#### **Trafford Overview (Nov 2017-18)**

22.9%

**Inactive**Do less than 30 minutes a week.

13.1%

Fairly Active
Don't reach 150 minutes
per week.

64.0%

Active
Do 150 minutes or more a week.

# **MORE PEOPLE MOVING**



Overall there are 143,000 adults moving in Trafford, an increase by 8,700 since 2015-16. This is mostly due to an increase by 7,600 adults (+3.8%) achieving 150 minutes a week. But there has also been an increase by +0.5% and 1,100 adults that are fairly active.

# 1/4 OF ADULTS INACTIVE

There are nearly a quarter of adults (22.9%) that are inactive (not achieving 30 minutes of activity a week). This is the lowest across GM and below both the GM and national averages (26.8% and 25.1%). This equates to 42,500 adults in Trafford, which has decreased by 7,800 adults (-4.3%) since 2015-16.

## 4/10 ADULTS & 6/10 CYP

There are under 4/10 (36.0%) adults (16+ years) and 6/10 (58.6%) CYP (Children and Young People, between 5-15 years) not reaching Chief Medical Officers Guidelines, to benefit their health. This is less than the GM average for adults at 39.4% and the GM average for CYP at 60.1%.



## **GM TARGETS**

**1.896M** Moving

towards the target of 2 M moving by 2021

**30TH** 

most active region out of 45.

69.6%

Active/ Fairly Active towards the target of 75% by

2025

## **PEOPLE IN A PLACE**

There are significant inequalities in **inactivity** levels across people and place. The trend at a GM and national level since 2015-16 has seen the gender, disability and age (between 16-34 year olds and 75+) inactivity gaps narrow, or improve, but the socio-economic status (SES, between SES 6-8 and SES 1-2) gap has remained the same.

In **Trafford**, the gender and disability gaps have narrowed, however there were not enough responses for the age and SES gaps.

The **gender** gap has narrowed by **-11.0%**, making it the lowest across GM at 1.3%.

FEMALE

decreased by -9.8% to

23.3%

Second Lowest across GM.

MALE

increased by +1.2% to

22%

Second lowest across GM.

Inactivity has decreased for two of the **SES** groups, but there are not enough responses in SES 6-8.

**SES 1-2** 

decreased by -1.9% to

Lowest across GM. **SES 3-5** 

decreased by -11.3% to

21.6%

Lowest across GM.

The **disability** gap has narrowed by **-1.7%**, however it is still joint second highest at 24.7% with Wigan.

Inactivity across the **age** group 55-74 years has decreased but increased in the other age groups, except where there are not enough responses for 16-34 years.

DISABILITY

increased by +2.6% to

51.4%

Highest across GM.

NO

**DISABILITY** 

decreased by -4.5% to

17.9%

Lowest across GM.

35-54<sub>VRS</sub>

increased by +2.9% to

20.3%

Third lowest across GM.

55-74<sub>VPS</sub>

decreased by -9.3% to

22%

Lowest across GM.

75+vpc

increased by +6.2% to

59.1%

Second highest across GM.