

An insight into adult  
physical activity  
behaviour in  
**East Riding**

November 2023

(Sport England Adult Active Lives Survey 2021-22)



# Sample size

## Active Lives Adult

### 21-22

Inactivity rates for certain demographic groups can show considerable ups and downs because of smaller sample sizes. At this level it can be more meaningful to concentrate on long-term patterns rather than specific yearly figures

	15-16	16-17	17-18	18-19	19-20	20-21	21-22
All adults (aged 16+)	495	497	494	497	489	522	508
NS SEC 1-2	232	236	229	238	226	249	243
NS SEC 3-5	109	118	133	112	108	114	108
NS SEC 6-8	64	63	54	54	56	69	44
16-34	59	83	60	65	57	57	73
35-54	137	126	149	139	122	161	137
55-74	234	222	223	229	236	235	217
75+	62	61	60	63	72	65	74
Male	227	225	224	228	221	237	217
Female	266	272	270	268	268	285	287
No limiting illness	371	373	371	379	377	406	397
Limiting illness	91	103	91	97	83	100	98
Working full or part time	221	241	240	232	206	263	253
Unemployed	6	5	7	9	9	10	5
Not working	231	213	214	223	233	219	213
Student full or part time	11	11	12	14	11	9	14
White Other	6	5	5	9	8	18	15
Asian	0	4	5	1	2	5	2
Black	0	0	0	0	0	0	0
Mixed	0	2	2	4	1	1	4
Other ethnic group	1	3	0	1	1	2	2
White British	481	465	471	468	467	486	473
Minority ethnic group	7	14	12	15	12	26	23

