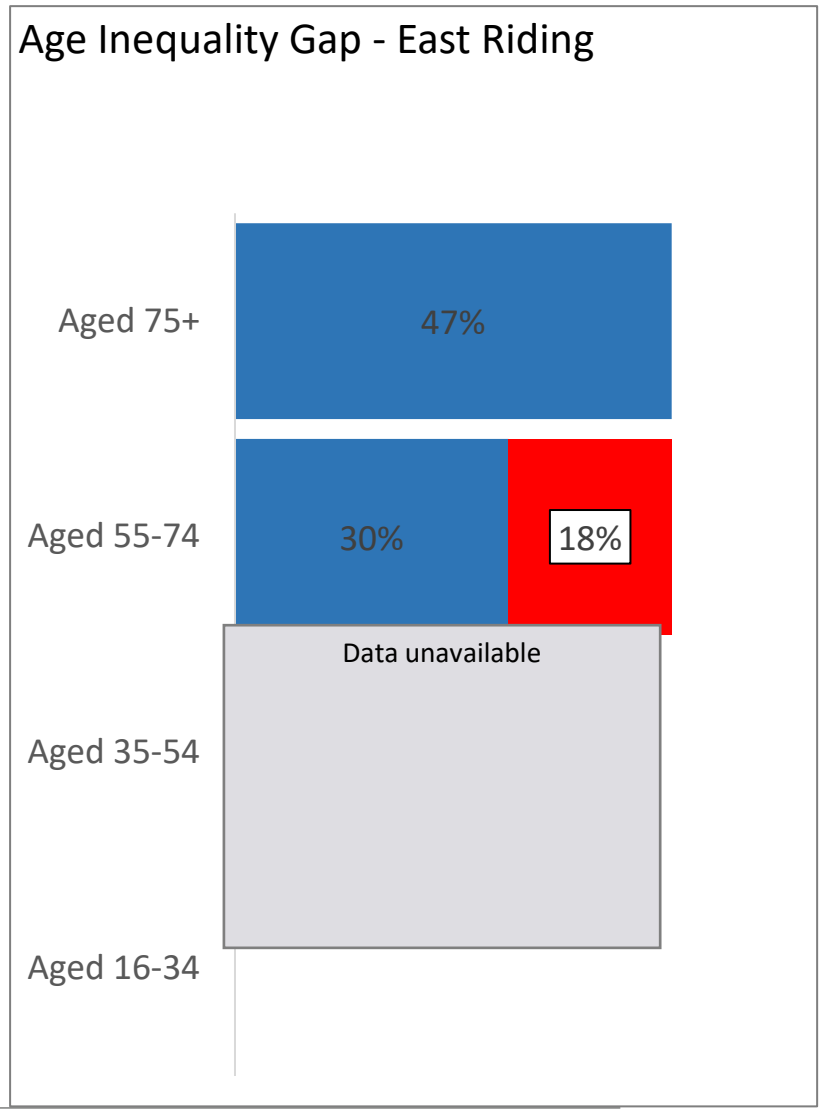


Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

Active Lives Wave 1 (age 16+) excluding gardening Inequalities







Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

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Summary Age

ERY Inactive

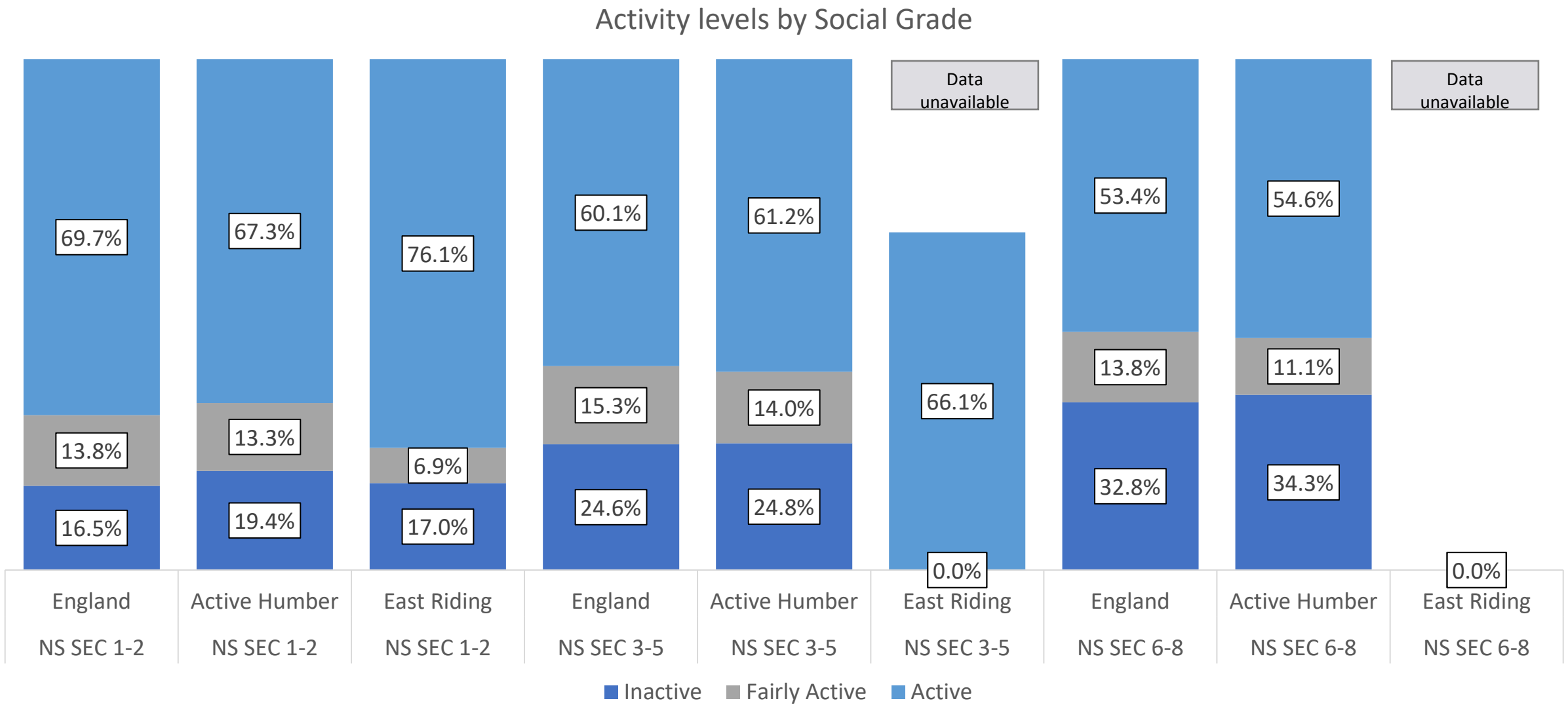
- No data for 16-34 and 35-54
- Ages 55-74 similar to England and lower (better) than Active Humber
- Ages 75+ lower (better) than both England and Active Humber

ERY Active

- Ages 16-34, 35-54 and 55-74 higher (better) than both England and Active Humber
- No active data for Age 75+ group

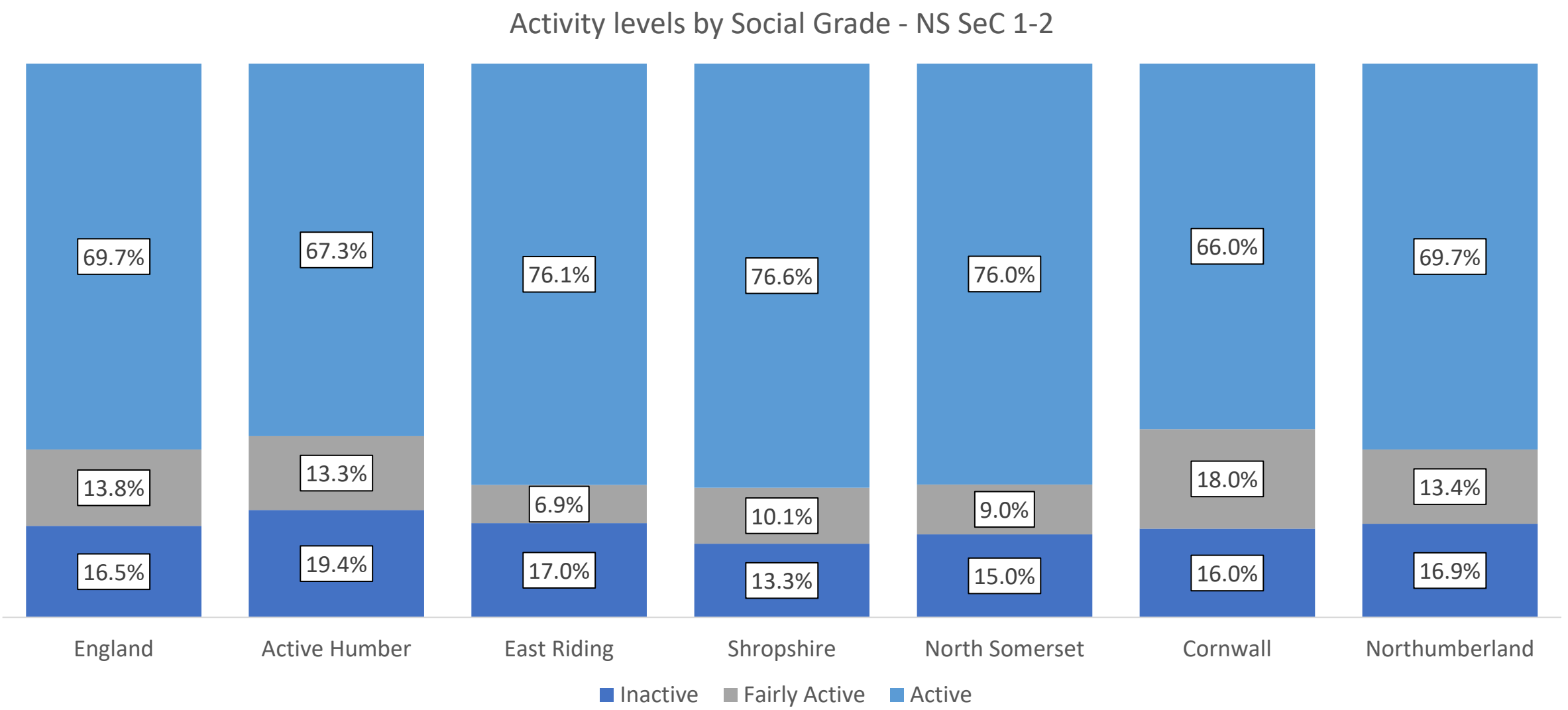
In general, where data available, ERY does not compare well to nearest neighbours falling 3rd or 4th for both active and inactive proportions. For the 55-74 age group however, ERY is the worst amongst nearest neighbour for inactive but 2nd for active proportions

SOCIAL GRADE - Active Lives Wave 1 (age 16+) excluding gardening



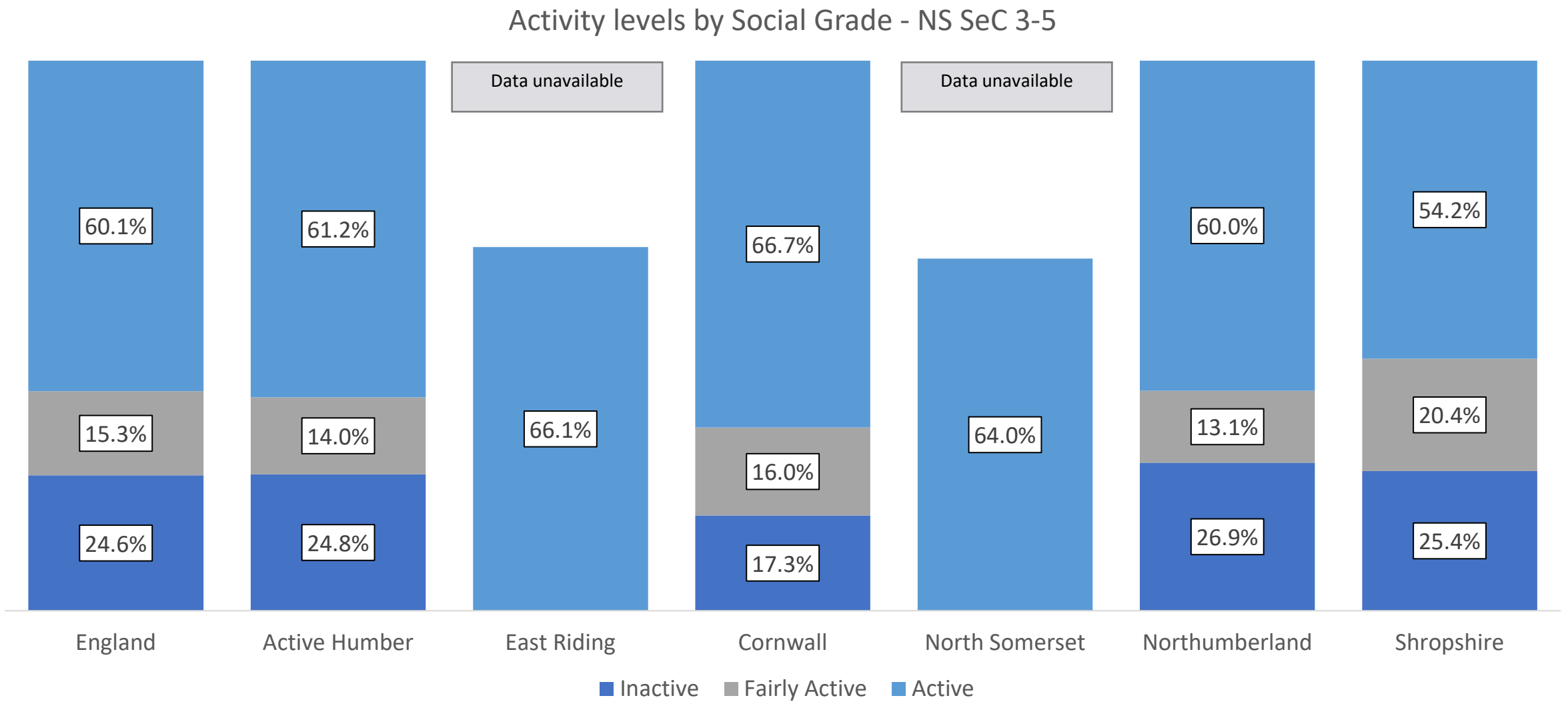
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

