

## Wigan Overview (Nov 2017-18)



## MORE PEOPLE MOVING



Overall there are 189,500 adults moving in Wigan, an increase by 13,000 adults since 2015-16. Mostly due to an increase of 12,800 adults (+4.8%) who are fairly active, whereas those achieving 150 minutes a week has decreased by -0.3%.

## 3/10 OF ADULTS INACTIVE

There are nearly three tenths of adults (28.2%) that are inactive (not achieving 30 minutes of activity a week), which is above both the GM average of 26.8% and the national average of 25.1%. This equates to 74,300 adults in Wigan, which is a decrease by 11,100 adults (-4.4%) since 2015-16.

## 4/10 ADULTS & 6/10 CYP

There are over 4/10 (43.2%) adults (16+ years) and 6/10 (60.5%) CYP (Children and Young People, between 5-15 years) not reaching Chief Medical Officers Guidelines, to benefit their health. This is higher 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.

Whereas in **Wigan**, the gender gap has narrowed, but the SES and disability gaps have increased, whilst there were not enough responses for the age gap.

The **gender** gap has narrowed by **-14%** to -5.1%, reversing the trend in that more males than females are now inactive.

The **SES** gap has increased by **+11.4%**, making it the highest across GM at 28.3%.



The **disability** gap has increased by **+1.2%**, making it joint second highest at 24.7% with Trafford.

Inactivity across **age** groups has decreased in the older age groups.