Data is for: East Riding



# Our population is **growing, ageing** and becoming **more diverse**

290,000



4%  
increase\*

140,000



18%  
increase

10,000



44%  
increase

Data is for: East Riding

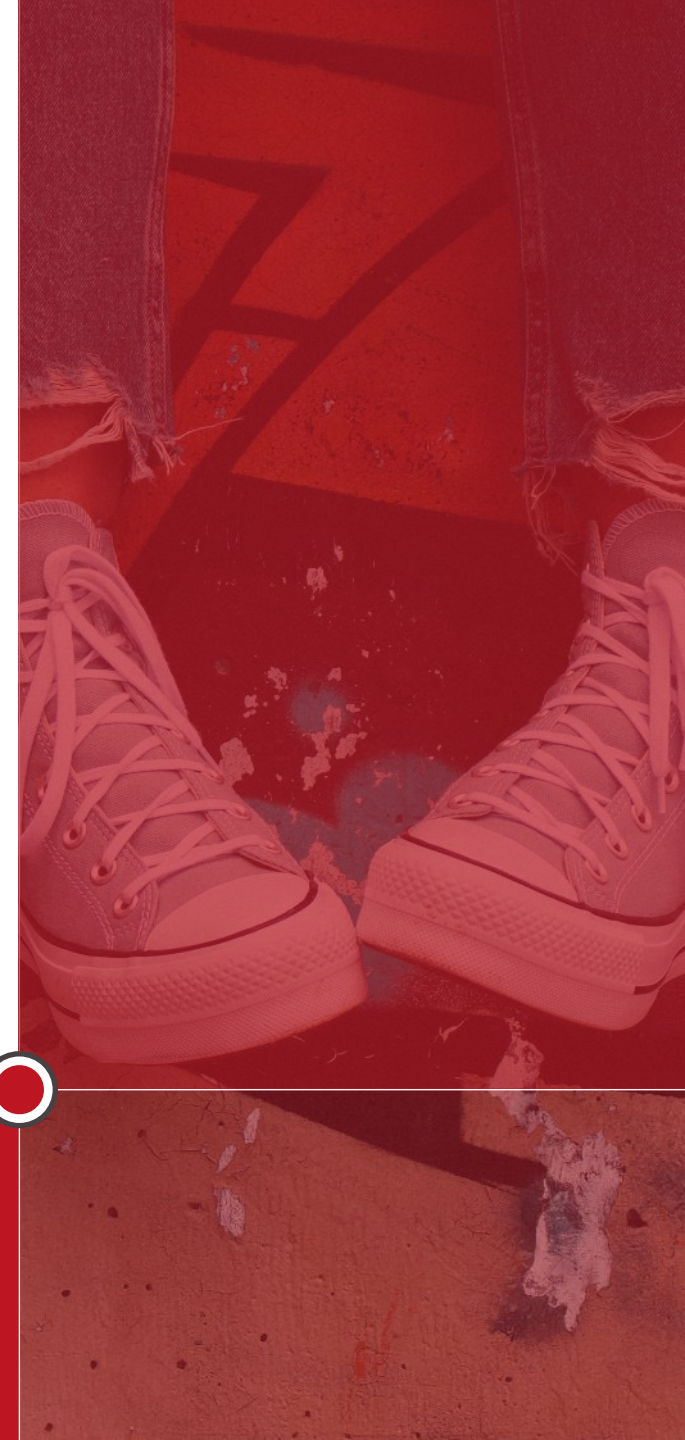


# What do we know about **inactivity** in our community?

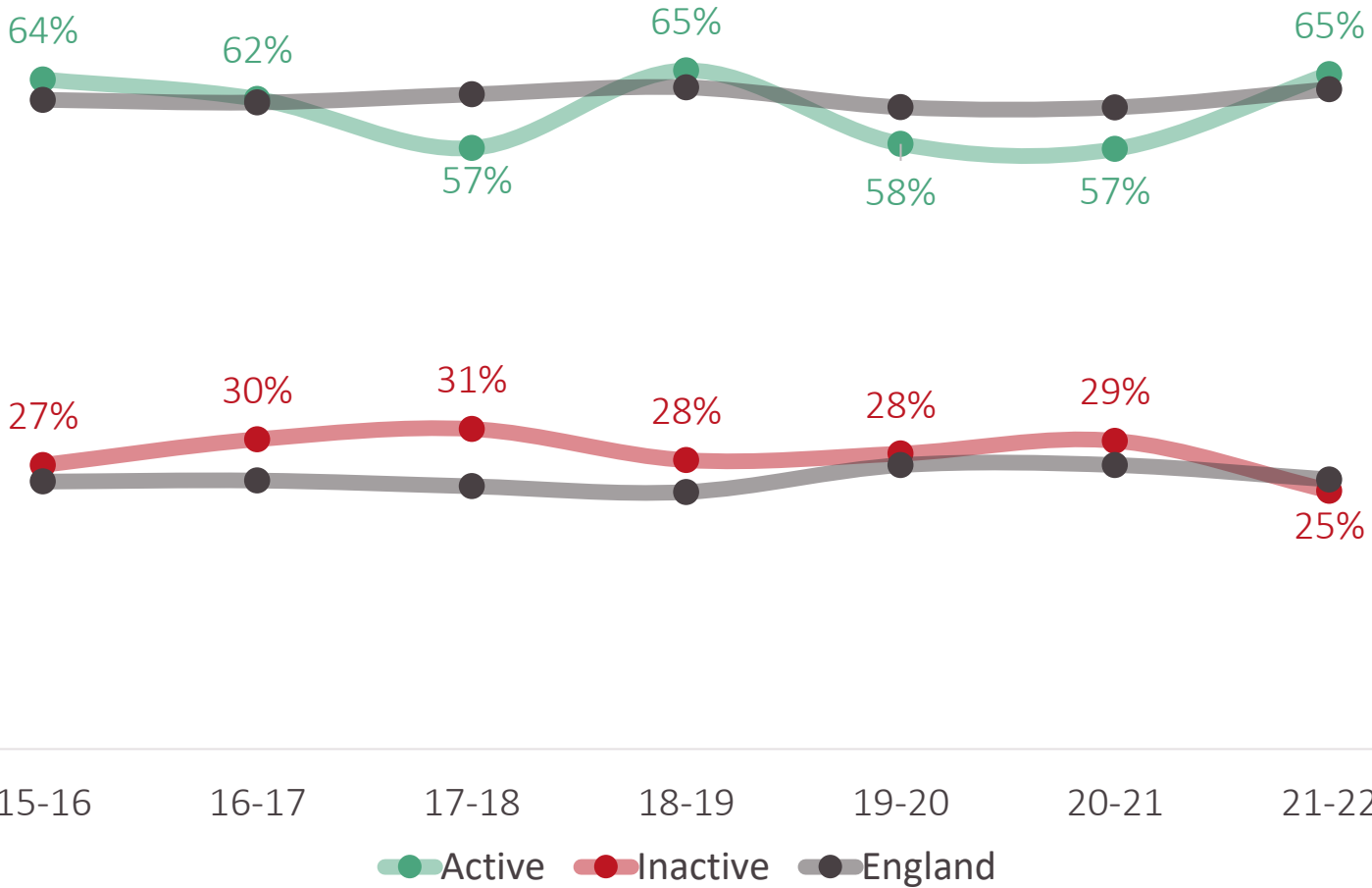
The measures we use are **inactive** and **active**:

By **inactive**, we mean those that are doing **less than 30 minutes** of physical activity a week

By **active**, we mean those that are doing **150+ minutes** of physical activity a week



While **fewer adults** in our community **face inactivity** than ever-before, **One in four adults** continue to **experience it**



Data is for: East Riding



Currently, 25% of  
adults are inactive

That's  
**71,000**  
people

Data is for: East Riding



Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Physical activity levels (excluding gardening)

**45,000**  
adults do  
**no activity at all**  
(16%)

Not all inactive adults do nothing.  
Some are active but...

