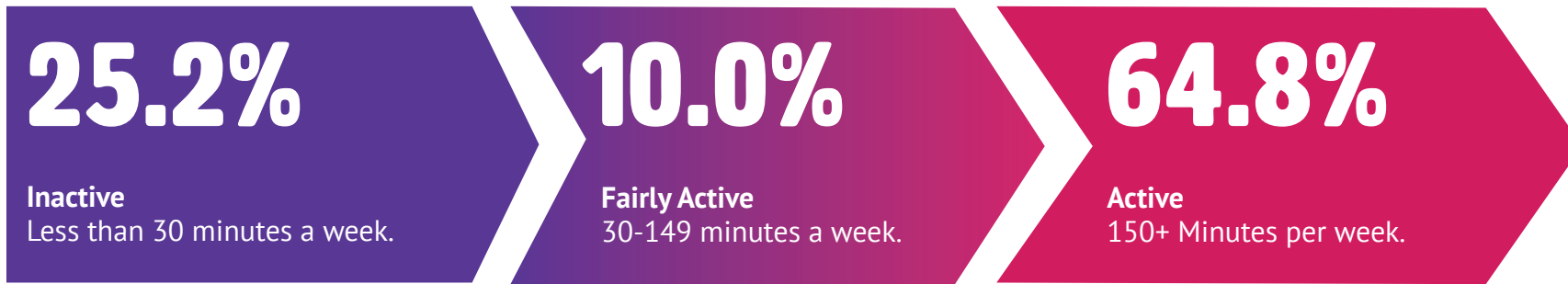


Headline Adult Active Lives Statistics

November 2018-19

Manchester Overview

Active Lives Results

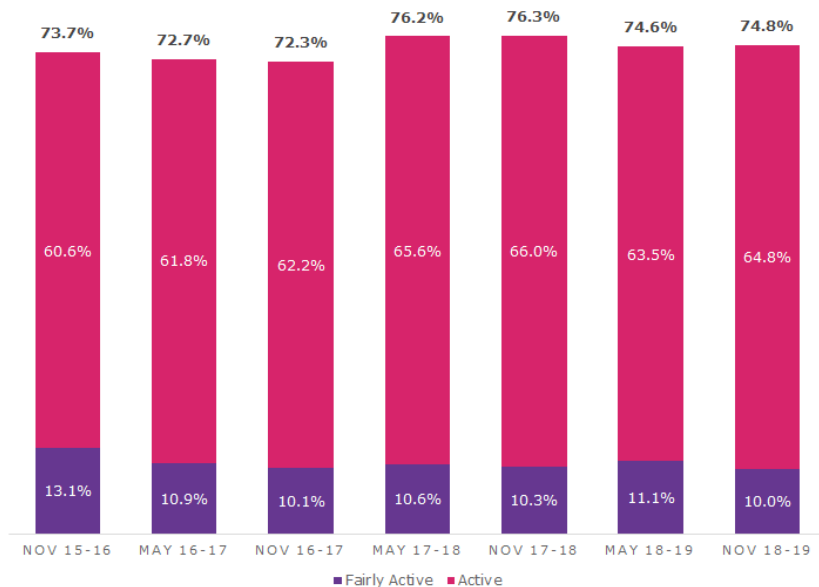


74.8%

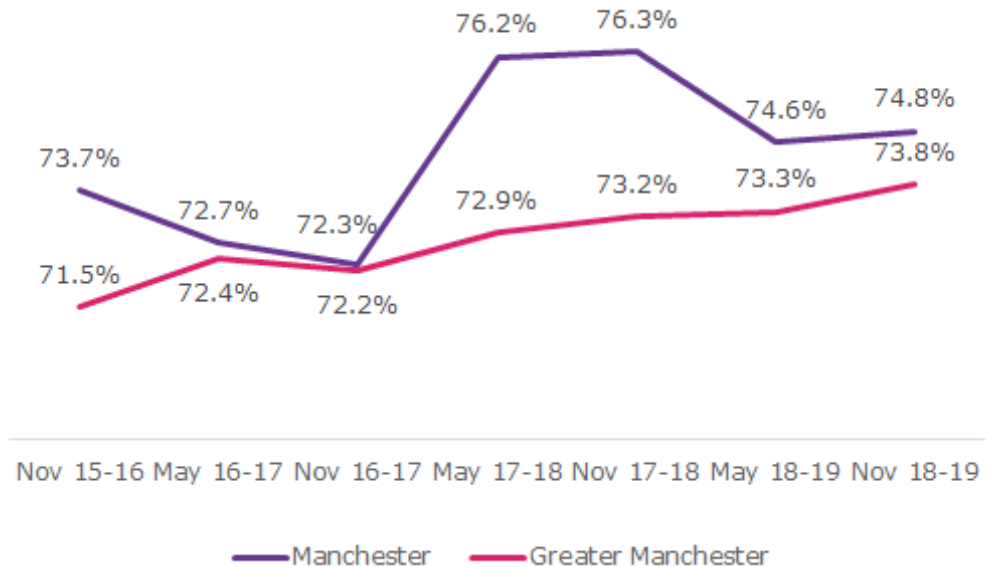
Manchester Adults are Moving
This is equivalent to 326,700 adults moving for at least 30 minutes a week.

