

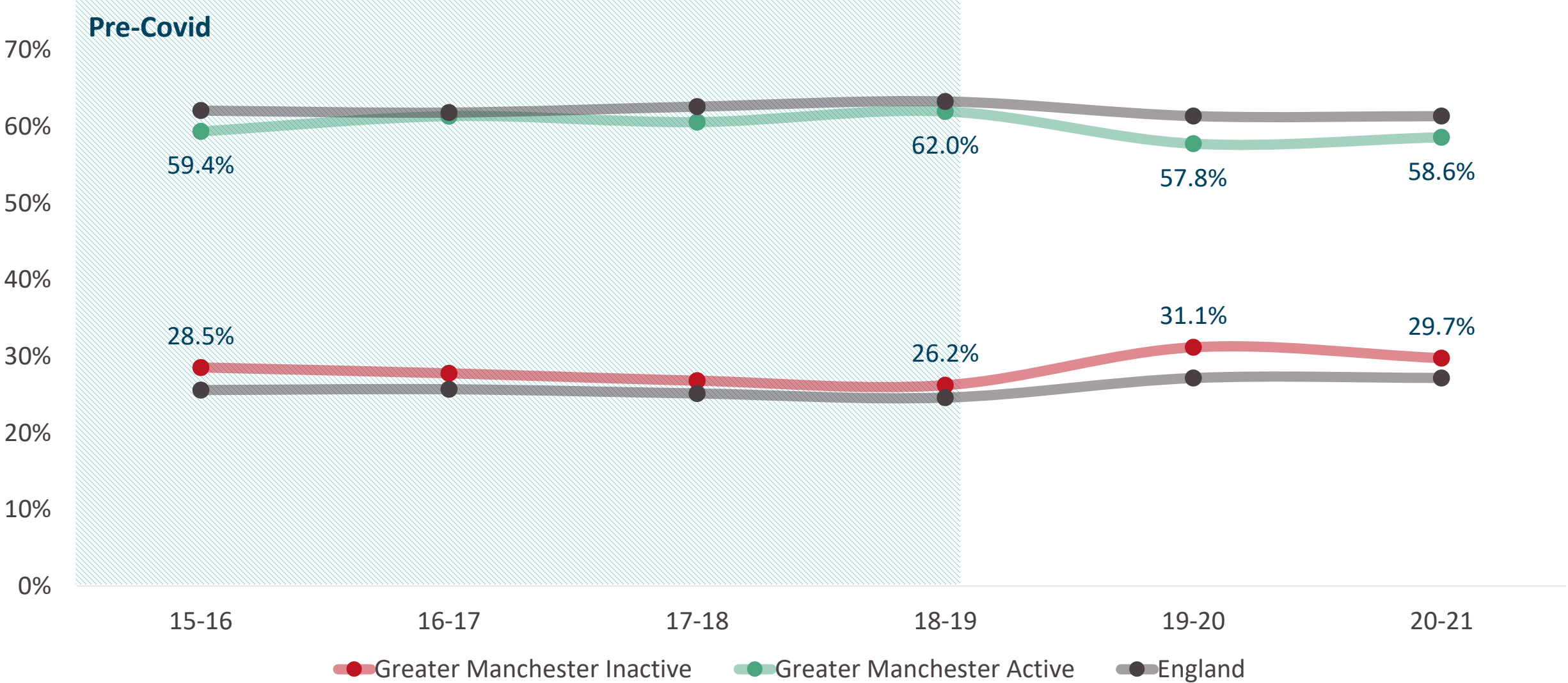
Physical Activity Key Messages

Active Lives November 20-21

Greater Manchester
Moving > ^ < v



Signs that activity levels are bouncing back

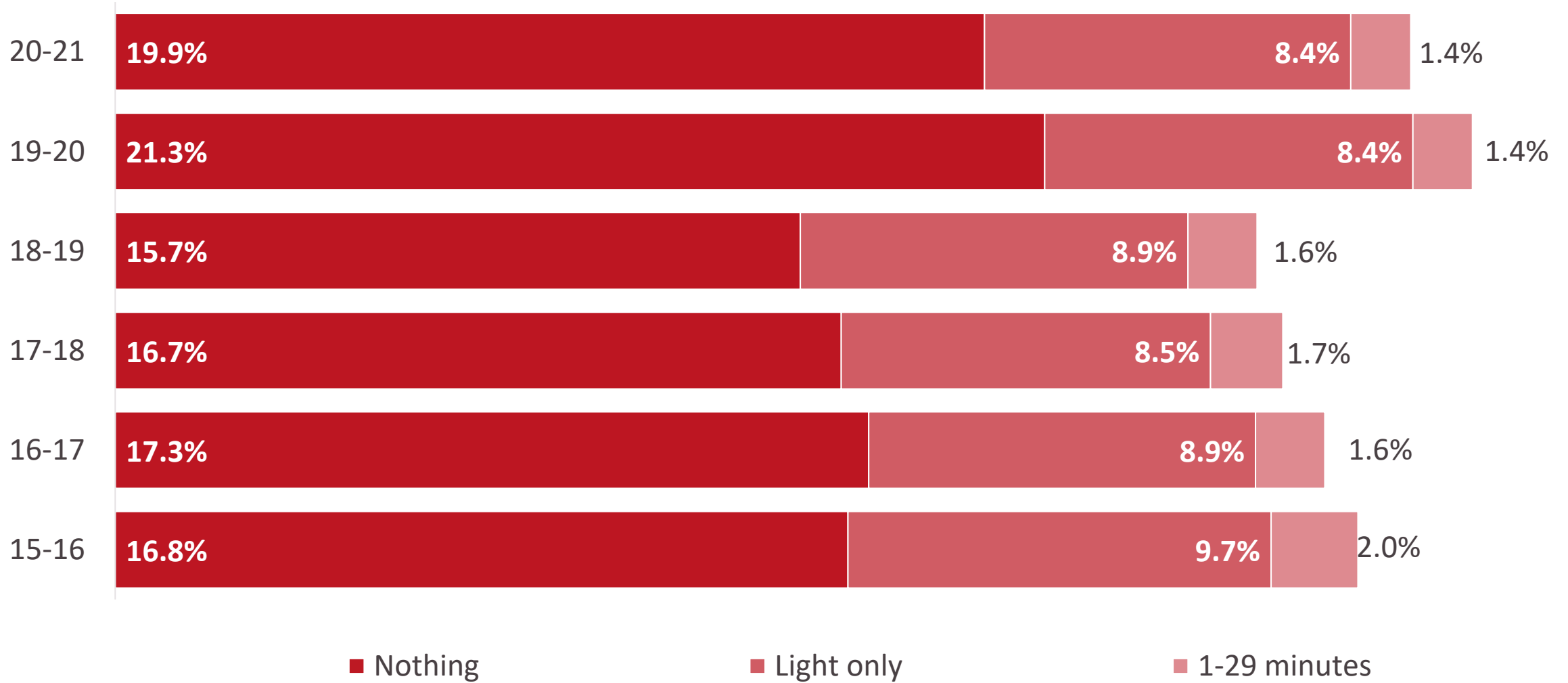


Overall trends - Key messages

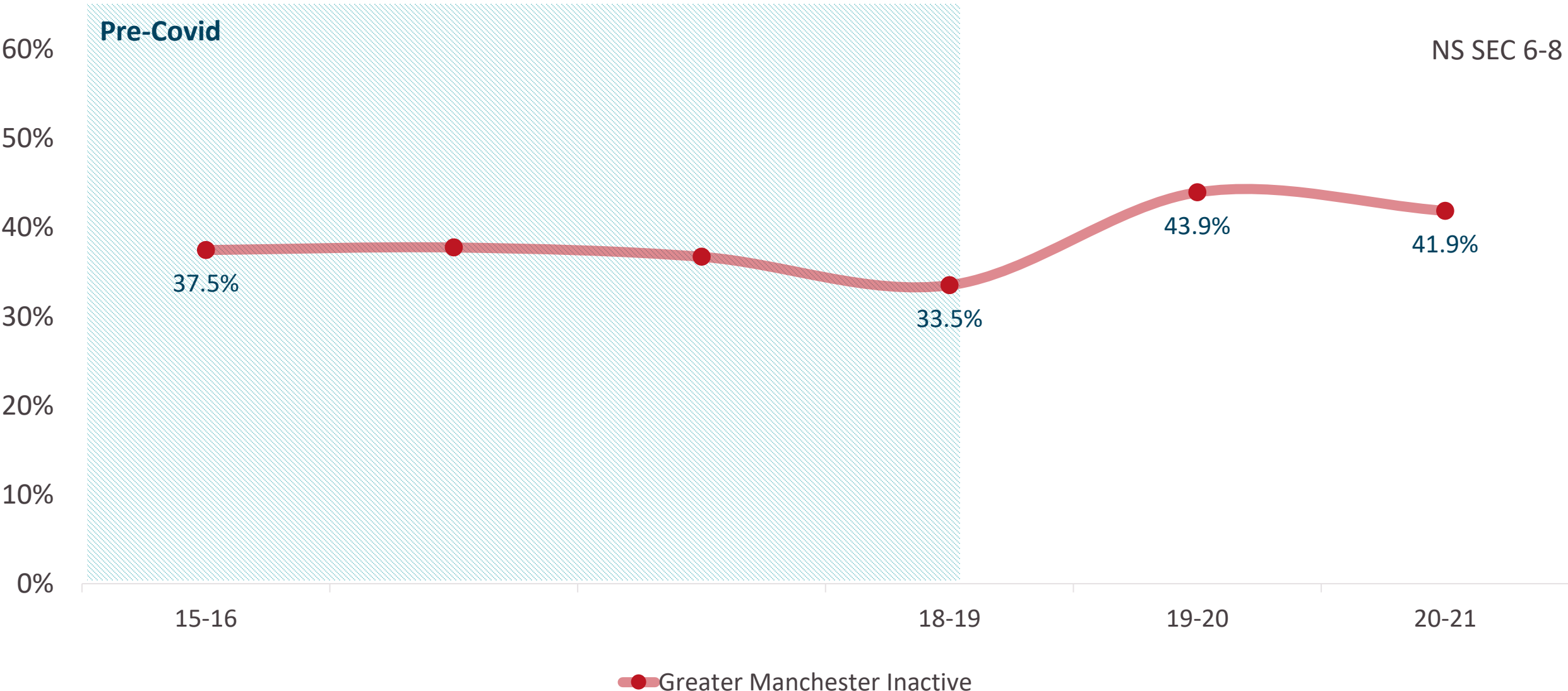
- Before the pandemic, activity levels were improving (*statistically significant*), and we were seeing positive change across most groups within our community
- The pandemic, which saw unprecedented restrictions applied to everyday life for longer in GM than many other places, has resulted in a clear drop in activity levels. This increased inactivity levels in GM at almost twice the rate than it did nationally (*GM from 26.2% to 31.1% (4.9% increase), England from 24.6% to 27.2% (2.6% increase)*)
- In the latest year of data (*up to November 2021*), activity levels of stabilised nationally. Whereas, in GM, more positively, we are seeing activity levels start to ‘bounce back’ (*GM Active from 57.8% to 58.6%, Inactive from 31.1% to 29.7%*). But the improvements aren’t across all parts of our community

What else are you noticing about the 'bounce back' in inactivity?

