

Headline Adult Active Lives Statistics

November 2018-19

Bolton Overview

Active Lives Results

27.8%

Inactive
Less than 30 minutes a week.

14.8%

Fairly Active
30-149 minutes a week.

57.4%

Active
150+ Minutes per week.

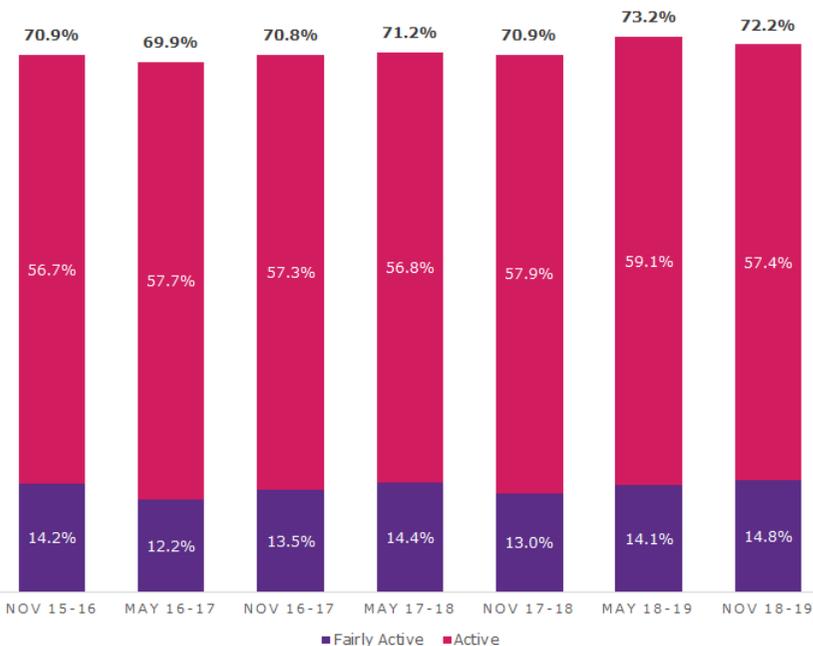
2,300

More adults moving in the last 12 months

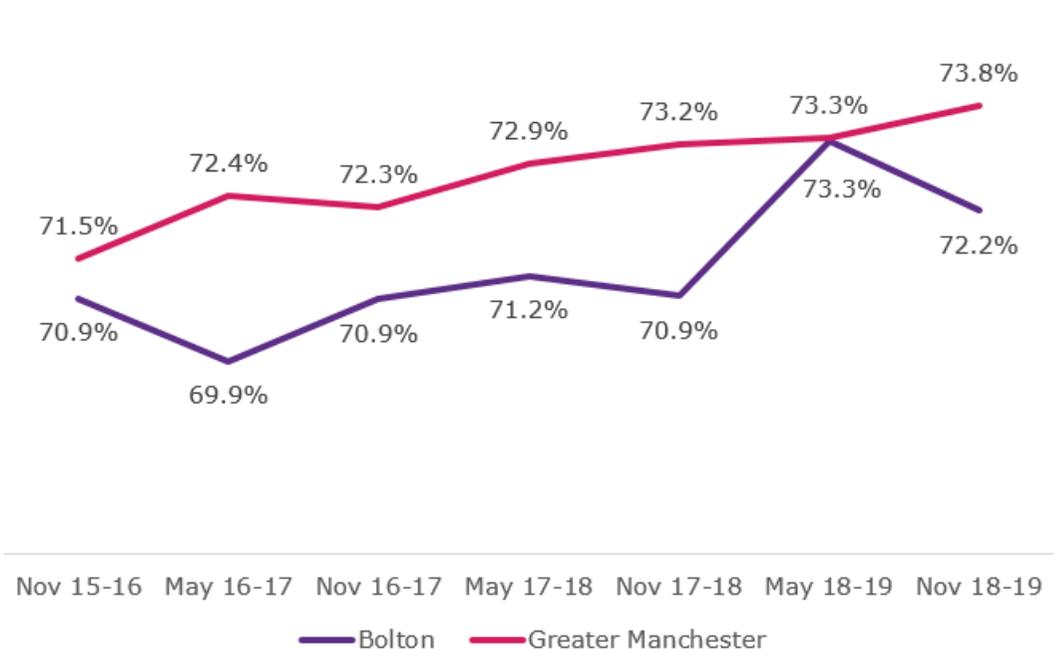
72.2% **Bolton Adults Moving**
This is equivalent to 162,100 adults moving for at least 30 minutes a week.

