Headline Adult Active Lives Statistics Bolton Overview

Active Lives Results

26.7%

InactiveLess than 30 minutes a week.

14.1%

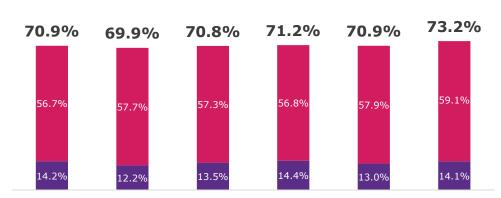
Fairly Active 30-149 minutes a week.

59.1%

Active 150+ Minutes per week.

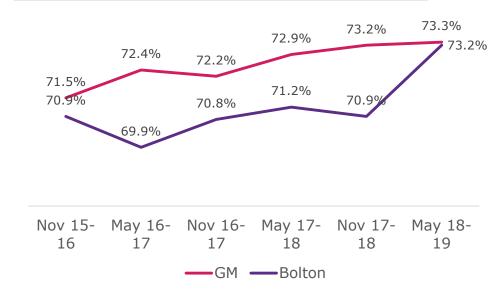
- 73.2% of adults in Bolton are moving, at least 30 minutes a week, equivalent to 164,400 adults.
- This is an improvement since baseline (November 2015-16) of 2.4% and 6,400 adults.
- Similarly an improvement in the last year:
 - in the last 12 months (since May 2017-18) of 2.0% or 4,700 more adults moving
 - in the last 6 months (since November 2017-18) of 2.3%.
- Bolton have closed the difference since baseline (November 2015-16) and are now similar to the Greater Manchester (GM) average of 73.3%.

Bolton % Adults Moving (Fairly Active and Active)



Nov 15-16 May 16-17 Nov 16-17 May 17-18 Nov 17-18 May 18-19

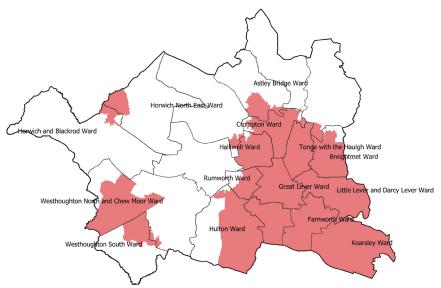
Bolton % Adults Moving (Fairly Active and Active)



Active Lives Results

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Mapping of Inactivity Levels



Inactivity by Demographics in Bolton over time

Inactivity levels range at middle super output area (MSOA) level from 16.4% in Bolton 001 (north of Astley Bridge and Crompton wards) to 38.8% in Bolton 025 (north-west of Harper Green and south-west of Great Lever wards).

Inactivity has decreased since 2015-16 for all demographics in Bolton below, apart from disability and 16-34 years.

It is highest for those aged 75+, those with a disability and those from lower socio-economic backgrounds (NS SEC 6-8).

However, in relation to GM averages, Bolton is much lower for NS SEC 3-5, NS SEC 6-8 and 75+ years, whereas others are similar or higher.

Inactivity by Demographics in Bolton compared to GM