Missing the  
intensity

**21,000**  
people

7%

Not active for  
long enough

**5,000**  
people

2%

Data is for: East Riding

# Some people are more likely to experience inactivity than others

## Age

Women may be experiencing less inactivity, while men's experience remains unchanged

## Social status

**People with lower income levels** tend to experience **higher levels of inactivity**. (NS SeC 6-8).

## Limiting illness

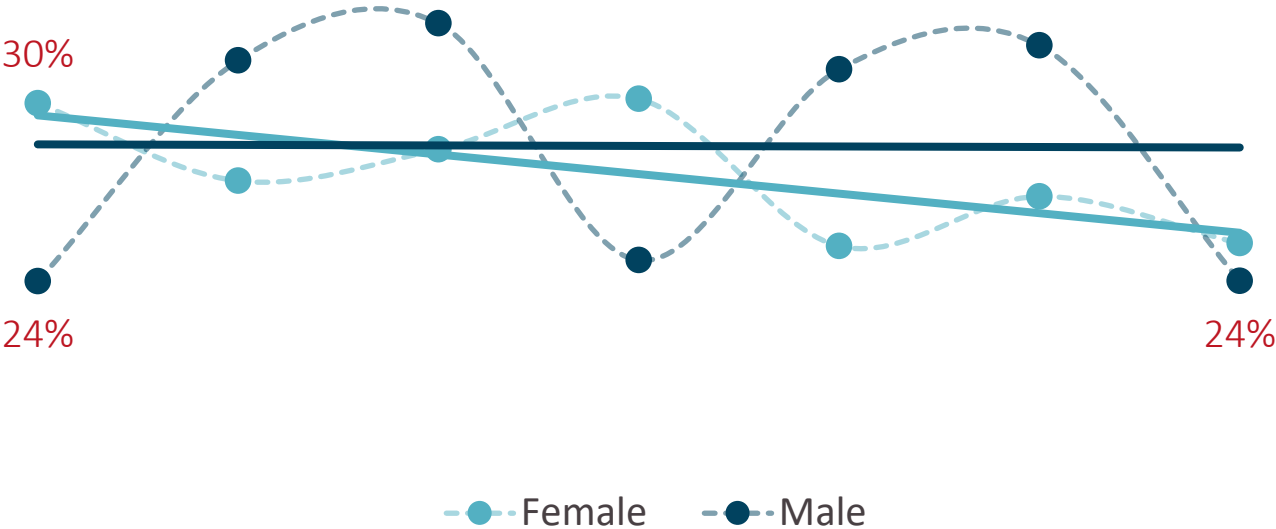
People with a limiting illness or disability are **twice as likely to experience inactivity**.