NS SeC 1-2 - Active Lives Wave 1 (age 16+) excluding gardening



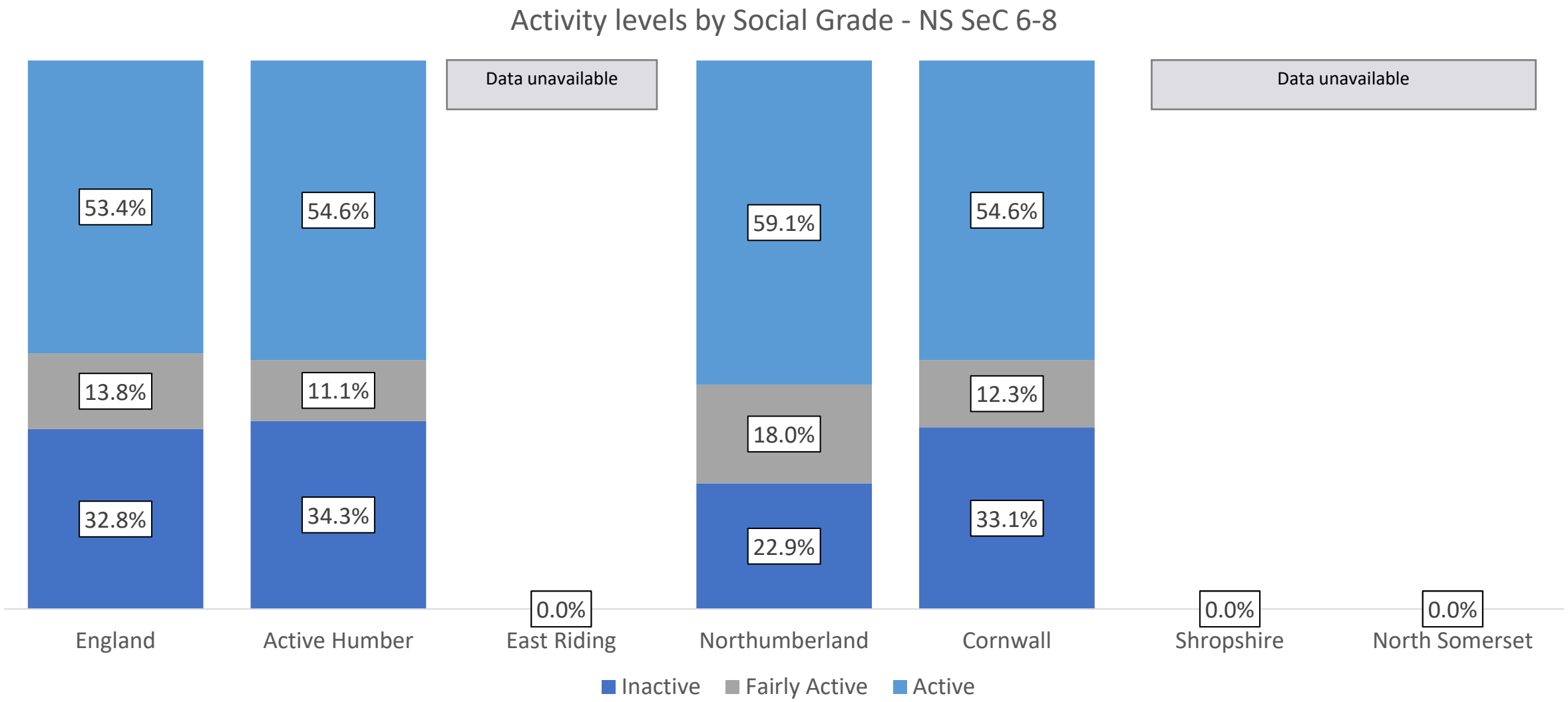
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

NS SeC 3-5 - Active Lives Wave 1 (age 16+) excluding gardening



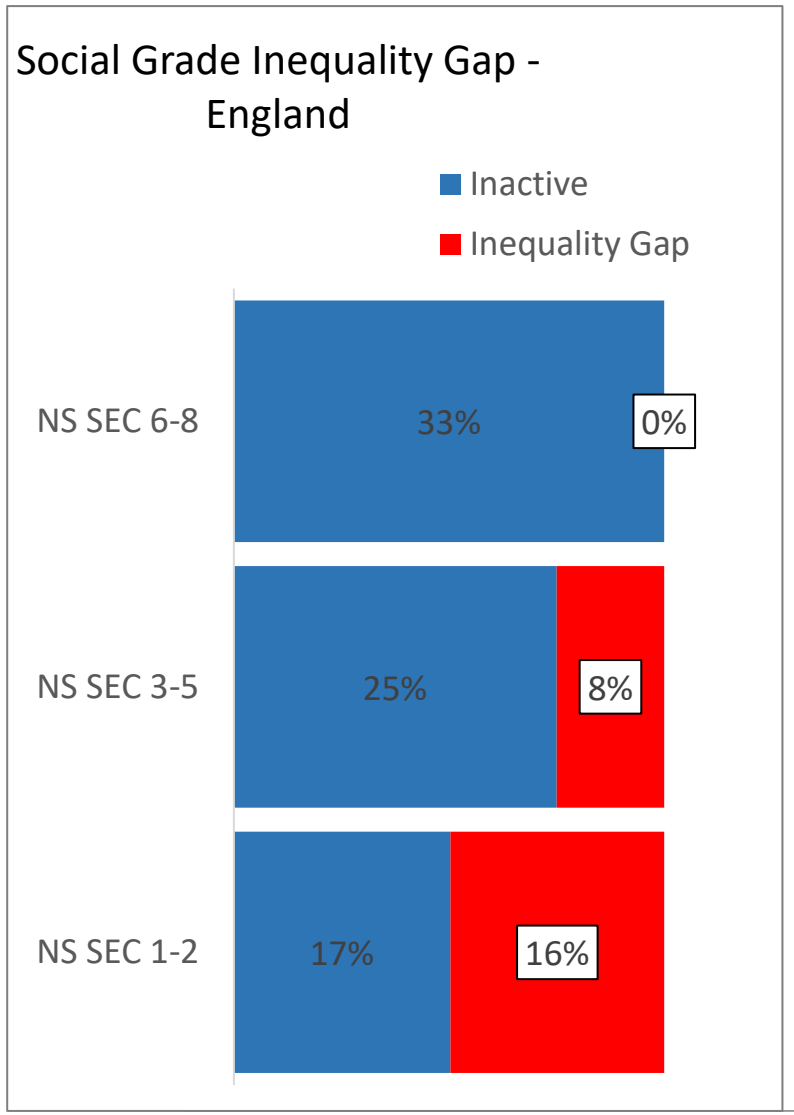
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

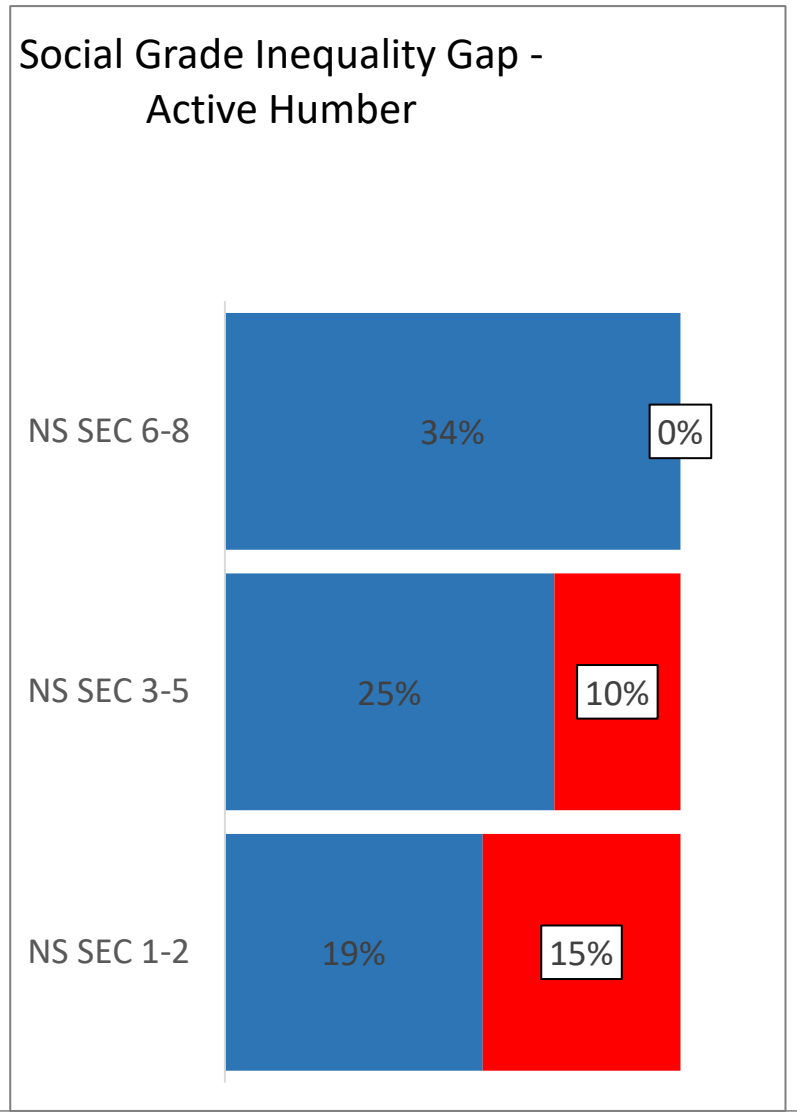
NS Sec 6-8 - Active Lives Wave 1 (age 16+) excluding gardening

