

## Rochdale Overview (Nov 2017-18)



## MORE PEOPLE ACTIVE



Overall there are 117,800 adults moving in Rochdale, an increase by 7,000 since 2015-16. The majority of these, 96,400 adults, are achieving 150 minutes a week, an increase by +2.3% and 5,300 adults. There has also been an increase by +0.9% and 1,700 adults that are fairly active.

## 1/3 OF ADULTS INACTIVE

There are nearly a third of adults (31.3%) 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 53,800 adults in Rochdale, but a decrease by -3.2% and 4,500 adults since 2015-16.

## 4/10 ADULTS & 6/10 CYP

There are over 4/10 (43.8%) adults (16+ years) and 6/10 (61.5%) 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

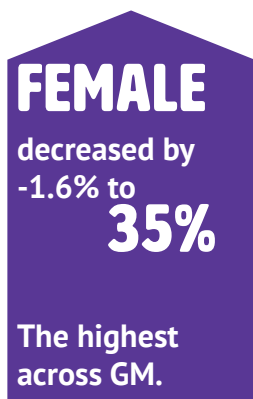


# PEOPLE & PLACE

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 **Rochdale**, the disability and age gaps have narrowed, as has the SES gap slightly, but the gender gap has increased.

The **gender** gap has increased by **+3.4%**, the highest across GM at 7.7% and three times the GM average at 2.4%. The **SES** gap has narrowed slightly by **-0.6%**.



The **disability** gap has narrowed by **-4%**. The **age** gap has narrowed by **-8.7%**, second lowest across GM.