Data is for: East Riding

# Trends suggest **women are gradually experiencing less inactivity**, while **men's experience remains stagnant**



Currently **38,000** women and **34,000** men are inactive



2015-16

18-19

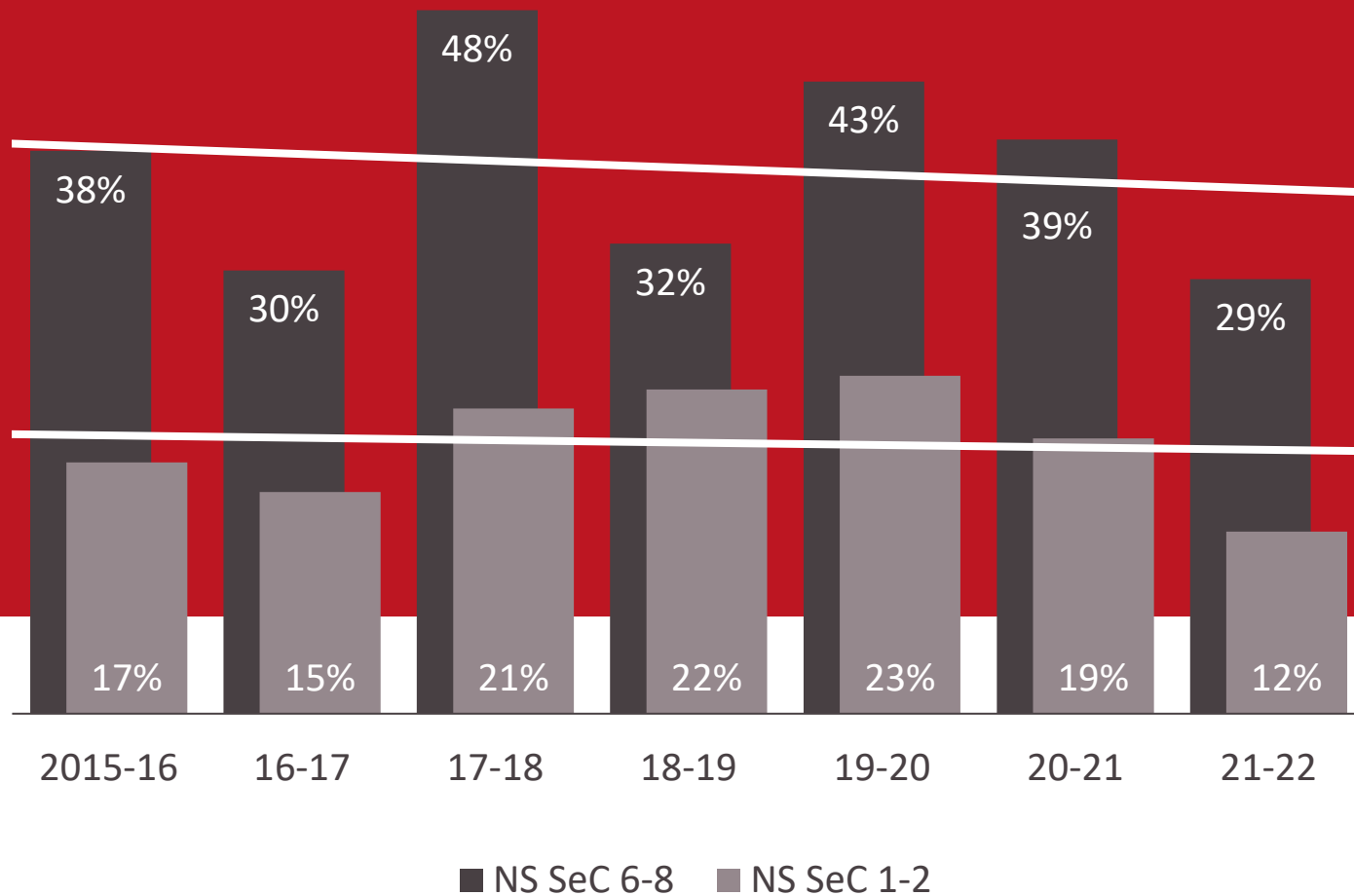
21-22

Data is for: East Riding



Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Physical activity levels (excluding gardening)

# Inactivity in the **least affluent** households **remains high** (NS SeC 6-8)



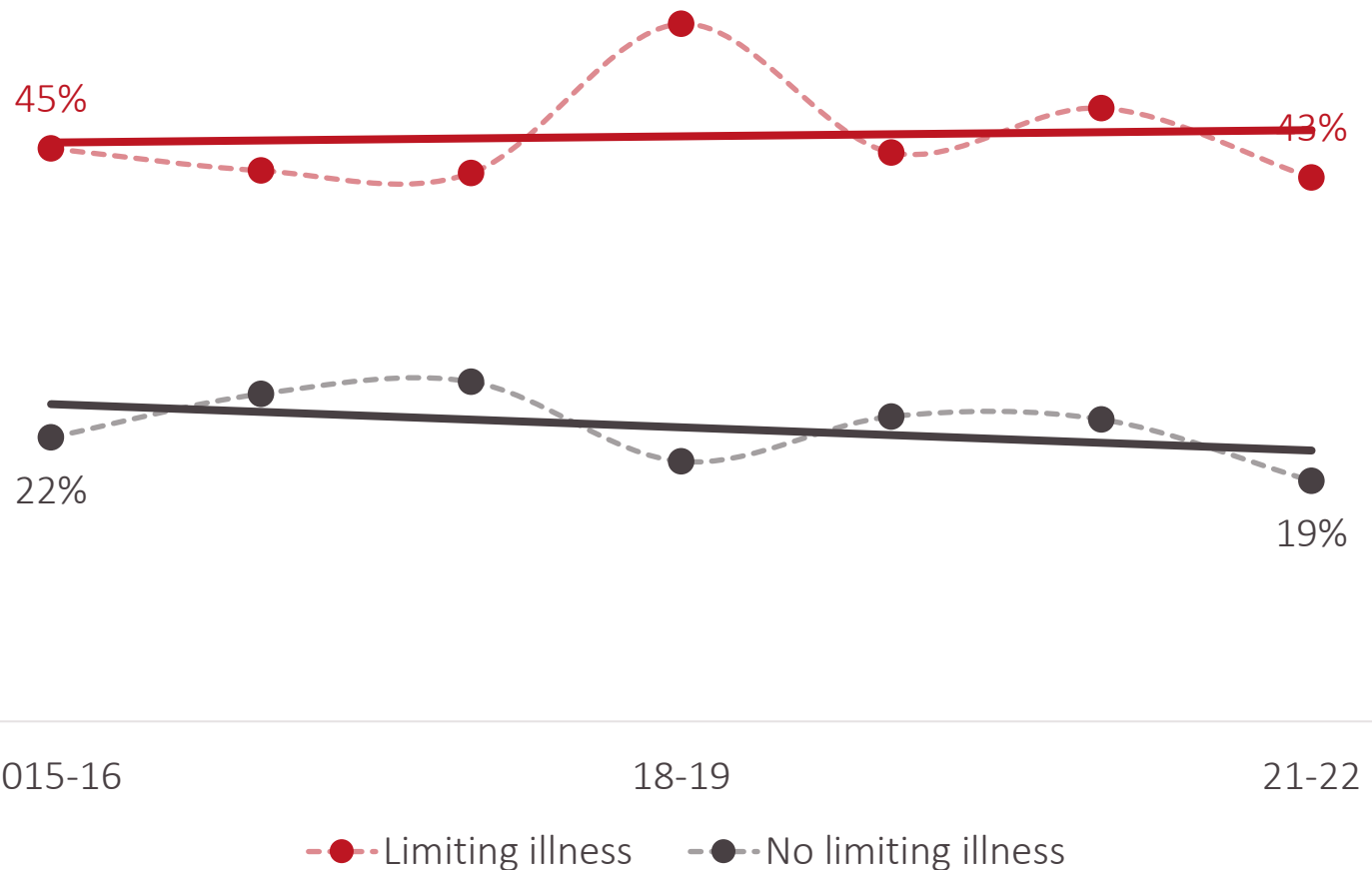
Our lowest income households still face a **stark inequality** compared to our wealthiest, despite signs of a slight narrowing of that gap

Data is for: East Riding

Adults with a limiting illness or disability are facing **inactivity** at a **rate unchanged** since 2015.