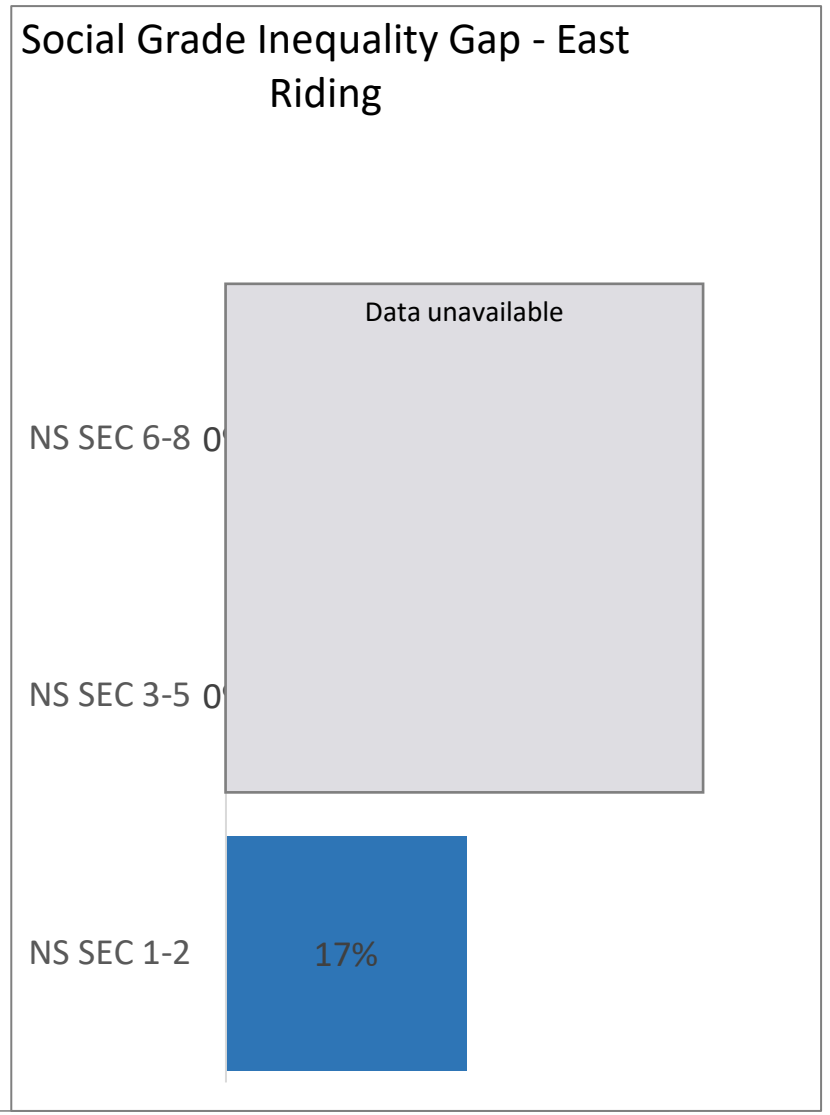


Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

SOCIAL GRADE - Active Lives Wave 1 (age 16+) excluding gardening Inequalities







Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

EAST RIDING OF YORKSHIRE COUNCIL

ACTIVE HUMBER

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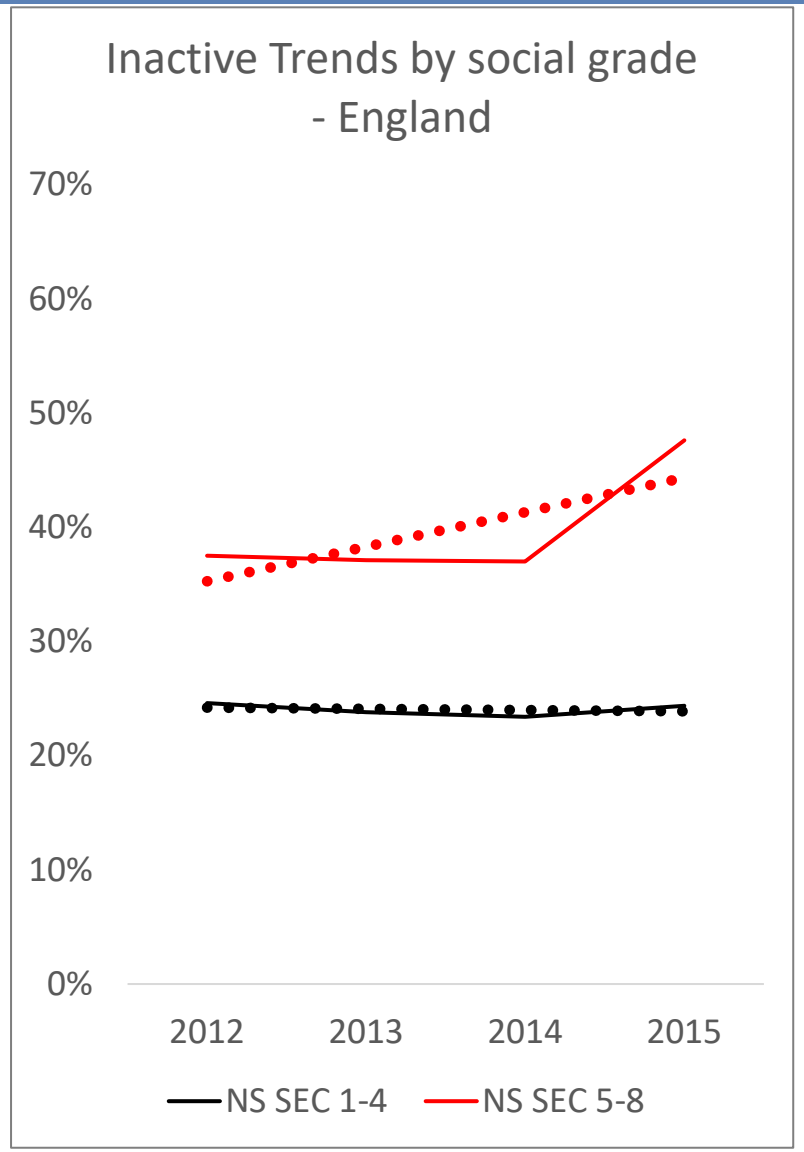
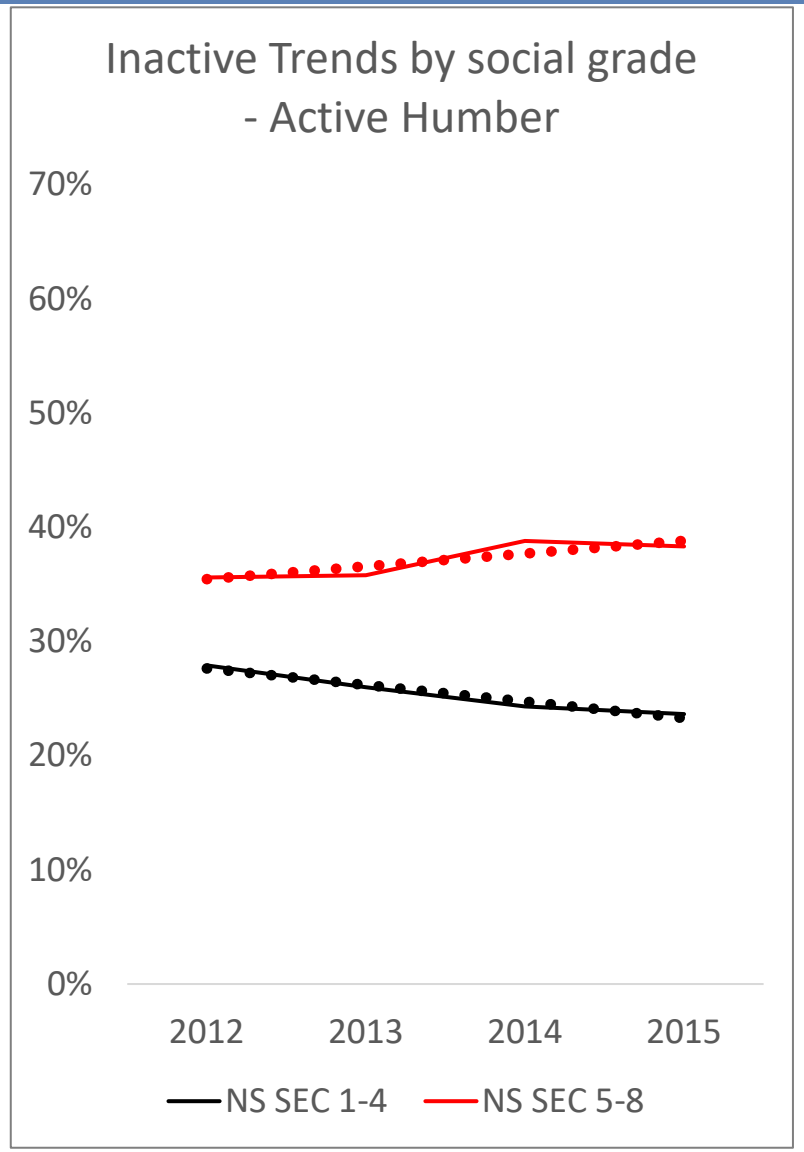
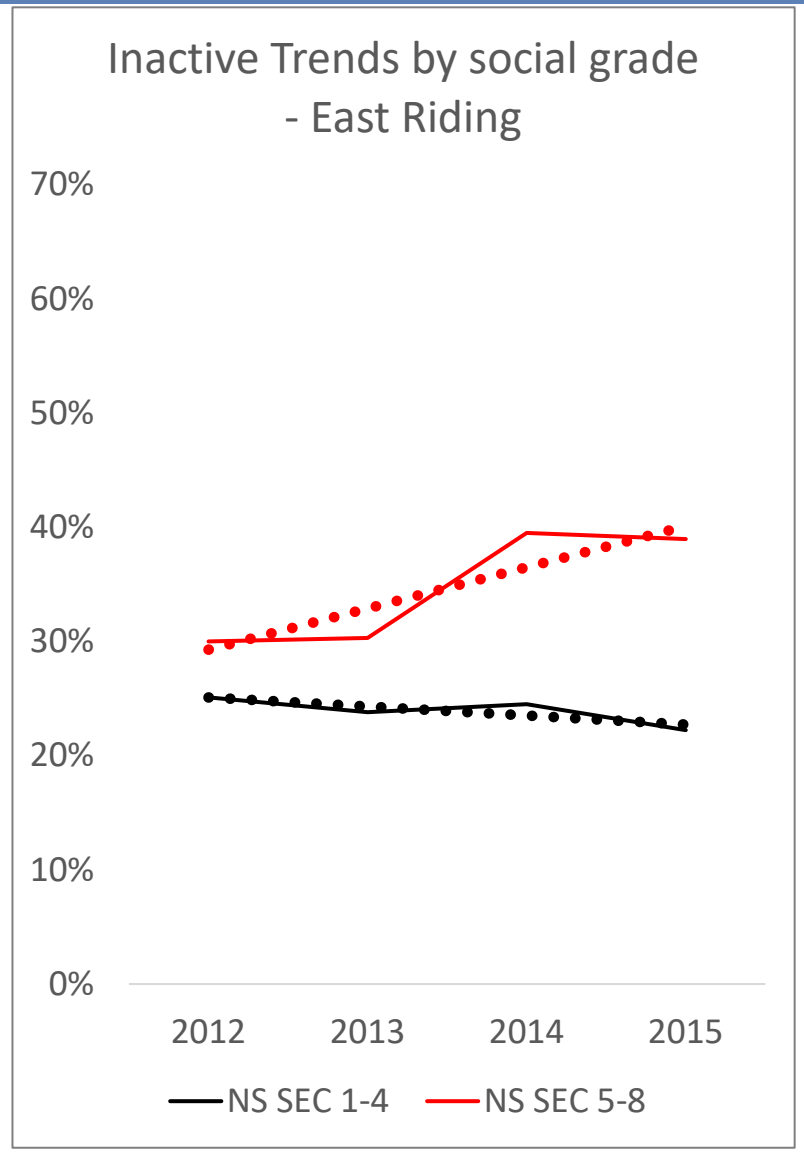
SOCIAL GRADE - Active People Survey 2012 - 2015







Source: Sport England, APS Jan 2012-Jan 2016

EAST RIDING OF YORKSHIRE COUNCIL

ACTIVE HUMBER

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Summary – Social grade

- Missing all data for ERY for NS SeC 6-8 and for inactive and fairly active for NS SeC 3-5
- Inactive for ERY for NS SeC groups 1-2 slightly higher (worse) than England but lower (better) than Active Humber. Fairly active proportion also very low
- ERY much higher (better) for active than both England and Active Humber for both NS SeC groups 1-2 and 3-5

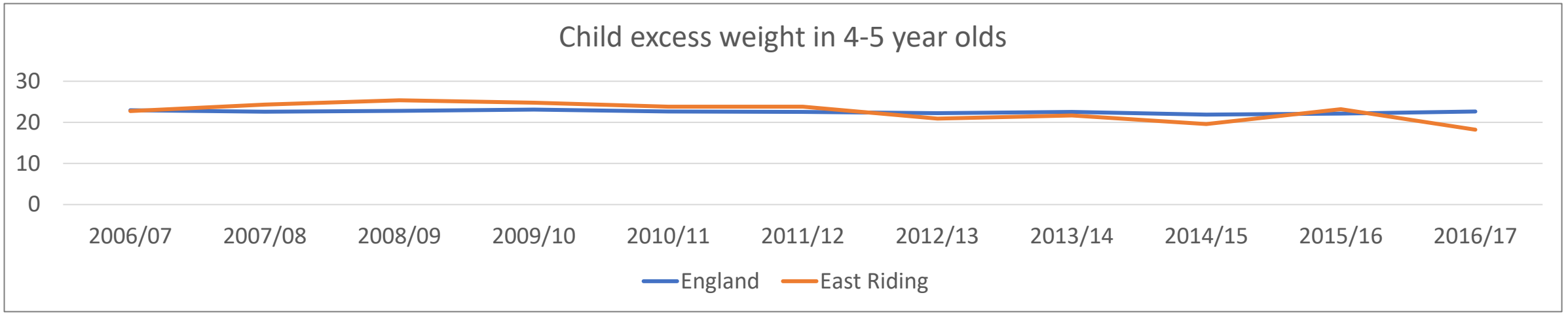
The data we do have suggest that, particularly for active, there may be some significant inequalities between NS SeC groups

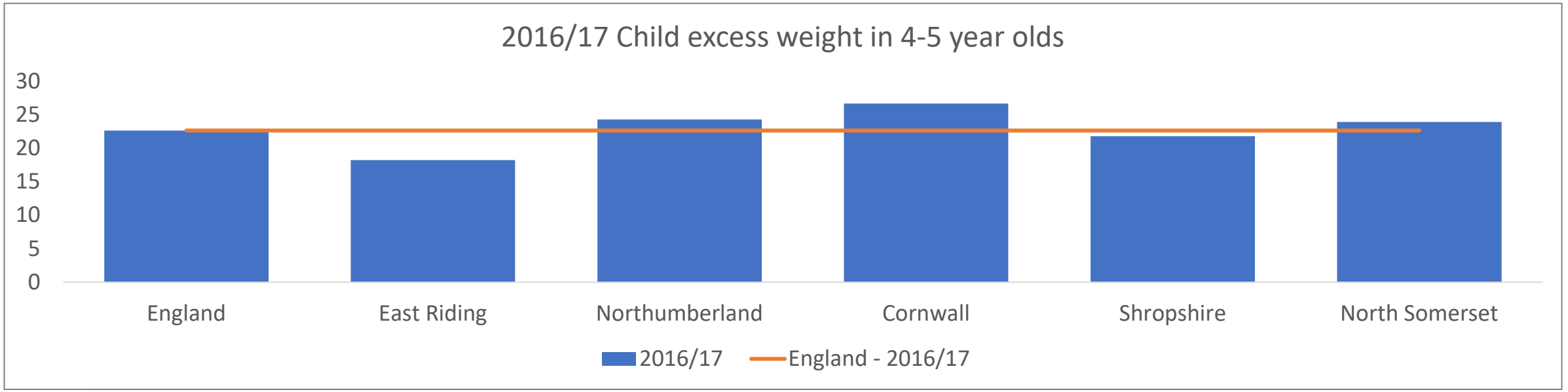
When compared to nearest neighbours

- for NS SEC 1-2 ERY is 5th amongst 5 for inactive and 2nd for active
- For NS SeC 3-5 ERY is 2nd of 5 for active

APS trends suggest that the inequality gap between NS SeC groups 1-4 and 5-8 is rising and more quickly than both England and Active Humber

Child Excess Weight





Source: Public Health England Outcomes Framework.

EAST RIDING OF YORKSHIRE COUNCIL

ACTIVE HUMBER

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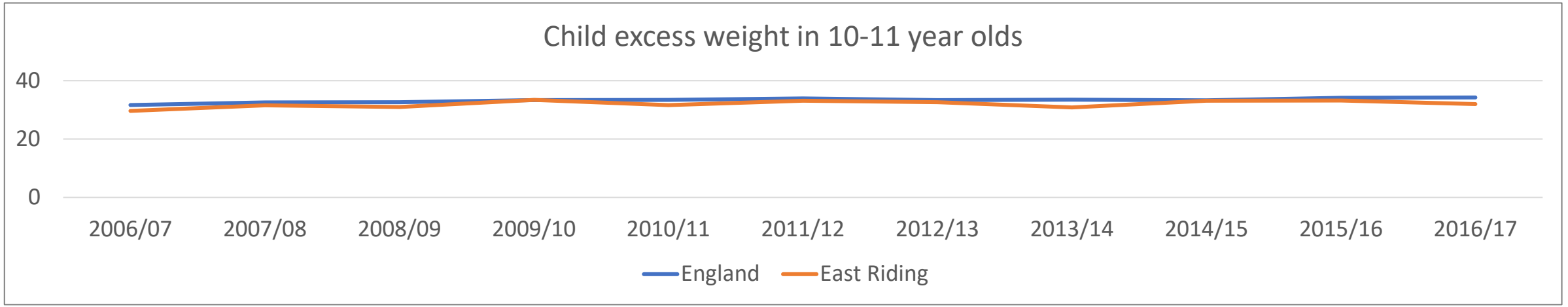
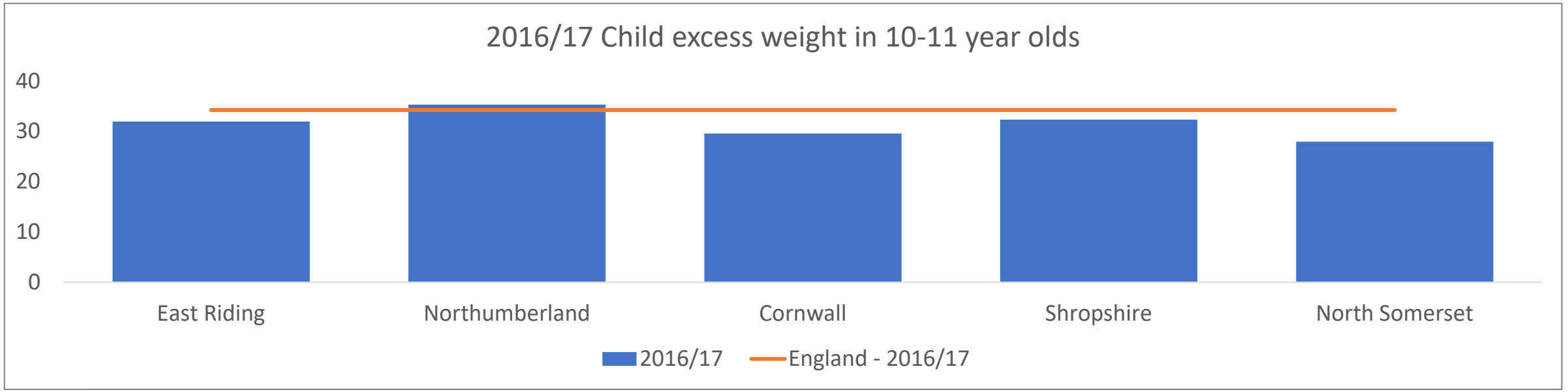
Child Excess Weight





Source: Public Health England Outcomes Framework.

