Headline Adult Active Lives Statistics

Active Lives Results

73.7%

73.3%

73.2%

72.0%

Tameside Overview

26.3%

InactiveLess than 30 minutes a week.

12.5%

Fairly Active 30-149 minutes a week.

61.2%

Active 150+ Minutes per week.

72.4%

70.2%

71.5%

69.6%

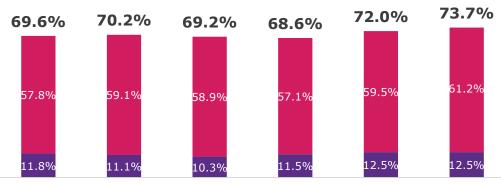
- 73.7% of adults in Tameside are moving, at least 30 minutes a week, equivalent to 132,600 adults.
- This is an improvement since baseline (November 2015-16) of 4.1% and 9,000 adults.
- Similarly an improvement in the last year:
 - in the last 12 months (since May 2017-18) of 5.1% or 9,500 more adults moving
 - in the last 6 months (since November 2017-18) of 1.7%.
- Tameside have closed the difference since baseline (November 2015-16) and are now above the Greater Manchester (GM) average of 73.3%.

Tameside % Adults Moving (Fairly Active and Active)

Tameside % Adults Moving (Fairly Active and Active)

72.2%

69.2%



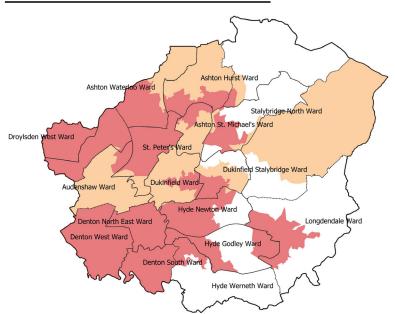




72.9%

Tameside Overview

Mapping of Inactivity Levels



Inactivity levels range at middle super output area (MSOA) level from 19.6% in Tameside 001 (west of Mossley ward) to 33.0% in Tameside 027 (west of Longdendale and east of Hyde Godley wards).

Inactivity has decreased or stayed the same since 2015-16 for all demographics in Tameside below, apart from NS SEC 3-5 and 75+ years.

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

However, in relation to GM averages, Tameside is lower for males, NS SEC 6-8 disability and 35-54 years, particularly NS SEC 6-8 by 9.6%.

Inactivity by Demographics in Tameside compared to GM