They are **twice as likely to experience inactivity compared to those without**, revealing a stark inequality.

Data is for: East Riding



How do we  
get our  
minutes?



# Over the years, adults in the East Riding have **cut back on the time they spend being active**

Average minutes per person per week



There are some **positive signs following the COVID-19 pandemic** but it's remains to be seen if this will be a lasting trend

2015-16

18-19

21-22

Total minutes includes all activities:

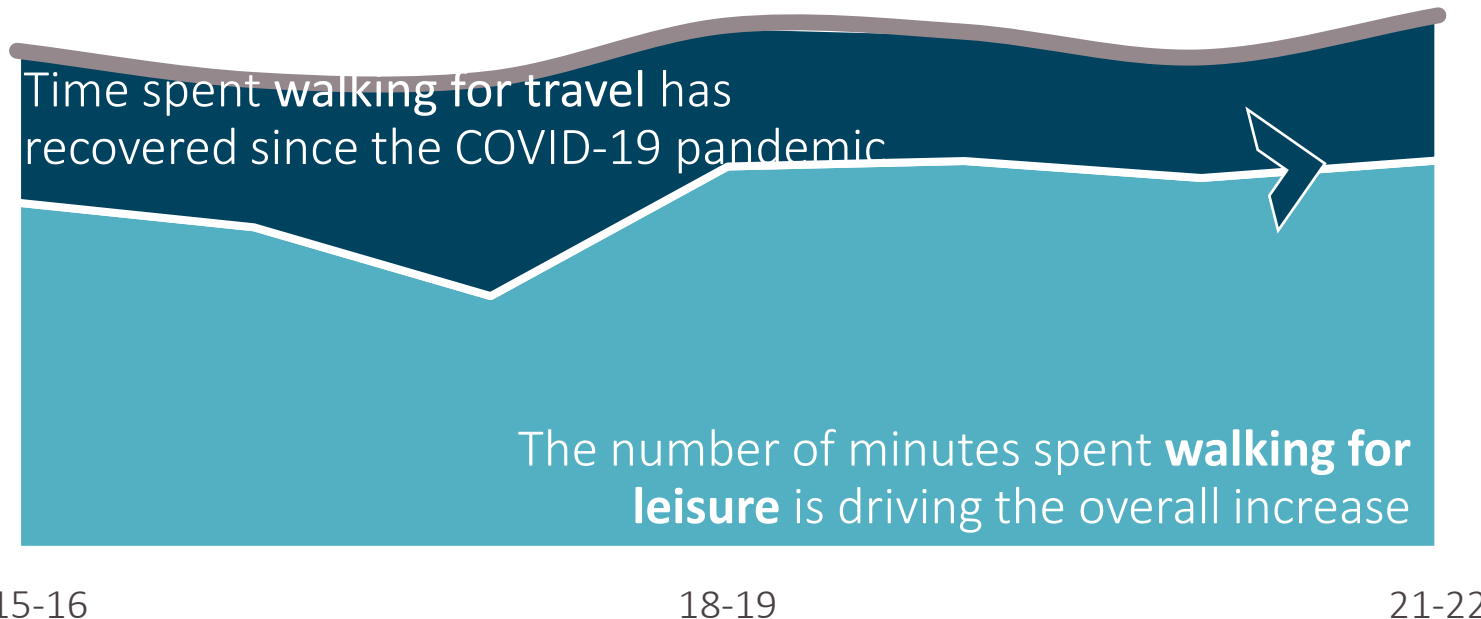
Traditional sport, fitness, dancing, gardening, cycling and walking for leisure or travel

Minutes from traditional sport are recovering from pandemic lows

Data is for: East Riding

# The amount of **time** we spend **walking is on the rise**

Average minutes per person per week



Time spent walking for travel has recovered since the COVID-19 pandemic

The number of minutes spent **walking for leisure** is driving the overall increase

