

Manchester Overview



MORE PEOPLE ACTIVE



Overall there are 30,800 more adults active since 2015-16 in Manchester, an increase of +5.4%, the highest across GM. This figure is above the GM average of 60.6% and the national average of 62.6%. This is from 10,900 less adults being fairly active, a decrease of -2.8%, and a decrease in inactivity by -2.6%.

1/4 OF ADULTS INACTIVE

Nearly a quarter of adults (23.7%) are inactive (not achieving 30 minutes of activity a week), which is below the GM average of 26.8% and the national average of 25.1%, making it the second lowest across GM. This equates to 103,300 adults in Manchester, although is a decrease by 8,200 adults since 2015-16.

3/10 ADULTS & 7/10 CYP

There are 3/10 (34%) adults (16+ years) and nearly 7/10 (67.7%) CYP (Children and Young People, between 5-15 years) not reaching Chief Medical Officers Guidelines, to benefit their health. This is lower than the GM average for adults at 39.4% and higher than the GM average for CYP at 60.1%.



GM TARGETS



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.

Whereas in **Manchester**, only the disability and age gaps have narrowed, whilst the gender and SES gaps have increased.

The **gender** gap has increased by **+5.6%**. The **SES** gap has increased by **+4.9%**.



The **disability** gap has narrowed by **-4.4%**, the lowest gap across GM at 15%.

The **age** gap has narrowed by **-11.9%**.