- This is an increase since baseline (November 2015-16) of 1.3%.
- Slower rate of growth than the Greater Manchester (GM) average, Bolton still remains below the GM average for moving.
- The last 12 months (since Nov 2017-18) has seen an increase in activity levels of 1.0%.

Bolton Adults Moving (Fairly Active and Active)



Adults Moving in Bolton and Greater Manchester



Adult Active Lives Statistics: Demographics

November 2018-19

Bolton Overview

Active Lives Results

Since the first Active Lives release, November 2015-16, Bolton has seen a decrease in inactivity across the majority of cohorts, the exceptions being males, 16-34 year olds, those with a disability, and medium income categories. The largest decreases in inactivity have been amongst over 75's, a 7.6% decrease, 55-74 year olds, a 7.0% decrease, and females, a 4.5% decrease.

4.3%

Gender gap decrease since Nov 15/16

Despite this decrease, the gender gap has flipped. In Nov 15/16, women were more likely to be inactive, however men are now more likely to be inactive than women with a gap of 1.1%. This is lower than the GM gap of 2.5%.

0.0%

Socio-economic gap change since Nov 15/16

Those from lower income levels and higher income levels have both seen a reduction in the inactive at the same rate, thus retaining an 18.4% gap. This is higher than the GM gap of 15.5%.

9.5%

Disability gap increase since Nov 15/16

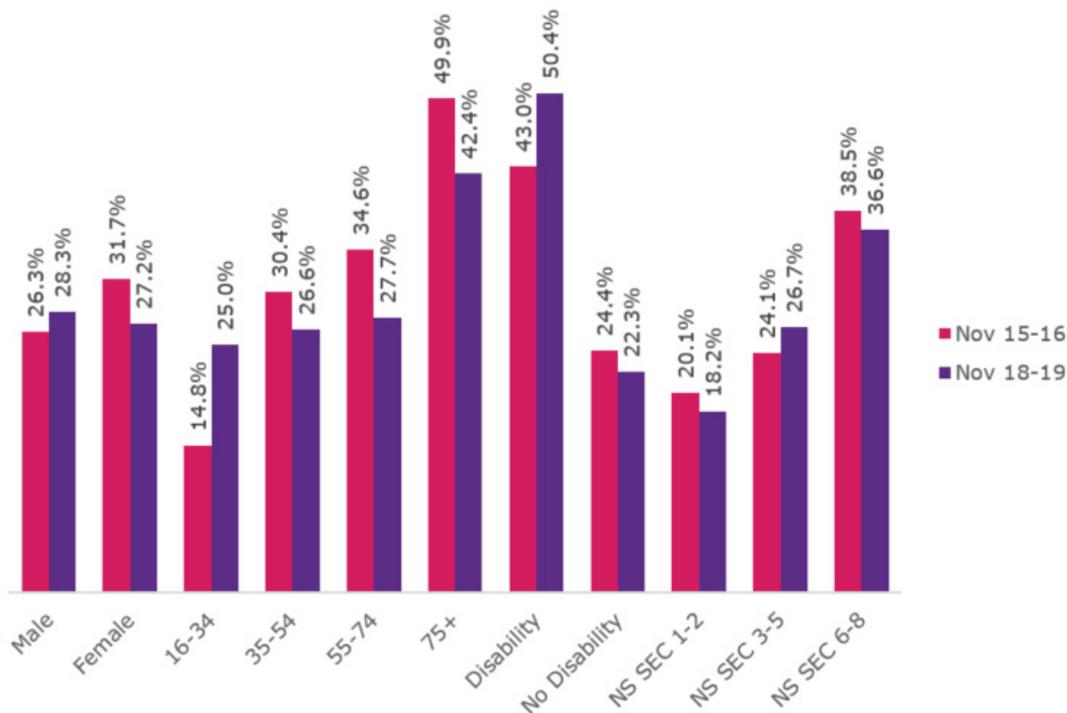
An increase in inactivity amongst those with a long term limiting disability has now led to a gap of 28.2% between them and those without a disability. This is higher than the GM gap of 21.4%.

17.8%

Age gap decrease since Nov 15/16

The gap in inactivity between those who are 75+ and those 16-34 is now 17.4%. This is lower than the GM gap of 27.1%.

Inactivity by Demographics in Bolton over time



Inactivity by Demographics in Bolton compared to GM

