#### **Active Lives Results**

# **Headline Adult Active Lives Statistics**

# **Stockport Overview**

22.9%

10.3%

66.9%

**Inactive**Less than 30 minutes a week.

Fairly Active 30-149 minutes a week.

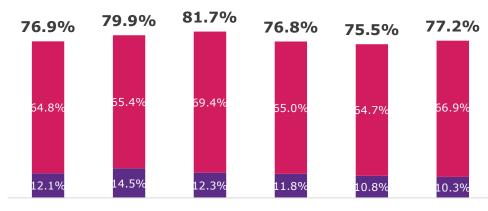
**Active** 150+ Minutes per week.

- 77.2% of adults in Stockport are moving, at least 30 minutes a week, equivalent to 181,300 adults.
- This is an improvement since baseline (November 2015-16) of 0.3% and 2,200 adults.
- Similarly an improvement in the last year:
  - in the last 12 months (since May 2017-18) of 0.4% or 900 more adults moving
  - in the last 6 months (since November 2017-18) of 1.7%.
- Stockport have maintained and increased the difference since baseline (November 2015-16) above the Greater Manchester (GM) average of 73.3%.

#### **Stockport % Adults Moving (Fairly Active and Active)**

### **Stockport % Adults Moving (Fairly Active and Active)**

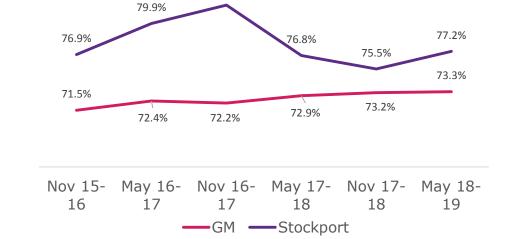
81.7%





Active

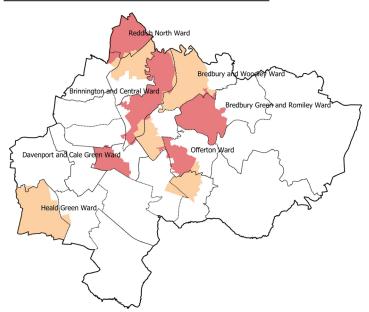
■ Fairly Active



#### **Active Lives Results**

# Headline Adult Active Lives Statistics Stockport Overview

#### **Mapping of Inactivity Levels**



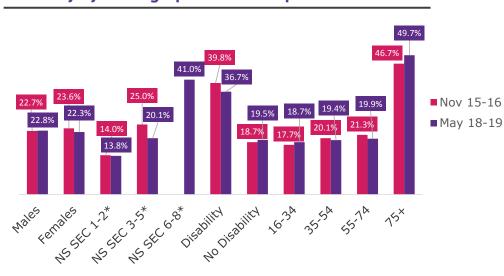
Inactivity levels range at middle super output area (MSOA) level from 13.8% in Stockport 017 (east of Marple North ward) to 34.5% in Stockport 004 (Brinnington & Central ward).

Inactivity has decreased since 2015-16 for all demographics in Stockport below, apart from no disability, 16-34 years and 75+ years.

It is highest for those aged 75+ and those with a disability.

However, in relation to GM averages, Stockport is much lower for all demographics, except NS SEC 6-8.

## **Inactivity by Demographics in Stockport over time**



#### Inactivity by Demographics in Stockport compared to GM