Walking for leisure Walking for travel All Walking

Data is for: East Riding

Walking just 4,000 steps a day can cut the risk of dying from any cause

Each additional 1,000 steps are associated with a further 15% reduction in risk

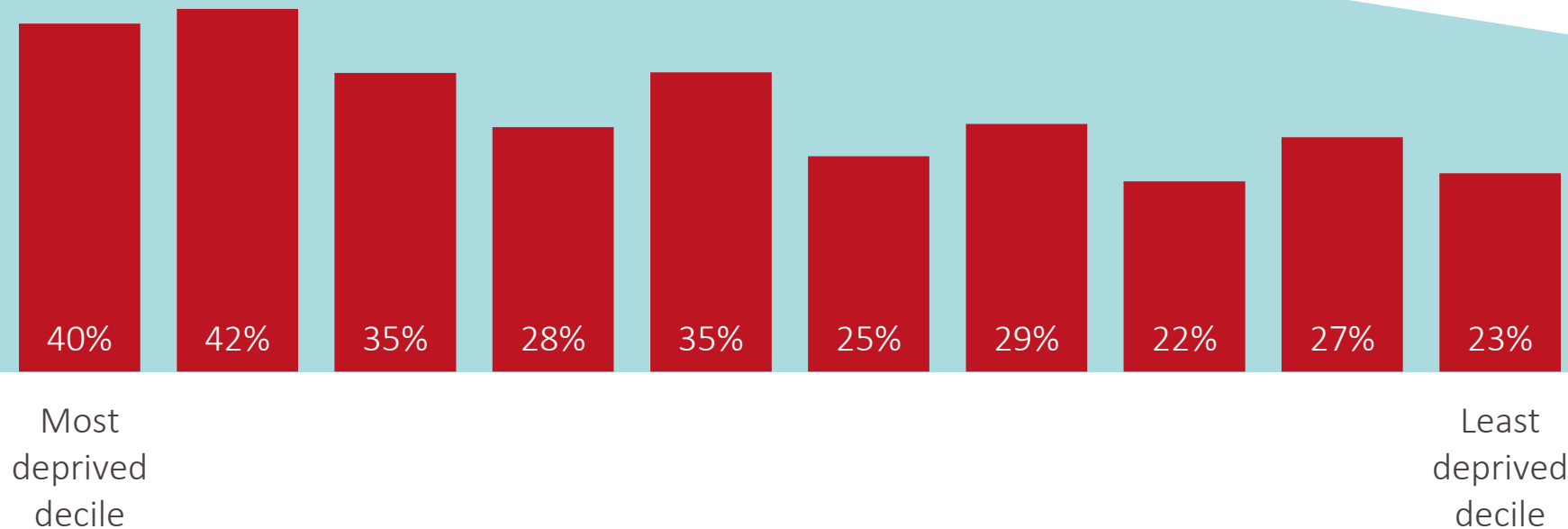
Source: European Journal of Preventive Cardiology, The association between daily step count and all-cause and cardiovascular mortality, August 2023

# Differences across our place



**4 in 10** adults living in the **poorest neighbourhoods** are **inactive** (most deprived, 40%)

Compared to around 2 in 10 adults living in the wealthiest neighbourhoods (least deprived, 23%)



Data is for: East Riding

■ All Years (15-22)