With Gardening

EAST RIDING OF YORKSHIRE COUNCIL

ACTIVE HUMBER

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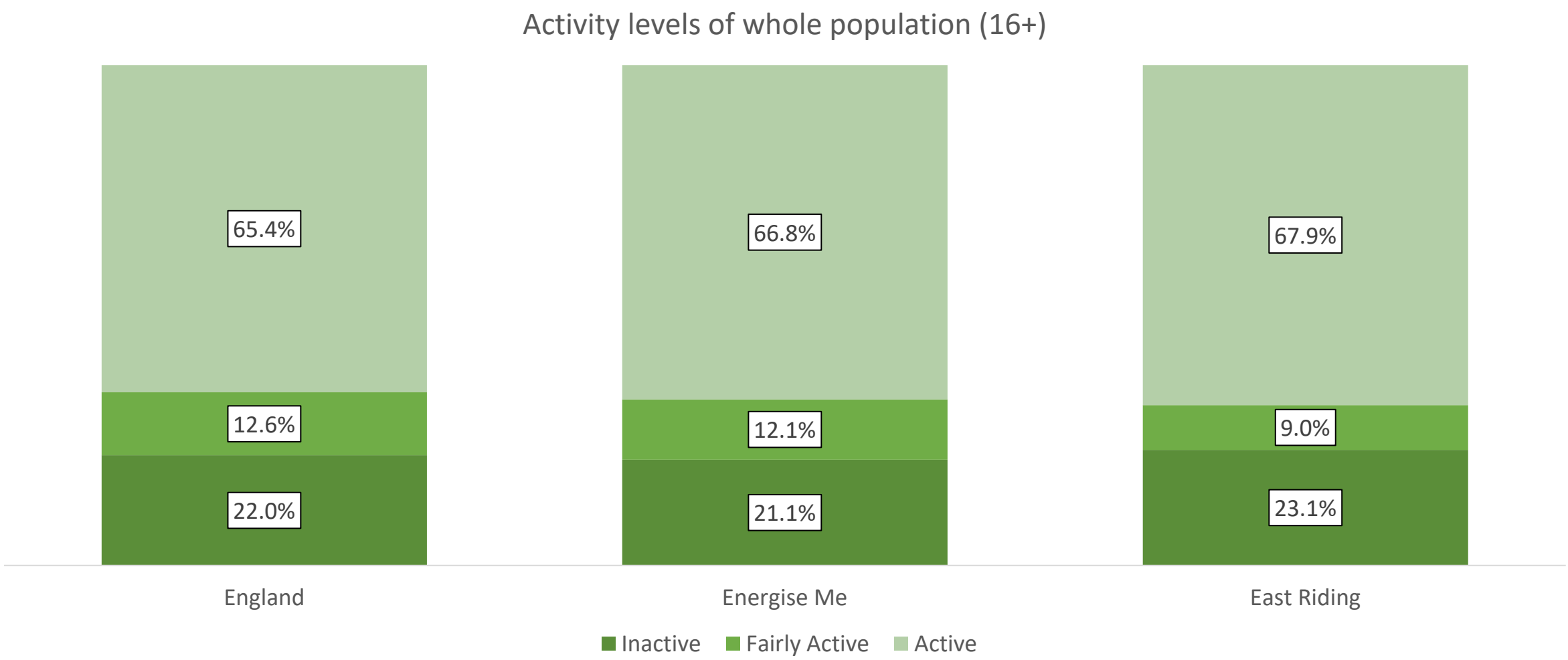
Active Lives Wave 1 (age 16+) including gardening



Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – including gardening

Impact of Gardening on Inactive Population

East Riding	Including Gardening	Excluding Gardening	Difference
Overall Population	23.1%	27.2%	4.1%
Male	18.8%	24.1%	5.3%
Female	27.3%	30.2%	2.9%
NS Sec 1-2	12.4%	17.0%	4.6%
Limiting Illness or disability	38.3%	45%	6.5%
No Limiting Illness or disability	18.6%	22.2%	3.6%

England	Including Gardening	Excluding Gardening	Difference
Overall Population	22.0%	25.6%	3.6%
Male	20.2%	24.2%	4.0%
Female	23.6%	26.7%	3.1%
Aged 16-34	16.0%	17.3%	1.3%
Aged 35-54	17.5%	21.3%	3.8%
NS Sec 1-2	13.7%	16.5%	2.8%
NS Sec 3-5	20.8%	24.6%	3.8%
NS Sec 6-8	27.4%	32.8%	5.4%
Limiting Illness or disability	37.0%	43.3%	6.3%
No limiting illness or disability	17.9%	21.0%	3.1%

Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – including gardening
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1) – excluding gardening

EAST RIDING OF YORKSHIRE COUNCIL ACTIVE HUMBER PRESSRED

Sports and Activities

EAST RIDING OF YORKSHIRE COUNCIL

ACTIVE HUMBER

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Physical Activity Measures

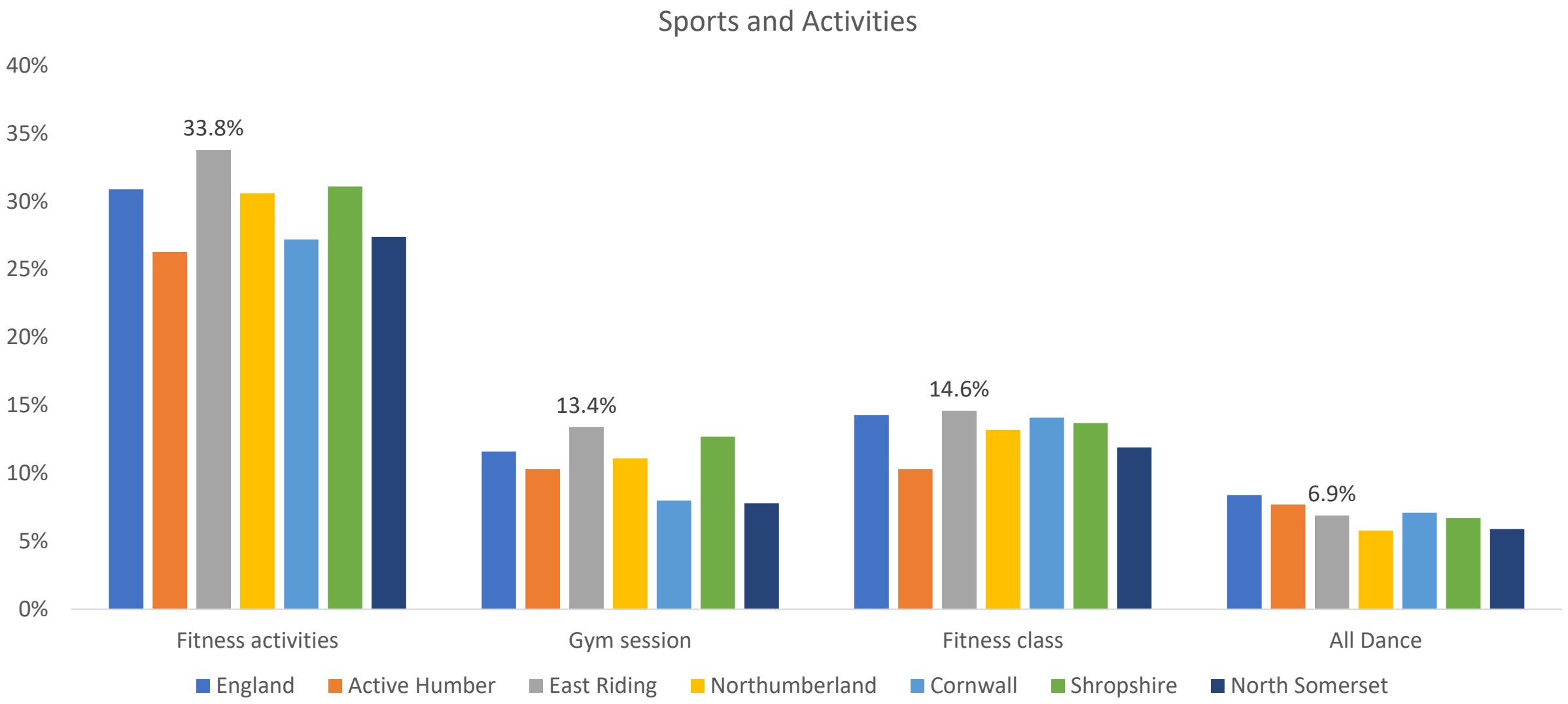
THE PAST… 1X30

- % of people doing at least one session per week of 30 mins of sport
- Duration of activity: Minimum of 30 mins continuous of moderate intensity
- **Higher is better**
- 10 years of data

THE FUTURE… TWICE A MONTH

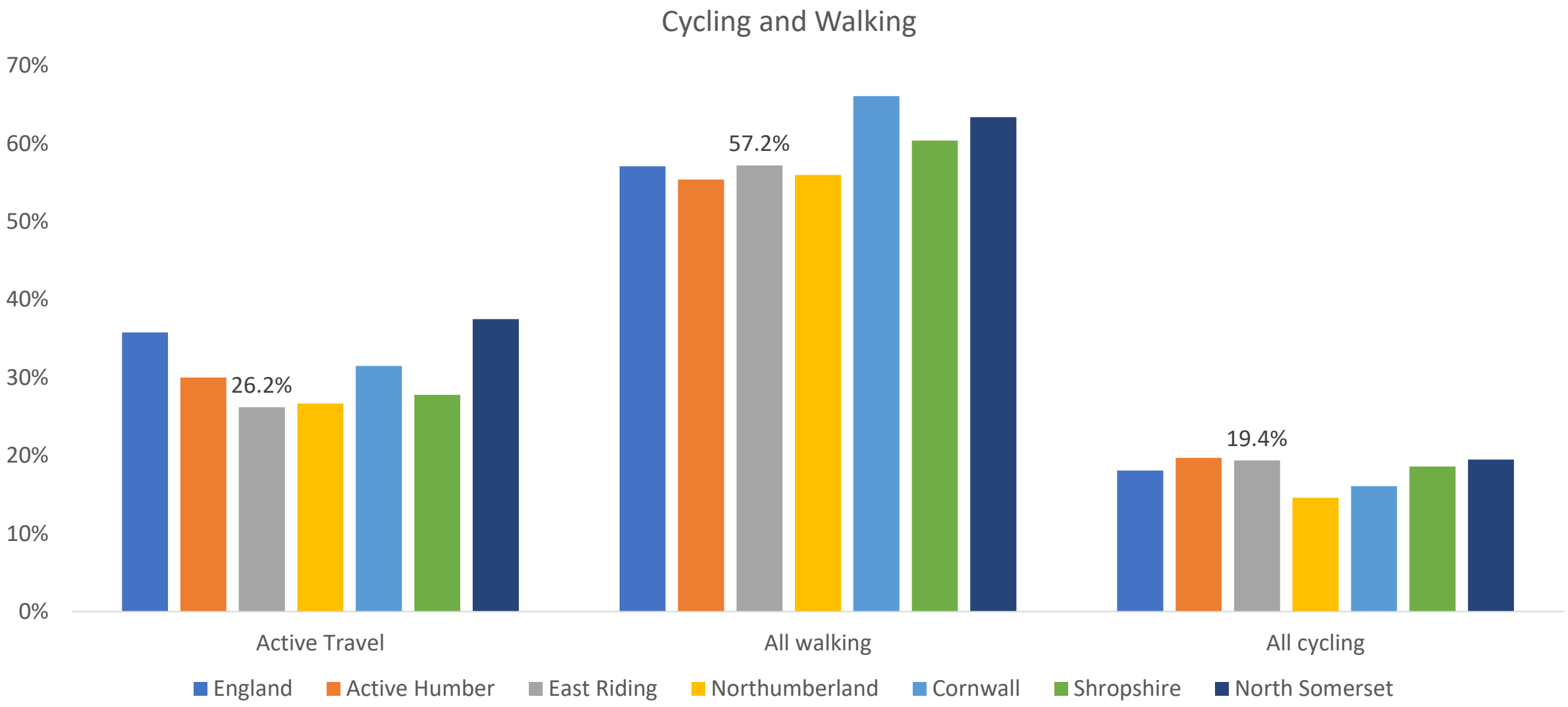
- % of people doing the equivalent of 30 mins of sport and physical activity at least twice in 28 days.
- Duration of activity: Bouts of at least 10mins of at least moderate intensity adding to total of 60 mins
- **Higher is better**
- 1 year of data

Sports and Activities – Twice in last 28 days



Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1)

Cycling and Walking – Twice in the last 28 days



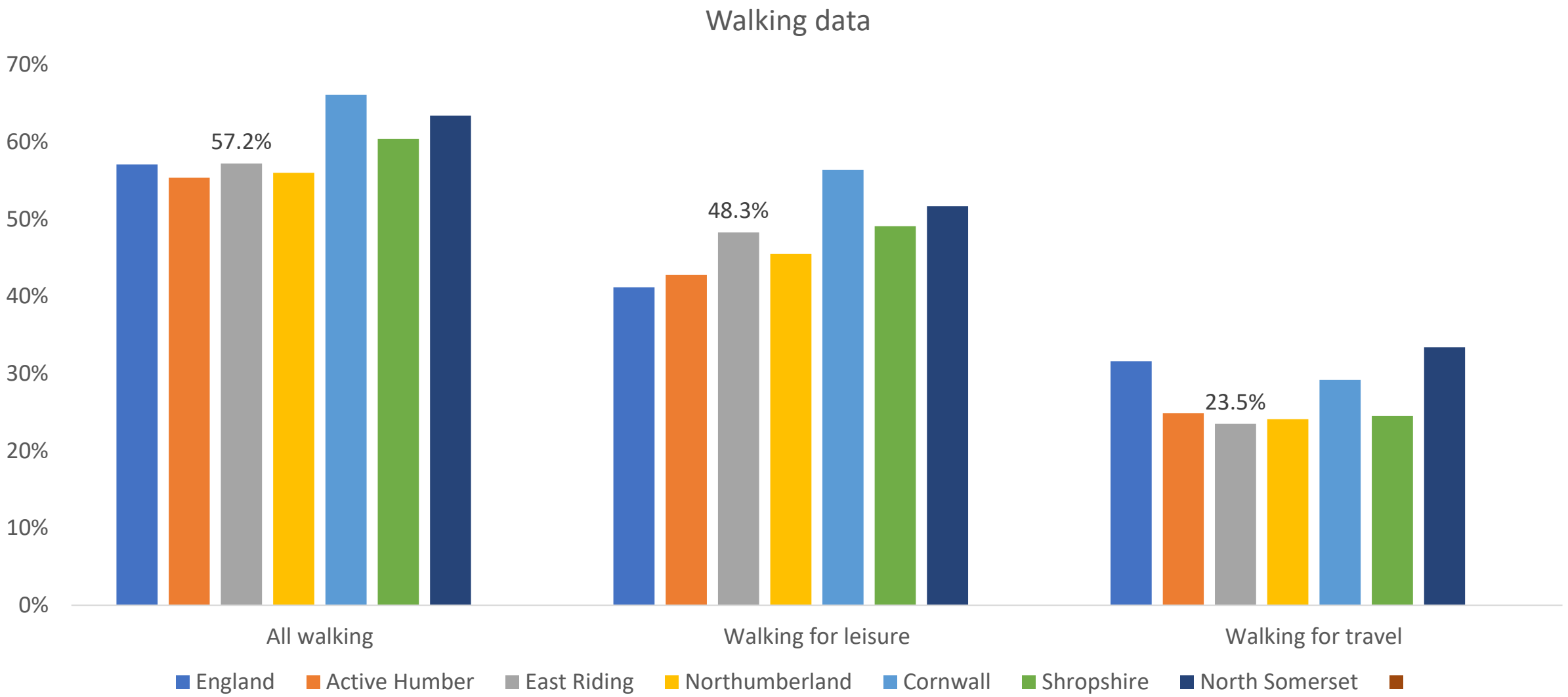
Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1)

