Headline Adult Active Lives Statistics

Oldham Overview

Active Lives Results

32.5%

Inactive Less than 30 minutes a week. 11.7%

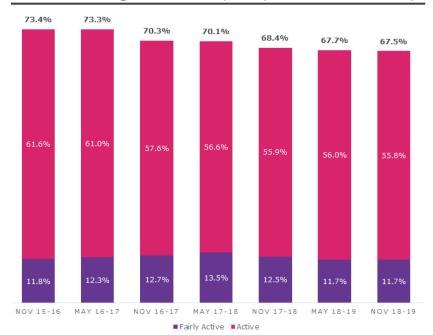
Fairly Active 30-149 minutes a week. 55.8%

Active 150+ Minutes per week.

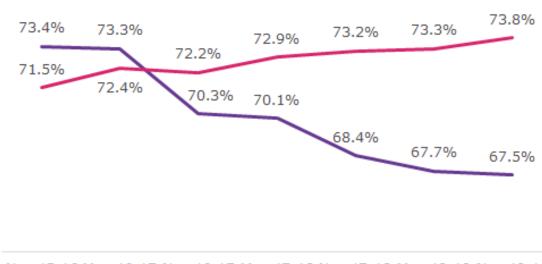
Oldham Adults Moving This is equivalent to 123,100 adults moving for at least 30 minutes a week.

- This is a decrease since baseline (November 2015-16) of 6.0%.
- The last 12 months (since Nov 2017-18) has seen a decrease in activity levels of 0.9%, with 600 fewer adults moving in Oldham.

Adults Moving in Oldham (Fairly Active and Active)



Adults Moving in Oldham and Greater Manchester



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

Adult Active Lives Statistics: Demographics

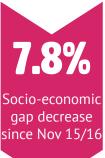
Oldham Overview

Active Lives Results

Since the first Active Lives release, November 2015-16, Oldham has seen a decrease in inactivity across three cohorts. 55-74 year olds, 75+ year olds and those in lower income categories have all seen a decline in their inactive populations, a 1.6%, a 13.5% and a 2.6% decline respectively.



Despite this decrease. the gender gap has flipped. In Nov 15/16, men were more likely to be inactive, however women are now more likely to be inactive than men with a gap of 1.5%.This is lower than the GM gap of 2.5%.



A decrease in inactivity for lower income categories and an increase for higher income categories has shrunk the inactivity socio-economic gap to since Nov 15/16 13.8%. This is lower than the GM gap of 15.5%.



Both those with a long term limiting disability and those without have become less active, this has increase since widened the inactivity disability gap to 21.8%. This is higher than the GM gap of 21.4%.

Inactivity by Demographics in Oldham over time

Inactivity by Demographics in Oldham compared to GM