# Appendix



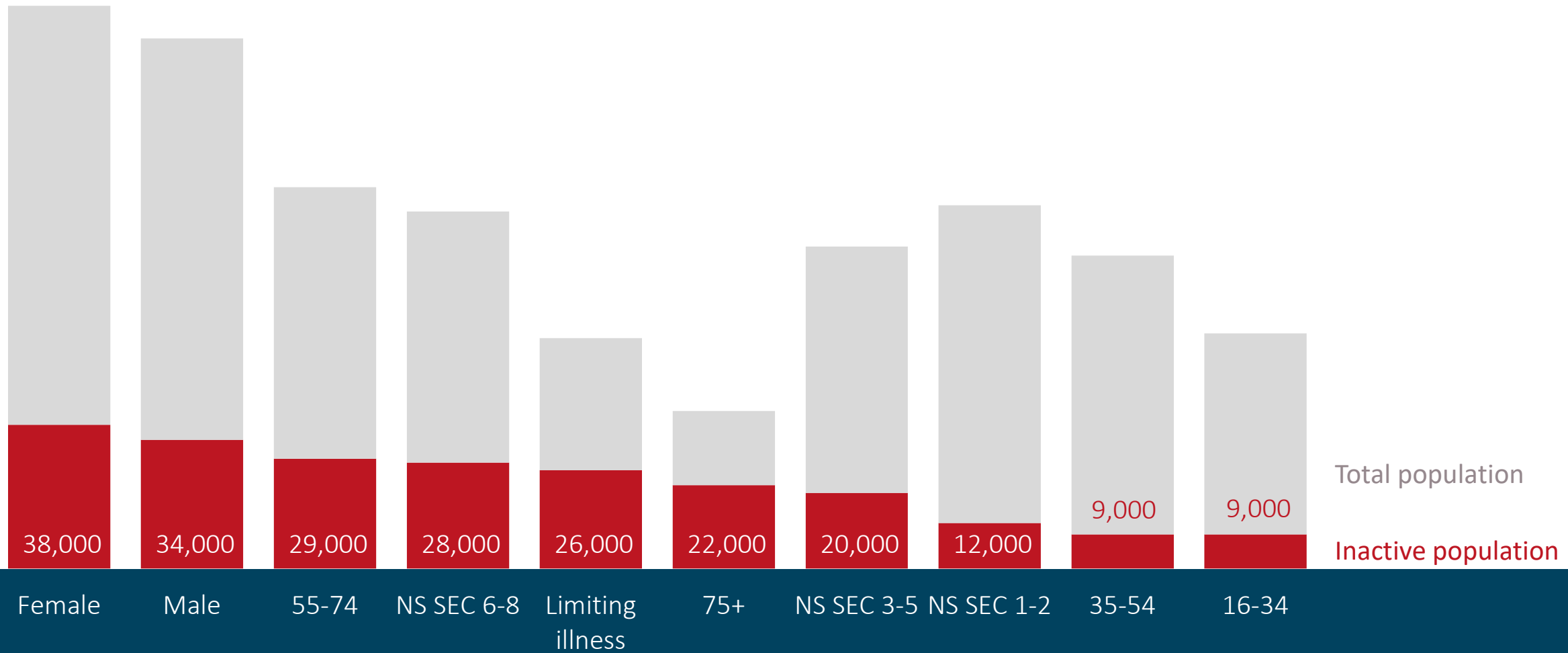
# Census 2021

Census provides an **insight into the demographic makeup** in our area compared to England

	England	The Humber	East Riding
No limiting illness	80.2%	77.7%	79.0%
Limiting illness	19.8%	22.3%	21.0%
16-34 years	24.2%	21.9%	18.2%
35-54 years	26.4%	24.8%	24.3%
55-74 years	22.4%	25.7%	29.4%
75+ years	8.6%	9.8%	12.3%
NS SeC 1-2	33.2%	26.4%	33.2%
NS SeC 3-5	27.4%	27.2%	29.6%
NS SeC 6-8	31.8%	40.5%	32.6%
Asian	9.0%	1.9%	1.0%
Black	3.9%	0.7%	0.3%
Mixed	2.0%	0.8%	0.6%
White British	75.1%	90.9%	95.0%
White Other	7.9%	4.8%	2.7%
Working full or part time	57.0%	54.1%	53.8%
Not working	34.3%	38.9%	40.9%