EAST RIDING OF YORKSHIRE COUNCIL

ACTIVE HUMBER

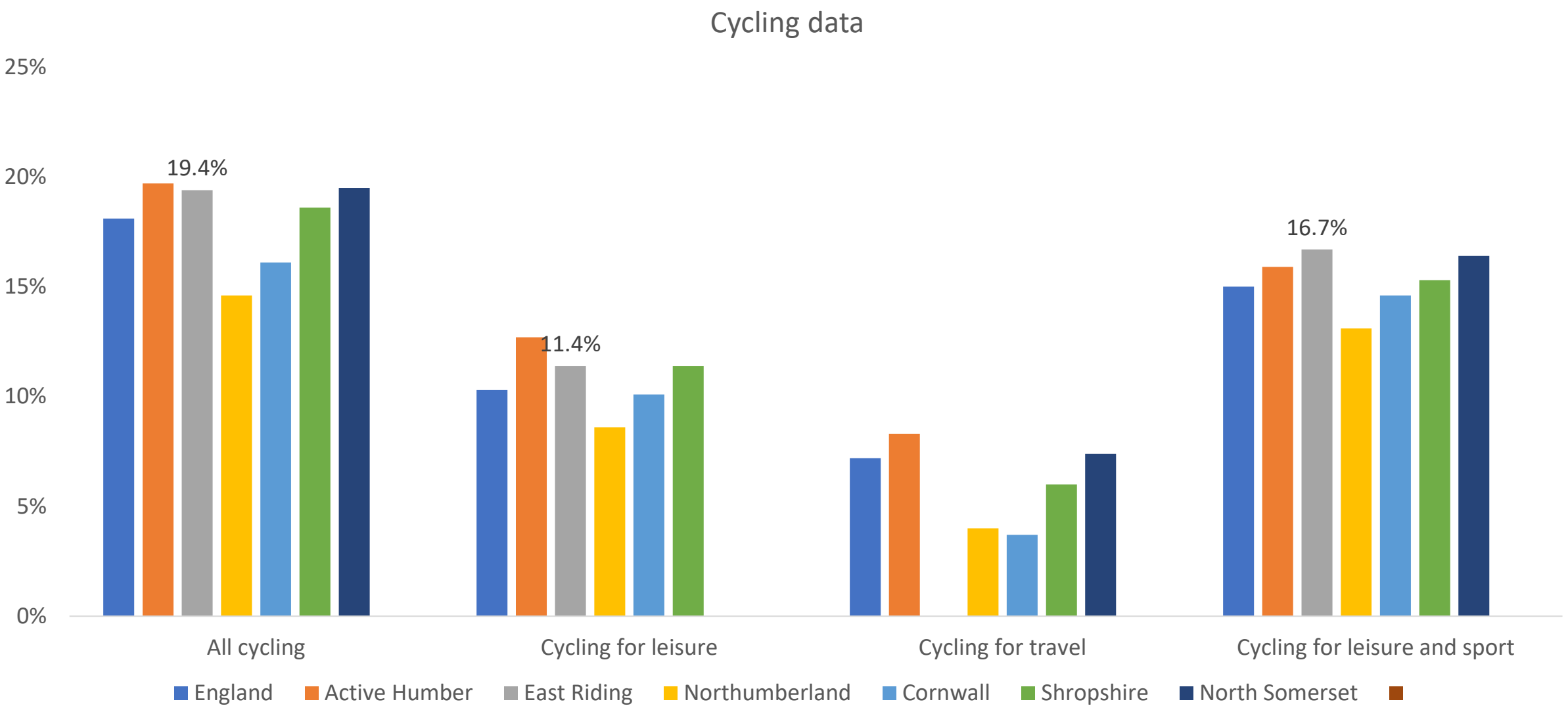
PRESSRED

Cycling and Walking – Twice in the last 28 days



Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1)

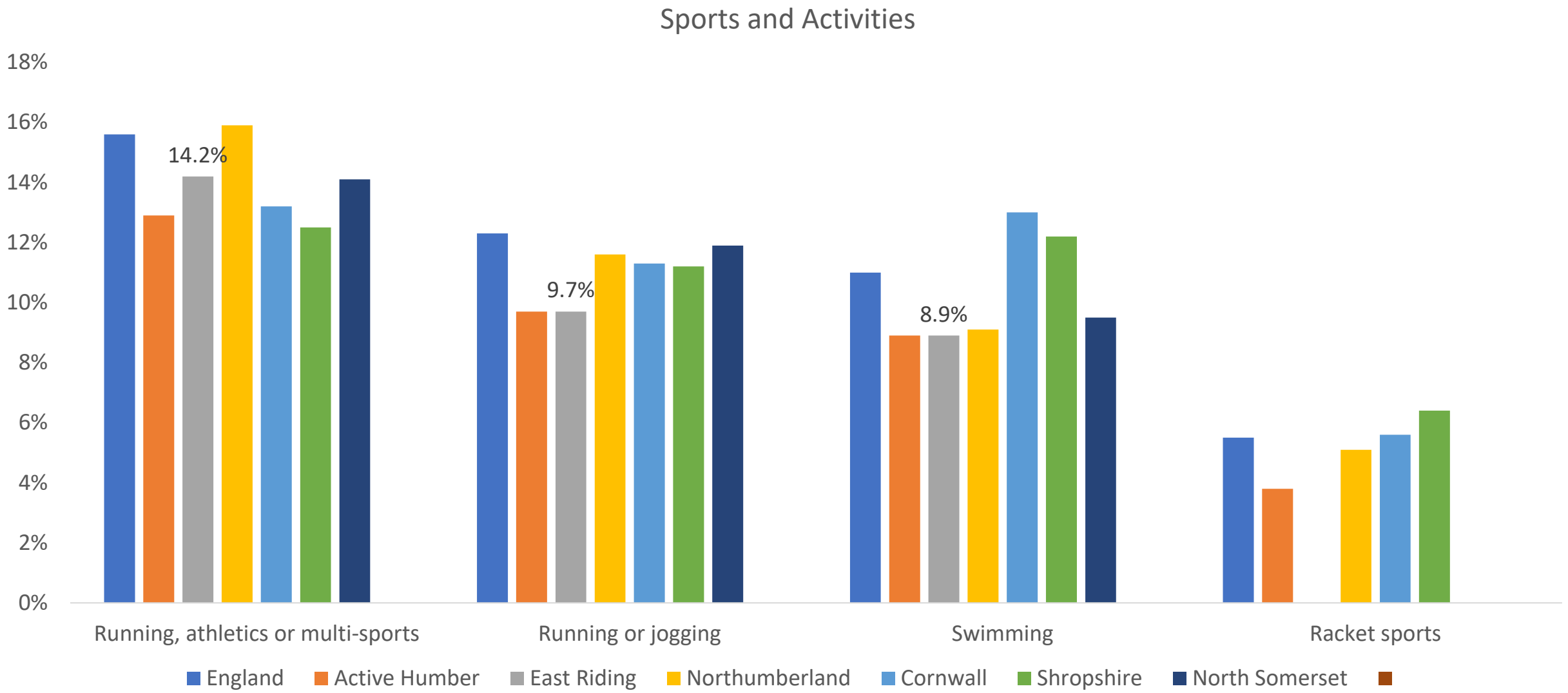
Cycling and Walking – Twice in the last 28 days



Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1)

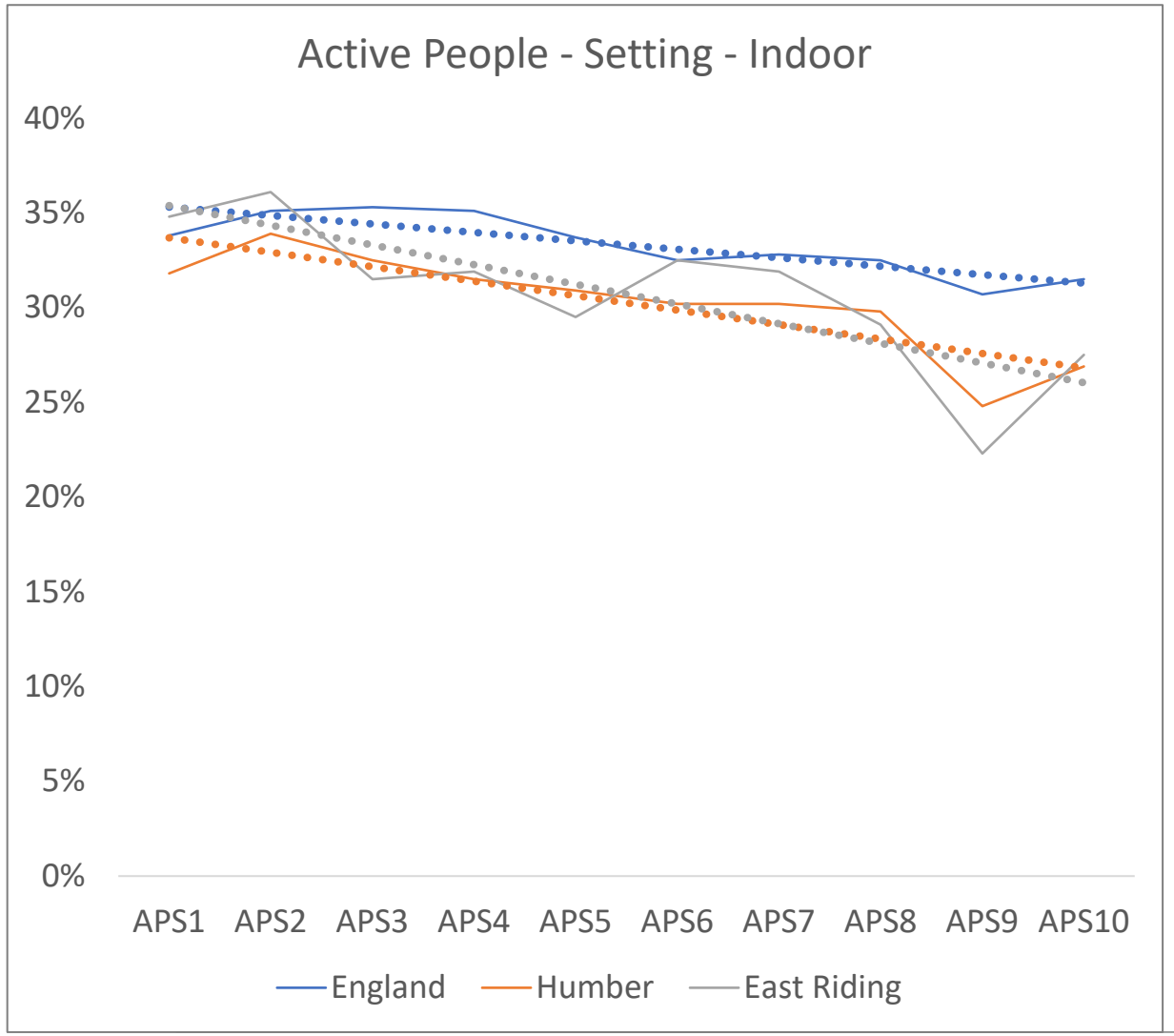
EAST RIDING OF YORKSHIRE COUNCIL ACTIVE HUMBER PRESSRED

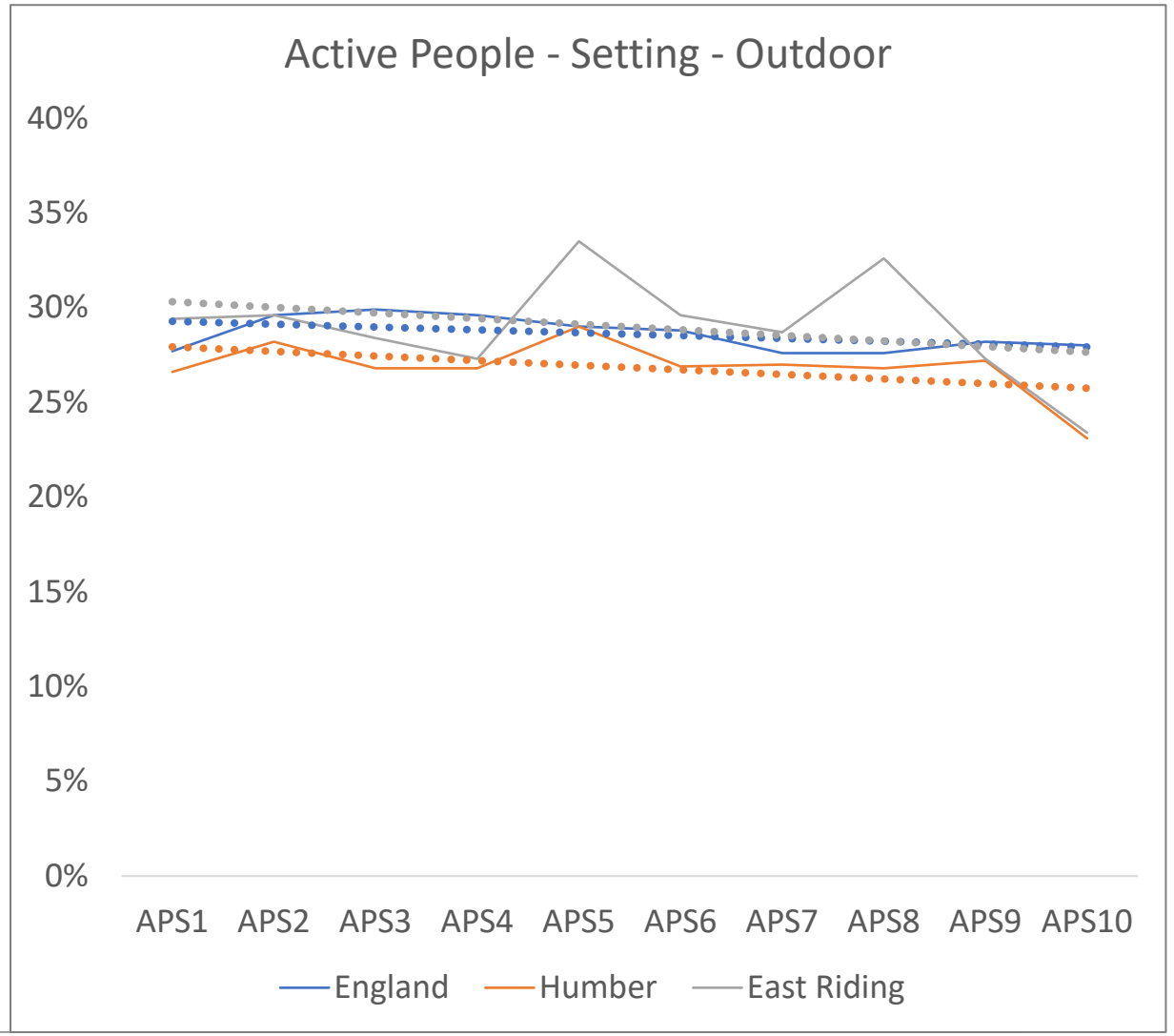
Running, Swimming and Racket sports– Twice in the last 28 days



Source: Sport England, Active Lives, Nov 15 to Nov 16 (wave 1)