- This is an increase since baseline (November 2015-16) of 1.2%.
- Slower rate of growth than the Greater Manchester (GM) average, Manchester still remains above the GM average for moving.
- The last 12 months (since Nov 2017-18) has seen a decrease in activity levels of 1.6%, with 6,300 fewer adults moving in Manchester.

Adults Moving in Manchester (Fairly Active and Active)



Adults Moving in Manchester and Greater Manchester



Adult Active Lives Statistics: Demographics

November 2018-19

Manchester Overview

Active Lives Results

Since the first Active Lives release, November 2015-16, Manchester has seen a decrease in inactivity levels across the majority of cohorts. The exceptions to this being 16-34 year olds, non-disabled people and those from higher and medium income categories, however these are only small increases. The largest decreases in inactivity have been amongst over 75's with a 20.2% decrease, those in the lower income category, a 5.8% decrease, and those with a disability, a 4.1% decrease.

0.4%

Gender gap increase since Nov 15/16

Both males and females are moving more, however, the inactivity gender gap has increased to 1.3%. This is lower than the GM gap of 2.5%.

7.5%

Socio-economic gap decrease since Nov 15/16

A decrease in inactivity amongst lower income categories and an increase amongst higher income categories has helped reduce the socio-economic gap to 15.0%. This is lower than the GM gap of 15.5%.

5.3%

Disability gap decrease since Nov 15/16

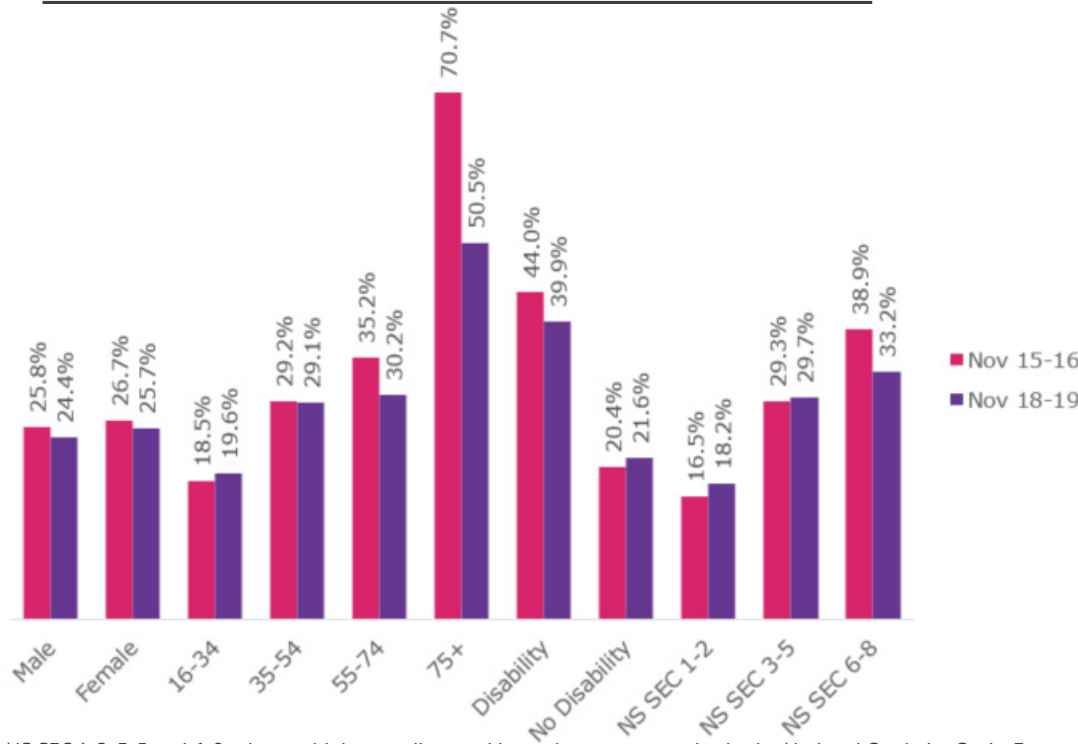
An increase in activity amongst those with a long term limiting disability and increasing inactivity those without this has helped reduce the inactivity disability gap to 18.3%. This is lower than the GM gap of 21.4%.

21.3%

Age gap decrease since Nov 15/16

The decline in inactivity amongst those 75+ has reduced the gap between them and those aged 16-34 to 30.9%. This is higher than the GM gap of 27.1%.

Inactivity by Demographics in Manchester over time



Inactivity by Demographics in Manchester compared to GM

