

Trafford Overview (Nov 2017-18)



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



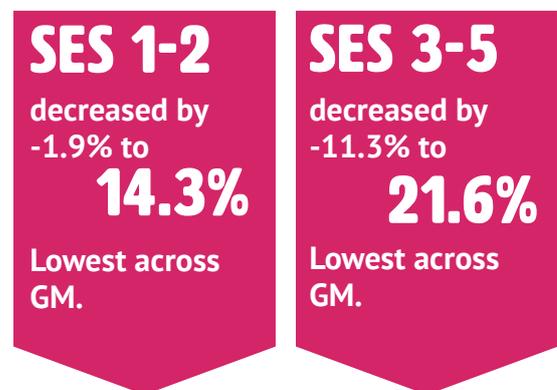
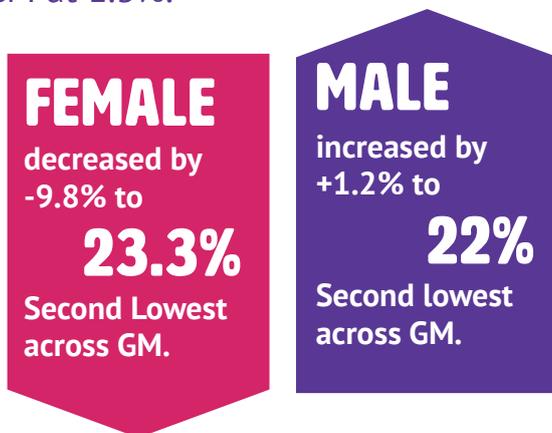
PEOPLE IN A PLACE

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%.

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



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.