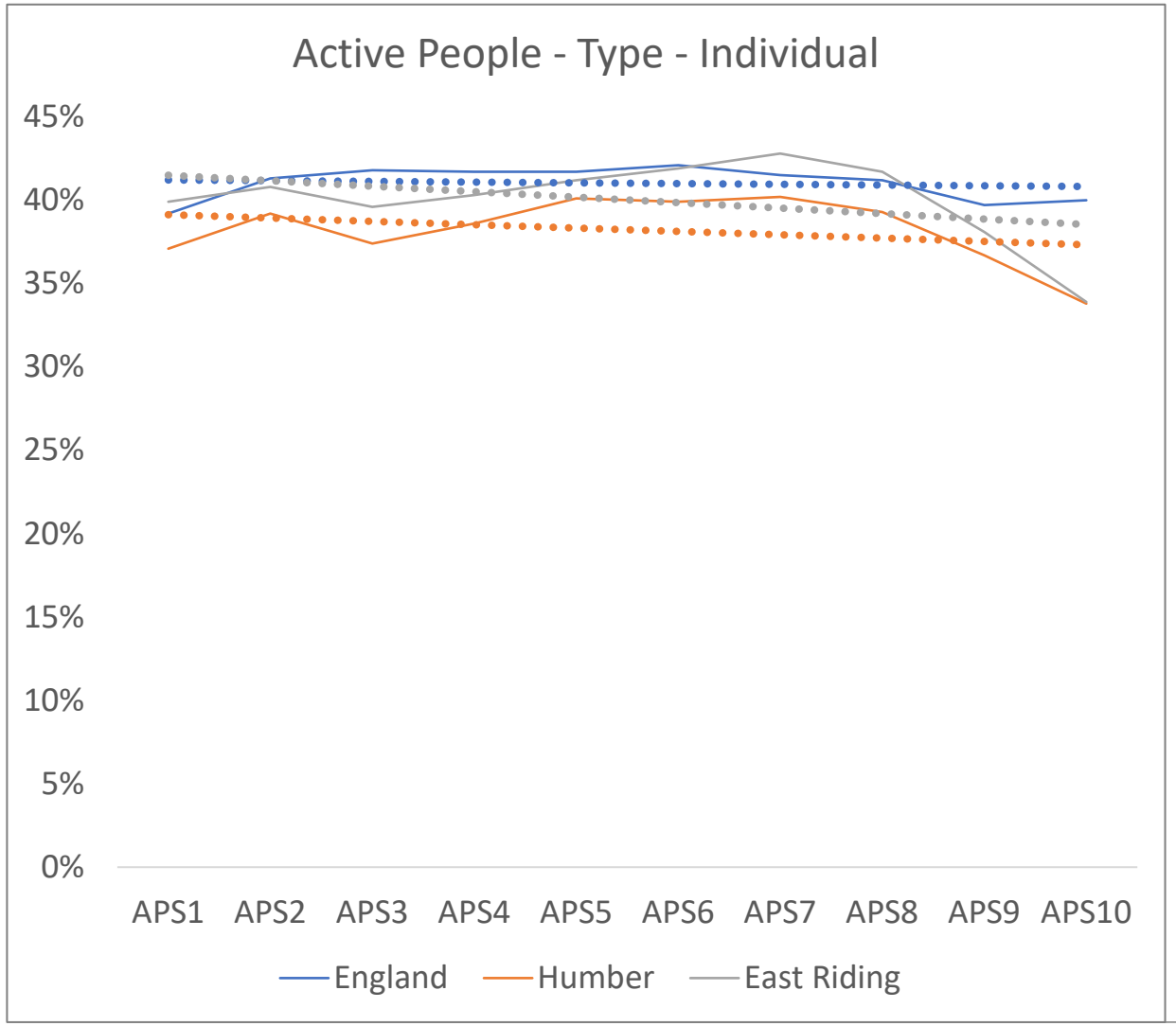
Sports participation - Any sport

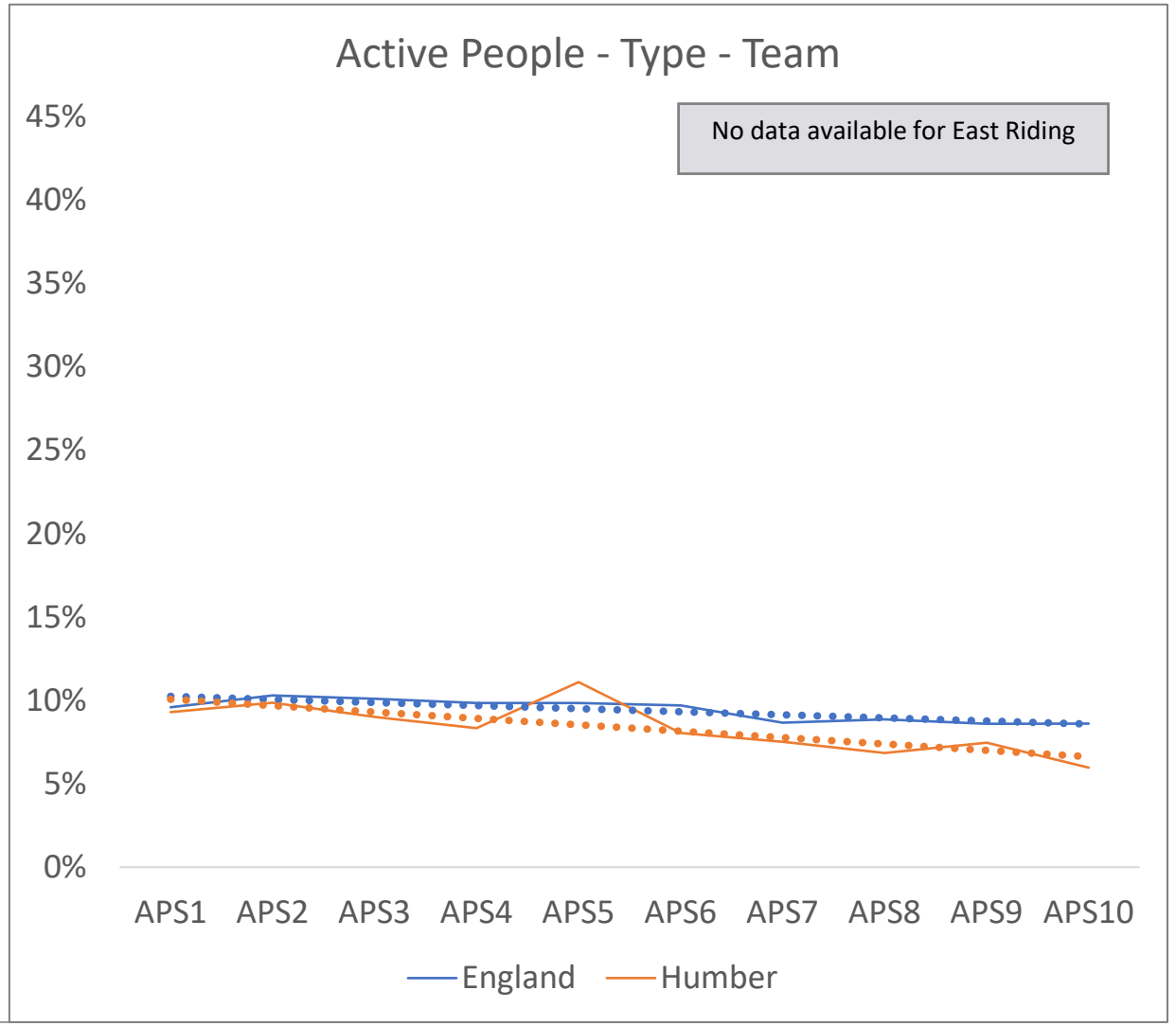




Source: Sport England, APS Jan 2005 – Jan 2016

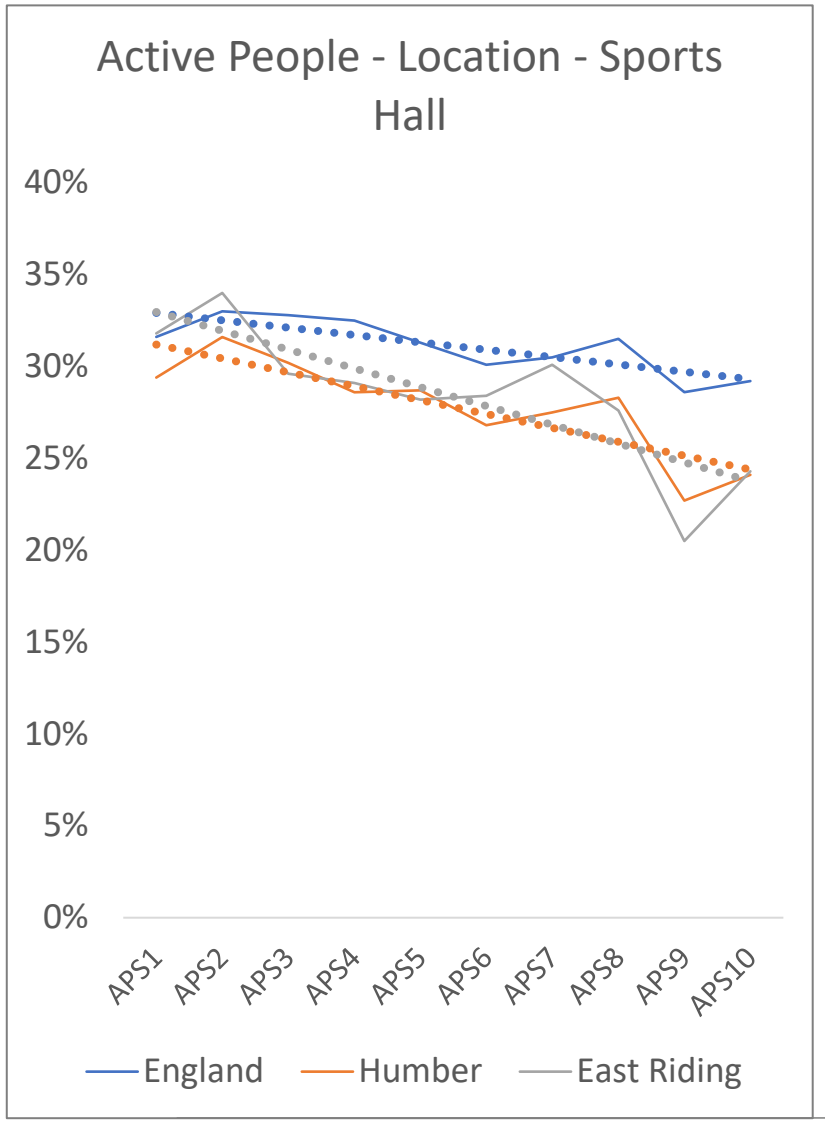
Sports participation - Any sport

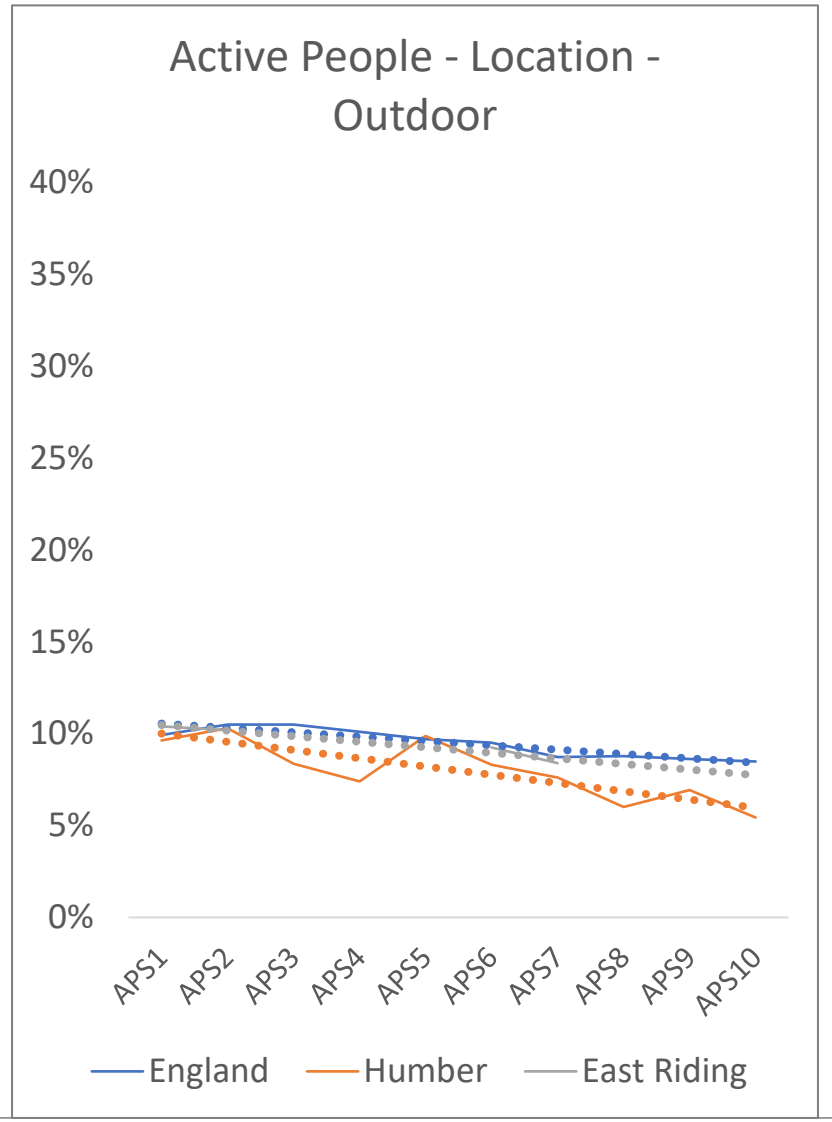


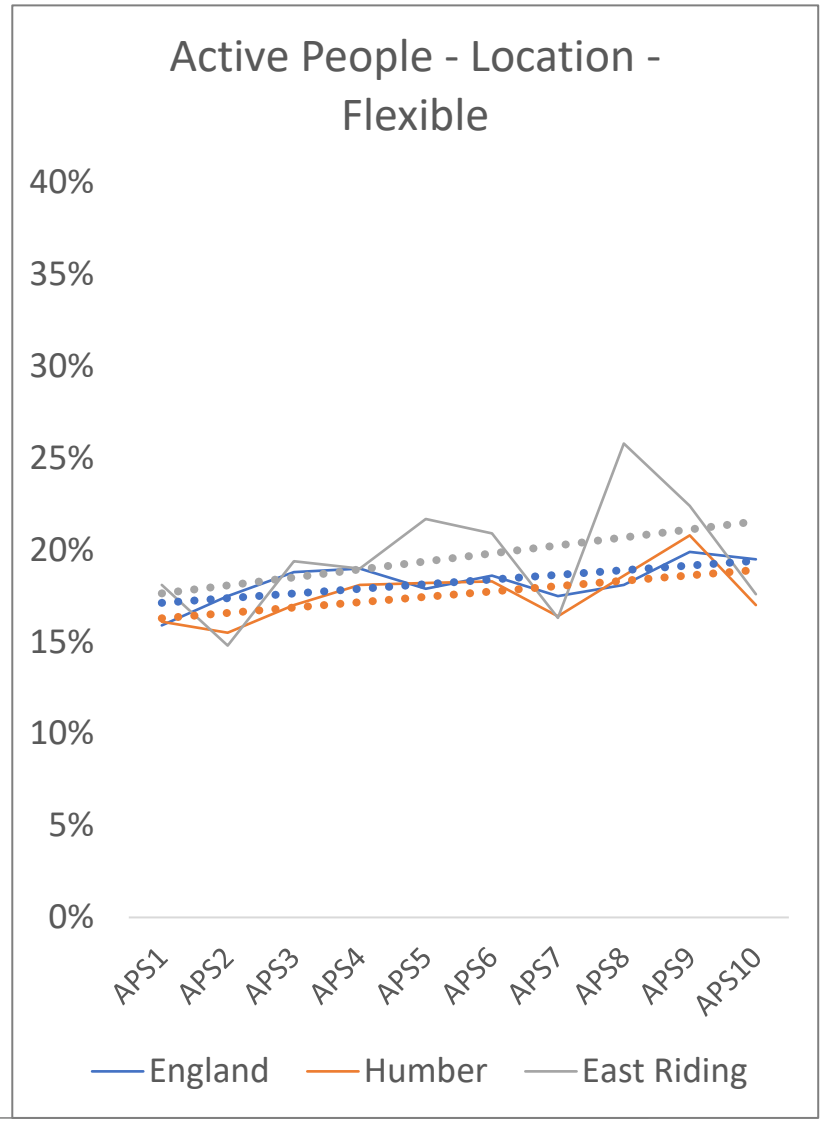


Source: Sport England, APS Jan 2005 – Jan 2016

Sports participation - Any sport

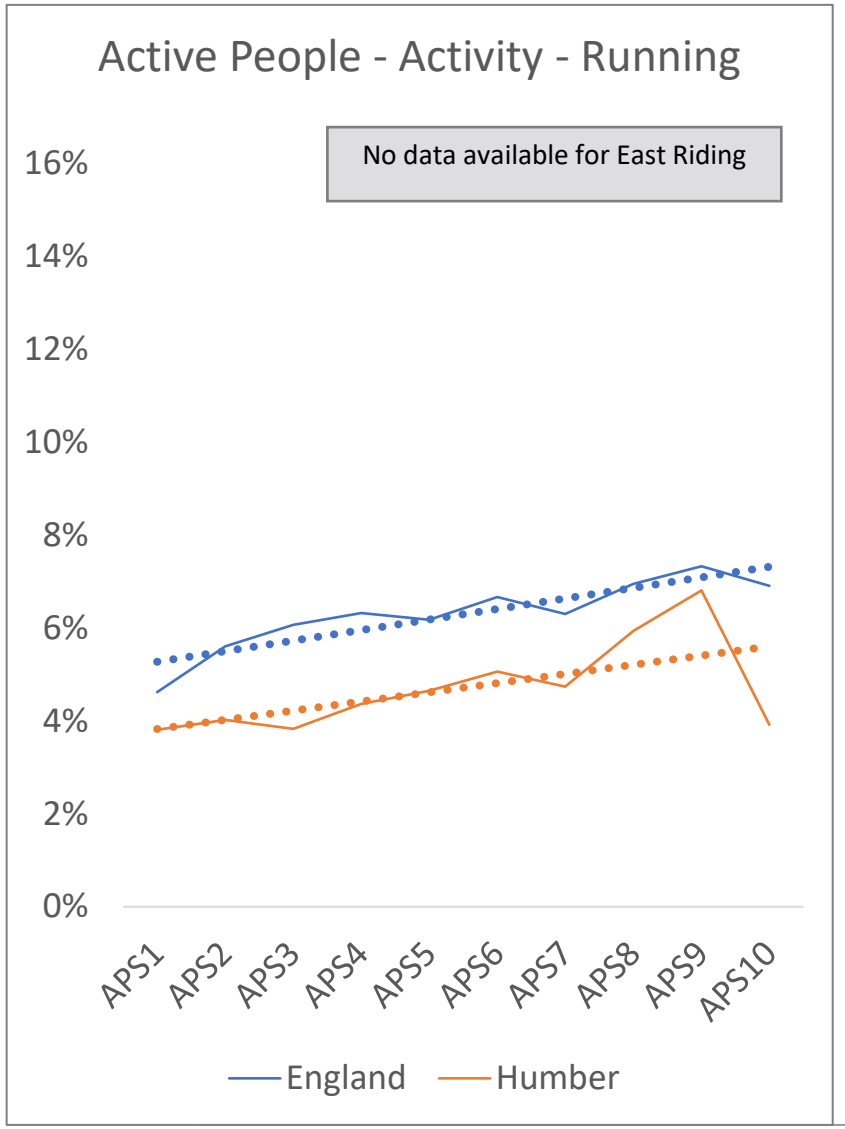


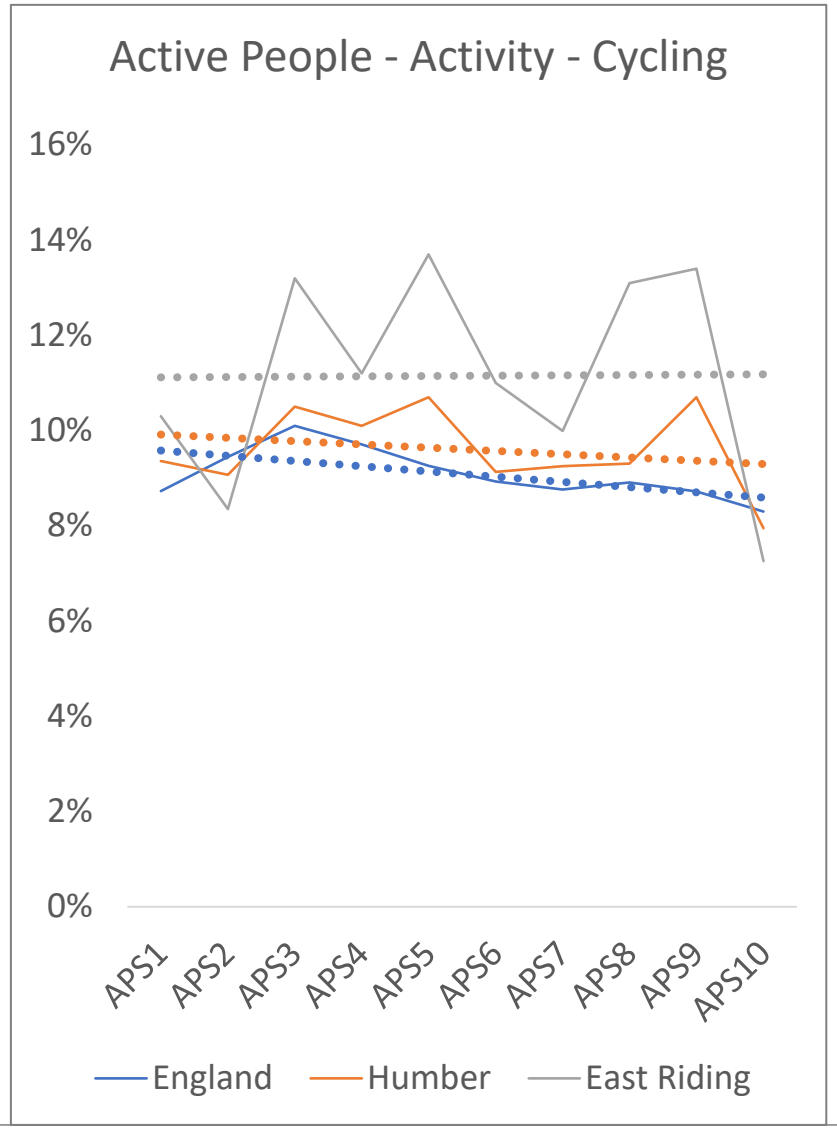


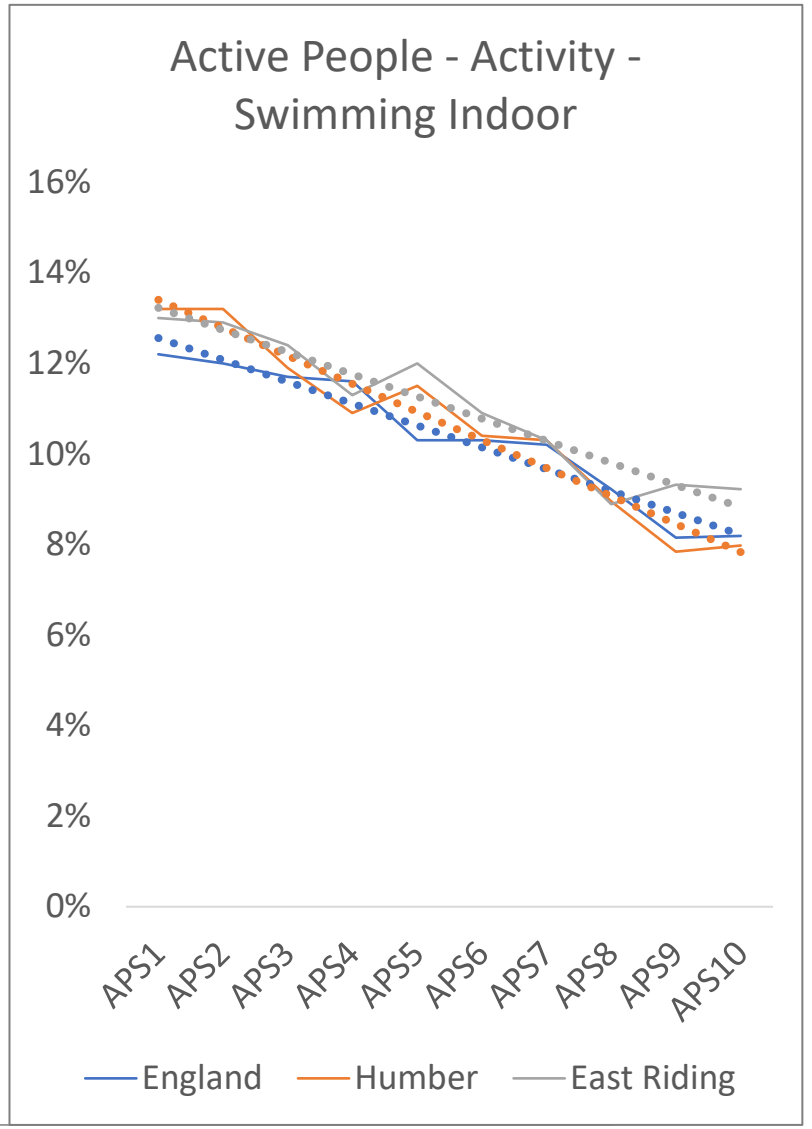


Source: Sport England, APS Jan 2005 – Jan 2016

Sports participation - Any sport







Source: Sport England, APS Jan 2005 – Jan 2016

EAST RIDING OF YORKSHIRE COUNCIL

ACTIVE HUMBER

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Summary - Activities

When compared to England, Active Humber and all nearest neighbours ERY has

- Higher proportion of residents taking part in fitness activities and gym
- Higher proportion of residents cycling for leisure and sport
- Lower proportion of residents walking for travel
- Lower proportion of residents taking part in swimming

APS trends suggest that participation in indoor sports is decreasing more quickly than both England and Active Humber

There appears to be a steep decline in those taking part in Sports Hall based activities and a steep increase in participation in flexible location activities

There appears to be a slight increase in cycling participation in ERY compared to a decrease for both England and Active Humber

Swimming trends are decreasing in ERY, England and Active Humber

Greatest Need?