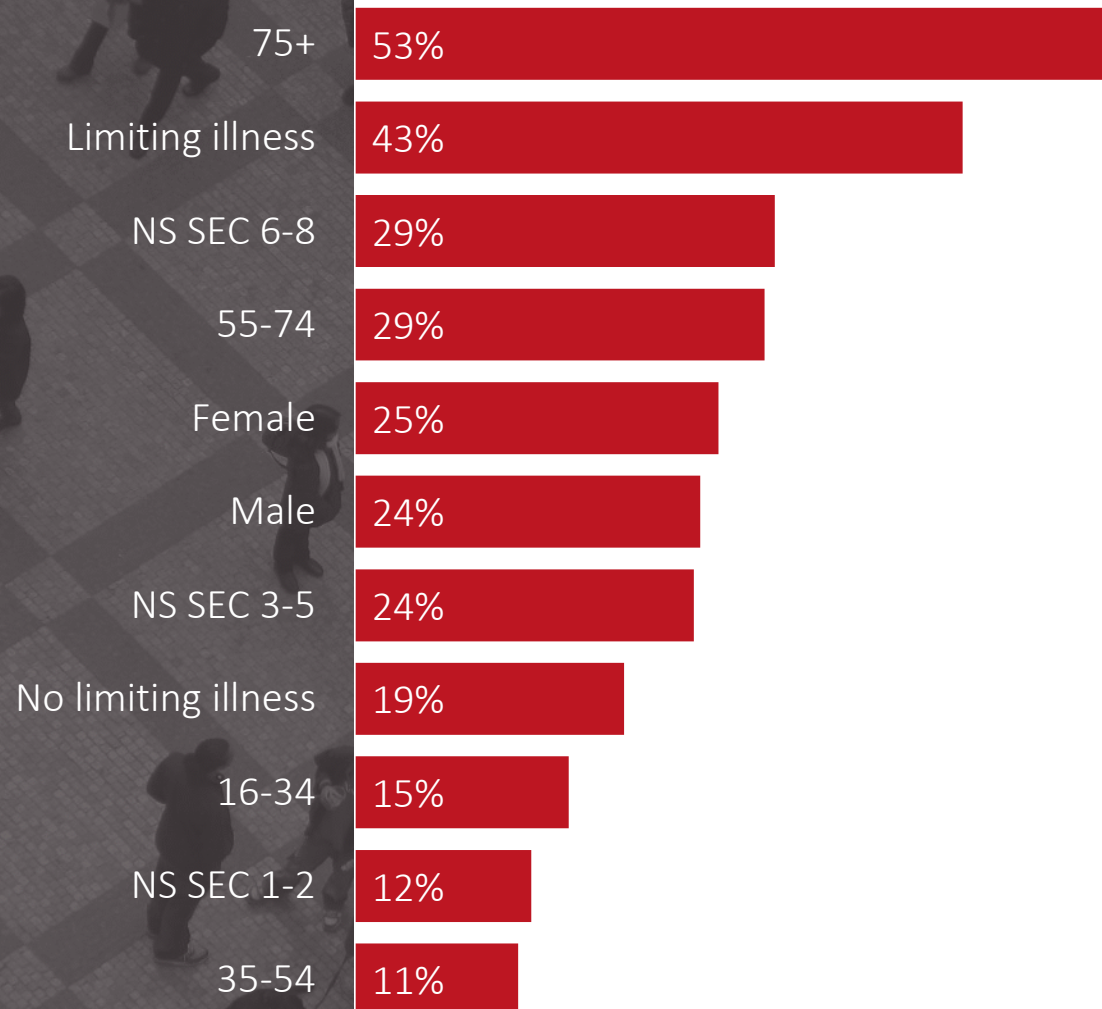


# Our **inactive population** in the context of the size of the demographic group (2021-22)



Data is for: East Riding

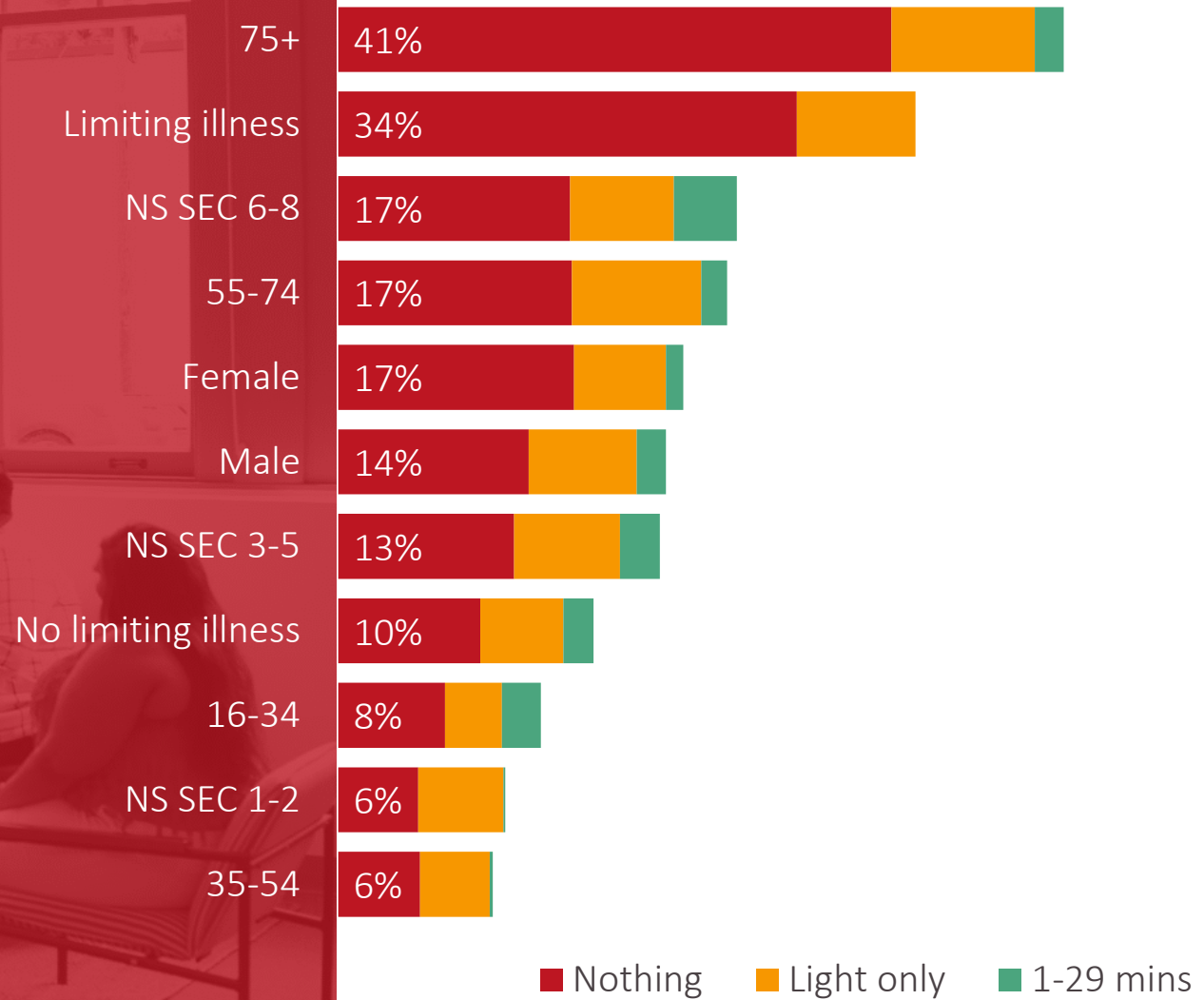
There are some **stark inequalities** in inactivity rates amongst our population



Data is for: East Riding



# Most inactive people do nothing



Data is for: East Riding

