

# Headline Adult Active Lives Statistics

November 2018-19

## Greater Manchester Overview

Active Lives Results

**26.2%**

**Inactive**  
Less than 30 minutes a week.

**11.8%**

**Fairly Active**  
30-149 minutes a week.

**62.0%**

**Active**  
150+ Minutes per week.

**17,400**

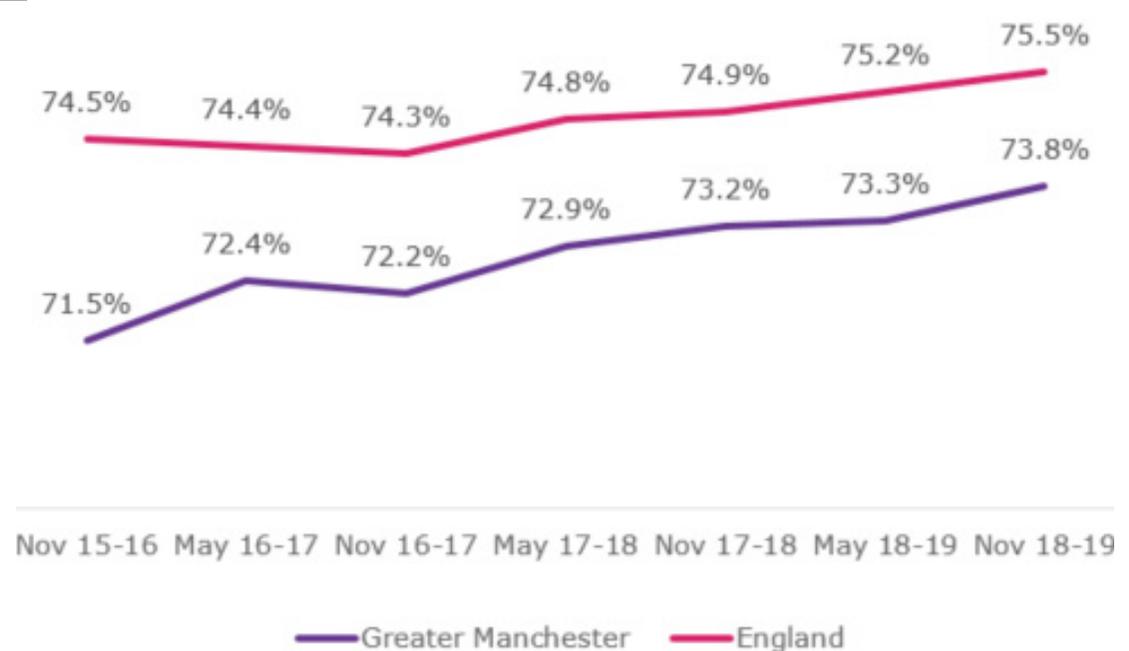
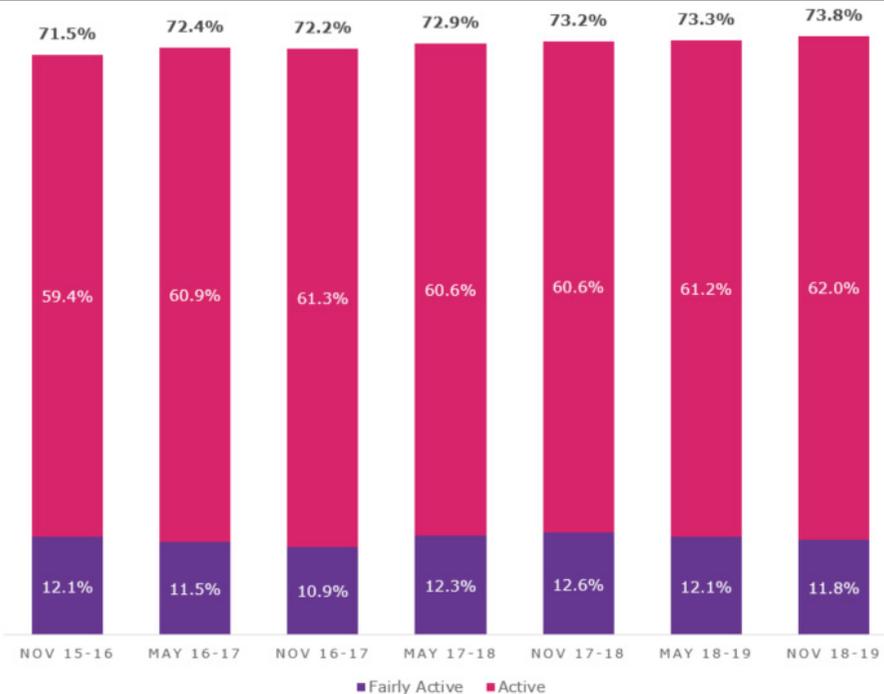
More adults moving in the last 12 months