EAST RIDING OF YORKSHIRE COUNCIL

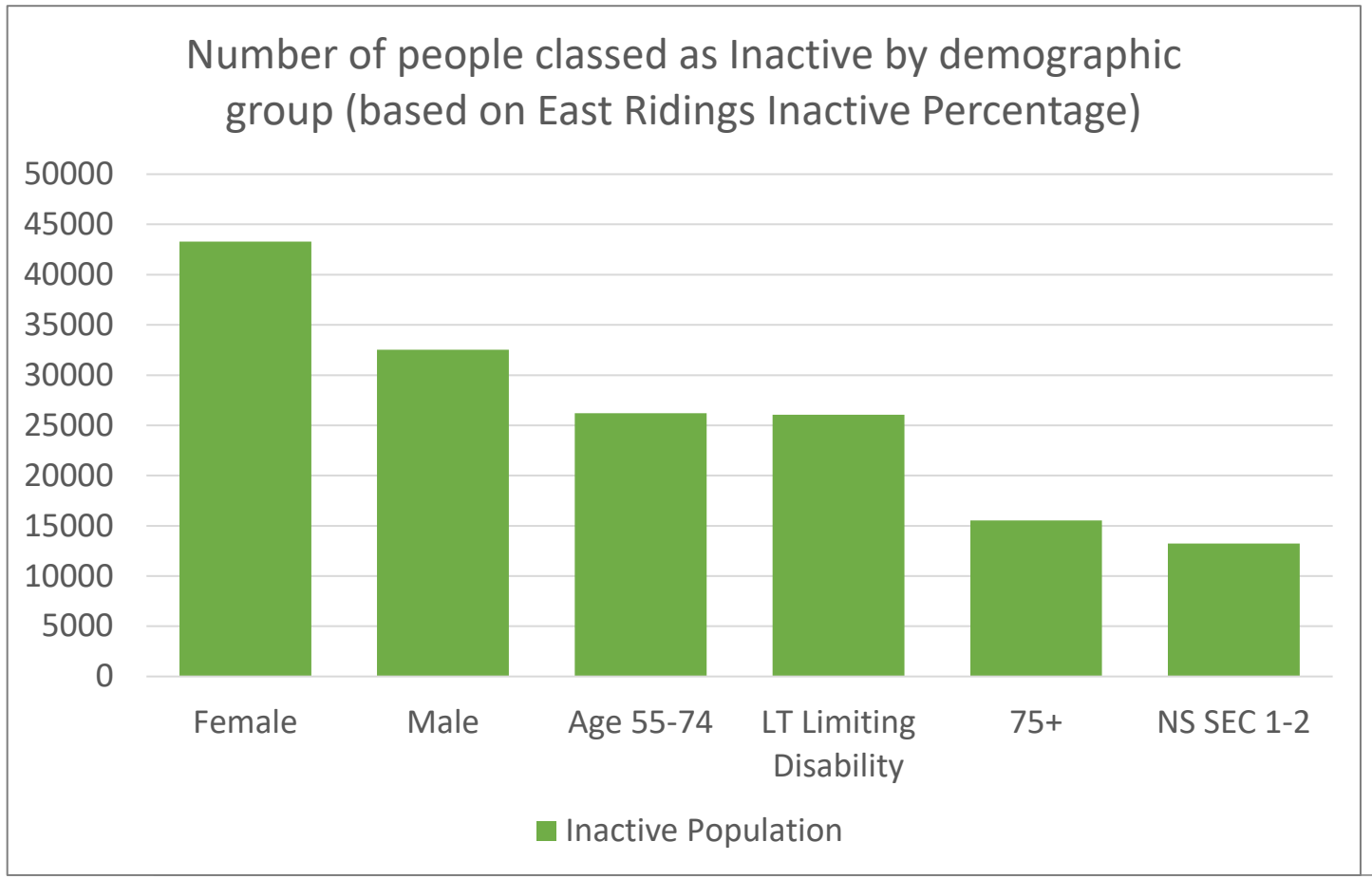
ACTIVE HUMBER

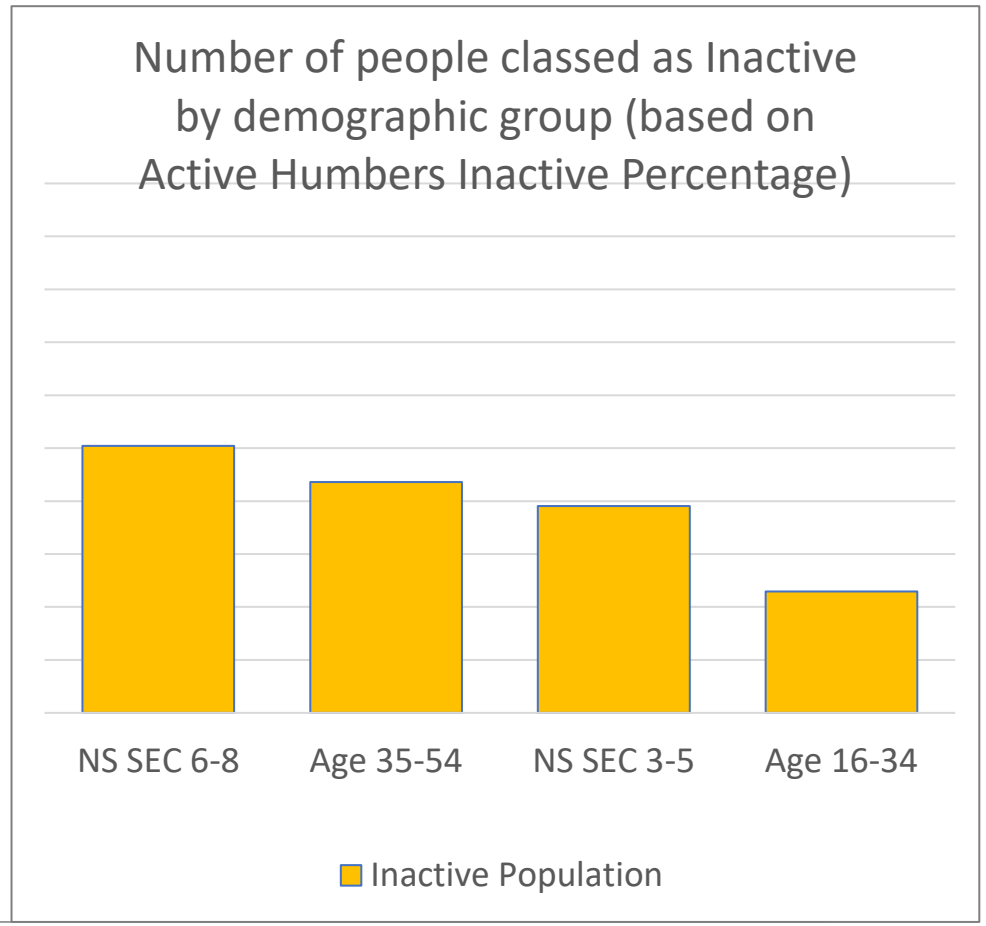
PRESSRED

Inactive Population

Number of people classed as Inactive by demographic:

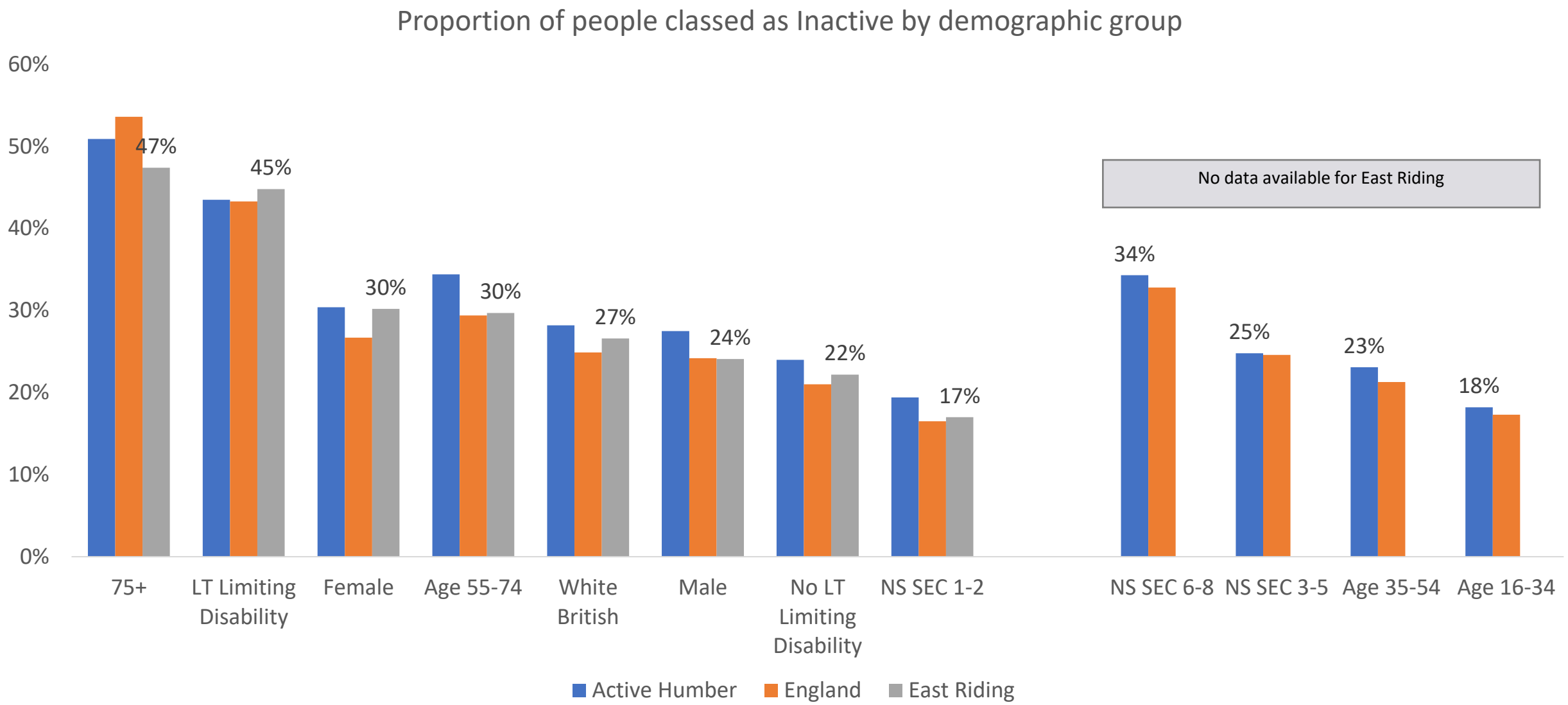
Where data is unavailable for East Riding, the inactive percentage for Active Humber has been used.
These are in the yellow chart below.





Source: Sport England, Active Lives, Nov 15 to Nov 16 – excluding gardening

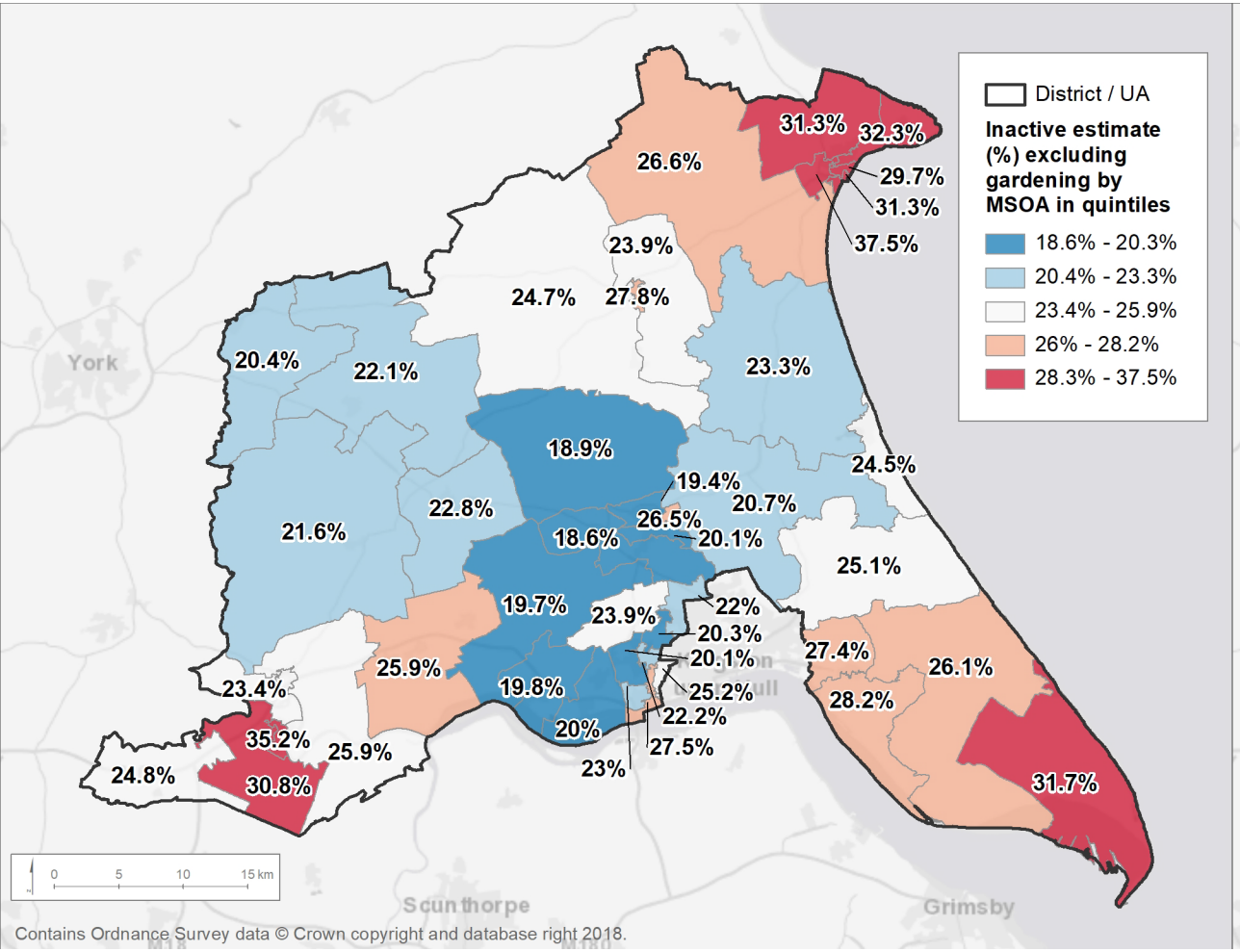
Inactive Population



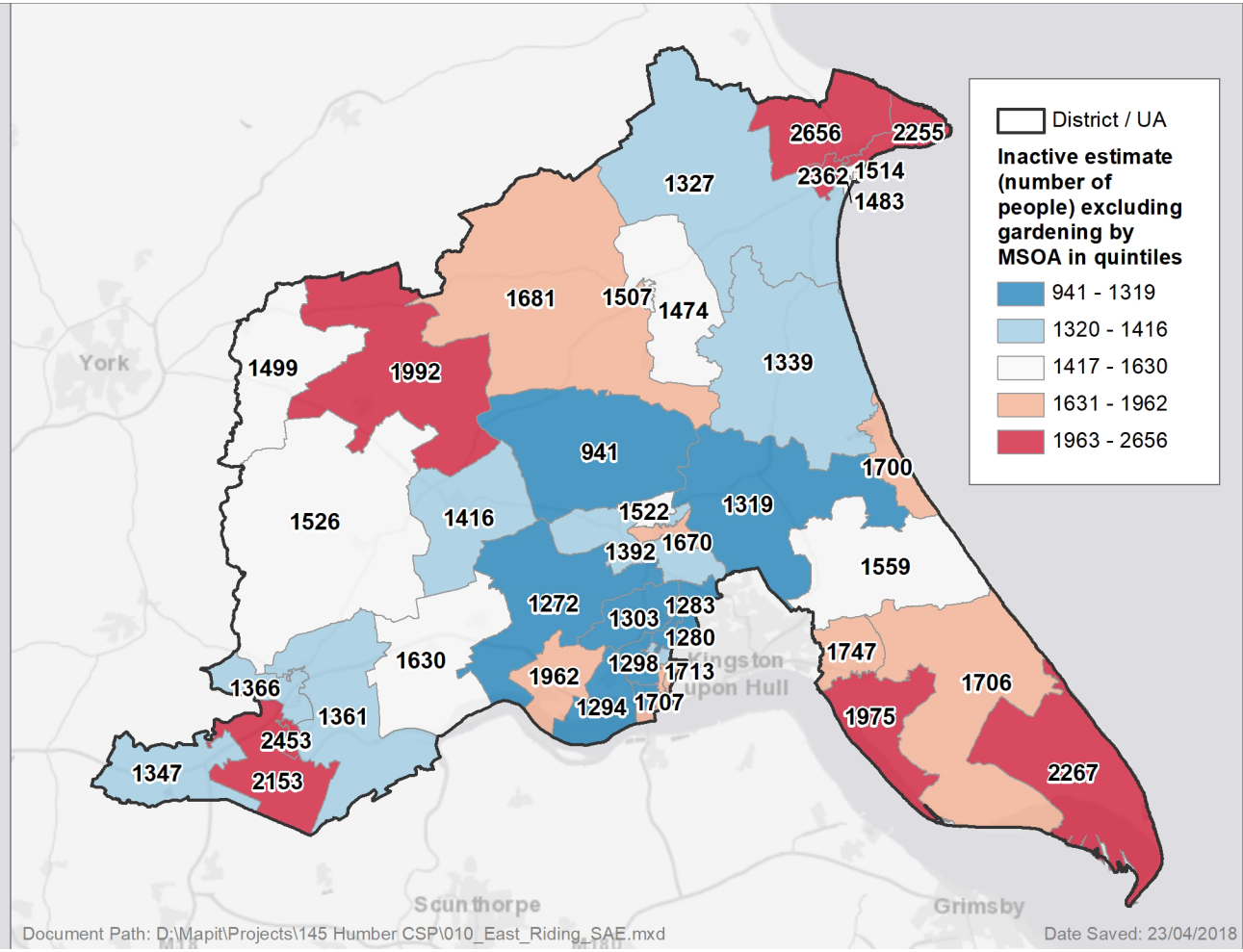
Source: Sport England, Active Lives, Nov 15 to Nov 16 – excluding gardening

Sport England Small Area Estimates - INACTIVE

By % of population



By number of people



Source: Sport England, Active Lives, Small Area Estimates

EAST RIDING OF YORKSHIRE COUNCIL
ACTIVE HUMBER
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Groups in greatest need?

Inactive

- Active generally compares well across most demographics but inactive is where there are inconsistencies and issues

Females

- Inactive compares poorly to England and nearest neighbours
- Much larger inequality gap than both England and Active Humber

Disabled

- Large inequality gap
- Larger proportion of population compared to England

NB NS SeC 6-8 – lack of data

What to think about next?

- Where can we find the groups that might be in greater need? How do we reach them?
- What implications does this evidence have for local action planning, programming and offer design and investment?
- What local organisations can help reach inactive people from the groups that are in greater need in the communities that are likely to have more inactive people?
- What do we know about these groups in the communities that they live? In terms of being able to understand and change their physical activity behaviour?
- Is there local data that can help understand the users of different types of activities better? Leisure centre usage data, programme data, club data etc?
- What do we know about the asset/supply base of some of the communities with lower proportions/more inactive people?
- Do we have any local data, information or insight about children and young people's physical activity behaviour?