#### **Stockport Overview (Nov 2017-18)**

24.6%

**Inactive**Do less than 30 minutes a week.

**10.8%** 

Fairly Active
Don't reach 150 minutes
per week.

64.7%

Active
Do 150 minutes or more a week.

# **LESS PEOPLE MOVING**



Overall there are 177,000 adults moving in Stockport, a decrease of 2,100 adults since 2015-16. Whilst those achieving 150 minutes a week has decreased by only -0.1% and 800 adults, those who are fairly active has decreased by -1.3% and 2,900 adults.

# 1/4 OF ADULTS INACTIVE

There are just under a quarter of adults (24.6%) that are inactive (not achieving 30 minutes of activity a week). This is the second lowest across GM, and is below both the GM average and national averages of 26.8% and 25.1%. This equates to 57,700 adults in Stockport and an increase of 3,800 adults (+1.5%) since 2015-16.

### 4/10 ADULTS & 5/10 CYP

There are under 4/10 (35.4%) adults (16+ years) and over 5/10 (54.4%) 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**

1.896M Moving

towards the target of 2 M moving by 2021

**30TH** 

most active region out of 45.

69.6%

Active/ Fairly Active towards the target of 75% by

2025

#### **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 **Stockport**, the gender and disability gaps have increased, whilst there were not enough responses to report the SES and age gaps.

The **gender** gap has reversed by **-4.3%**, in that more males are inactive than females.

Inactivity across **SES** groups has improved for SES 3-5, but there are not enough responses in SES 6-8.

FEMALE
decreased by
-0.7% to
22.7%

Lowest across
GM.

MALE
increased by
+3.4% to
26.1%

Sixth highest across GM.

SES 1-2 increased by +5.7% to 19.7%

SES 3-5
decreased by
-3.2% to
21.8%
Second lowest across GM.

The **disability** gap has increased by **+5.4%** to 26.5%, the highest across GM.

Inactivity across **age** groups has increased in all groups. There were not enough responses in 16-34 years.

increased by +5.9% to 45.7% Fourth highest across GM.

NO
DISABILITY
decreased by
-0.5% to
19.2%
Second lowest
across GM.

35-54 YRS increased by +3.4% to 23.5% Fourth lowest across GM.

increased by +3.8% to 25.1% Second lowest across GM.

increased by +4.4% to 51.1% Lowest across GM.