**73.8%** **GM Adults Moving**  
This is equivalent to 1,649,900 adults moving for at least 30 minutes a week.

**2.6%** **Growth in Active Population**  
in Greater Manchester since November 2015/16. Nationally the active population has increased by 1.2%

Adults Moving in Greater Manchester (Fairly Active and Active)

Adults Moving in Greater Manchester and England



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# PROGRESS TOWARDS OUR TARGETS

When the number of children and young people moving in Greater Manchester is included, this equates to the following:

**1.94 MILLION** towards our target of 2 million moving by **2021**

**70.6%** moving, towards our target of 75% by **2025**

### Adults Moving in GM: Borough Breakdown



**9.7%** **Activity Gap**  
 Between Bury and Oldham, the boroughs with the highest and lowest levels respectively of active and fairly active residents

# Adult Active Lives Statistics: Demographics

November 2018-19

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Active Lives Results

Since the first Active Lives release, November 2015-16, Greater Manchester has seen a decrease in inactivity levels across the majority of cohorts, the exception to this being 16-34 year olds. The largest decreases in inactivity have been amongst those aged 75+ with a 6.6% decrease, those aged 55-74 a 5.5% decrease, and those from lower social categories, a 3.9% decrease.

**0.6%**

Gender gap increase since Nov 15/16

Both males and females are moving more, this has helped to reduce the inactivity gender gap to 2.5%.

**3.1%**

Socio-economic gap increase since Nov 15/16

A decrease in inactivity across all socio-economic grades has contributed to the reduction of the inactivity socio-economic gap to 15.5%.

**1.3%**

Disability gap decrease since Nov 15/16

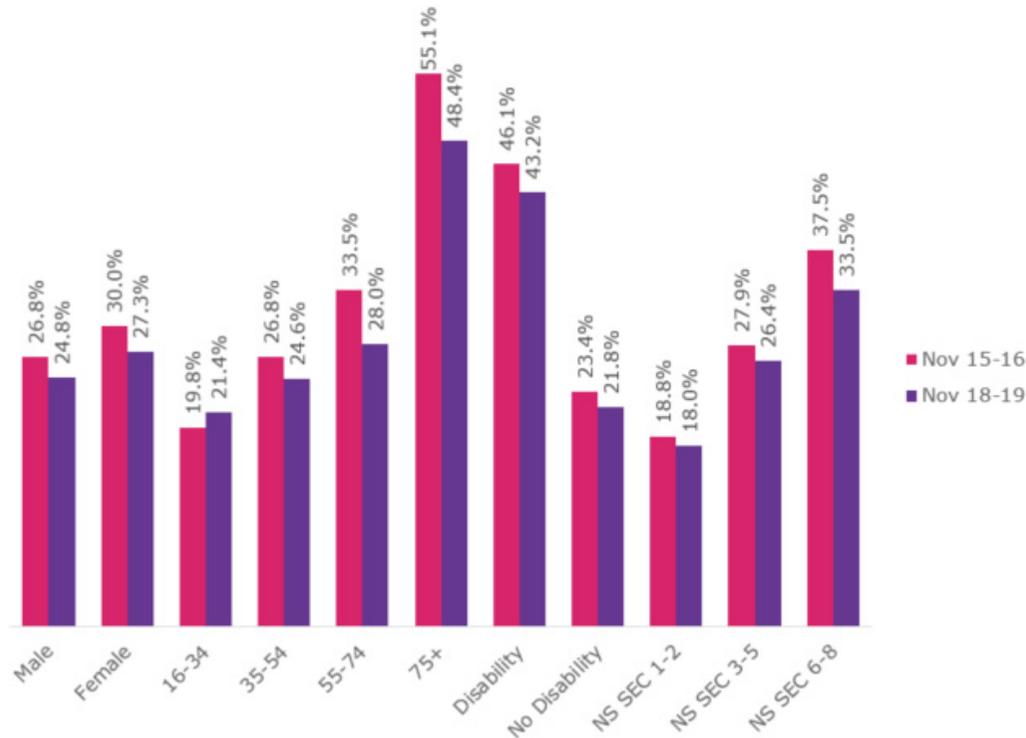
An increase in activity amongst those with a long term limiting disability and those without has helped reduce the inactivity disability gap to 21.4%.

**8.2%**

Age gap decrease since Nov 15/16

Inactivity has declined amongst those aged 75+ and increased amongst those aged 16-34 this has shrunk the inactivity age gap to 27.1%.

### Inactivity by Demographics in GM over time



### Inactivity by Demographics in GM compared to England