1 in 5 people in Greater Manchester do **nothing**

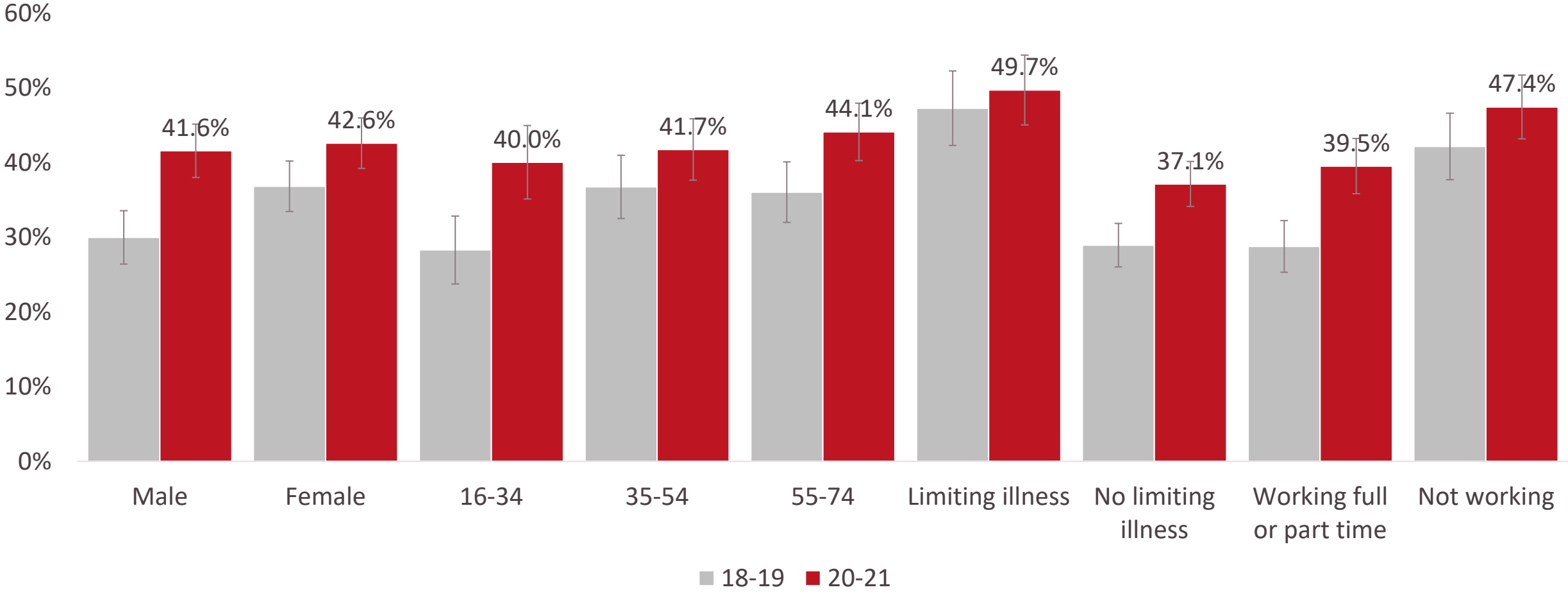


Significant impact from the pandemic – lower socio-economic groups

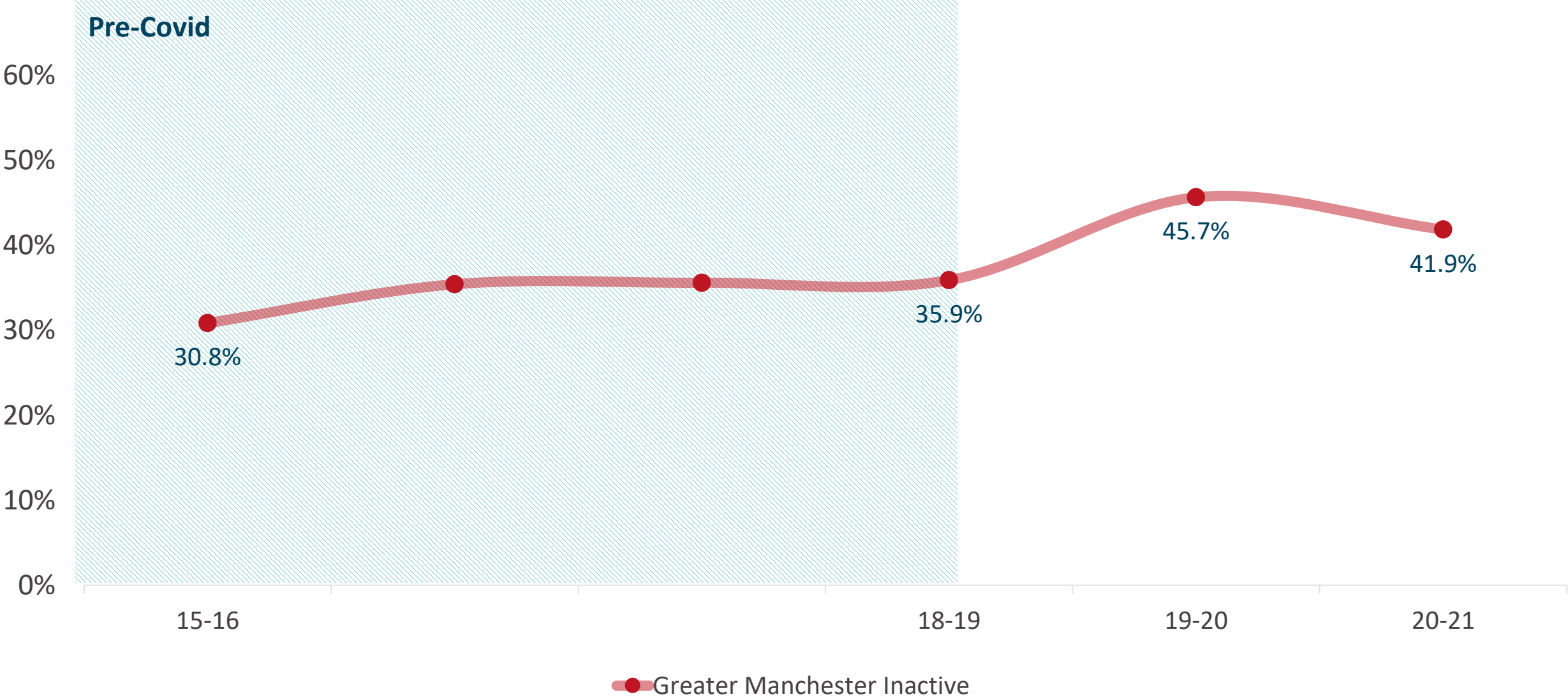


Physical inactivity behaviour for NS SeC 6-8 by second demographic

Greater Manchester

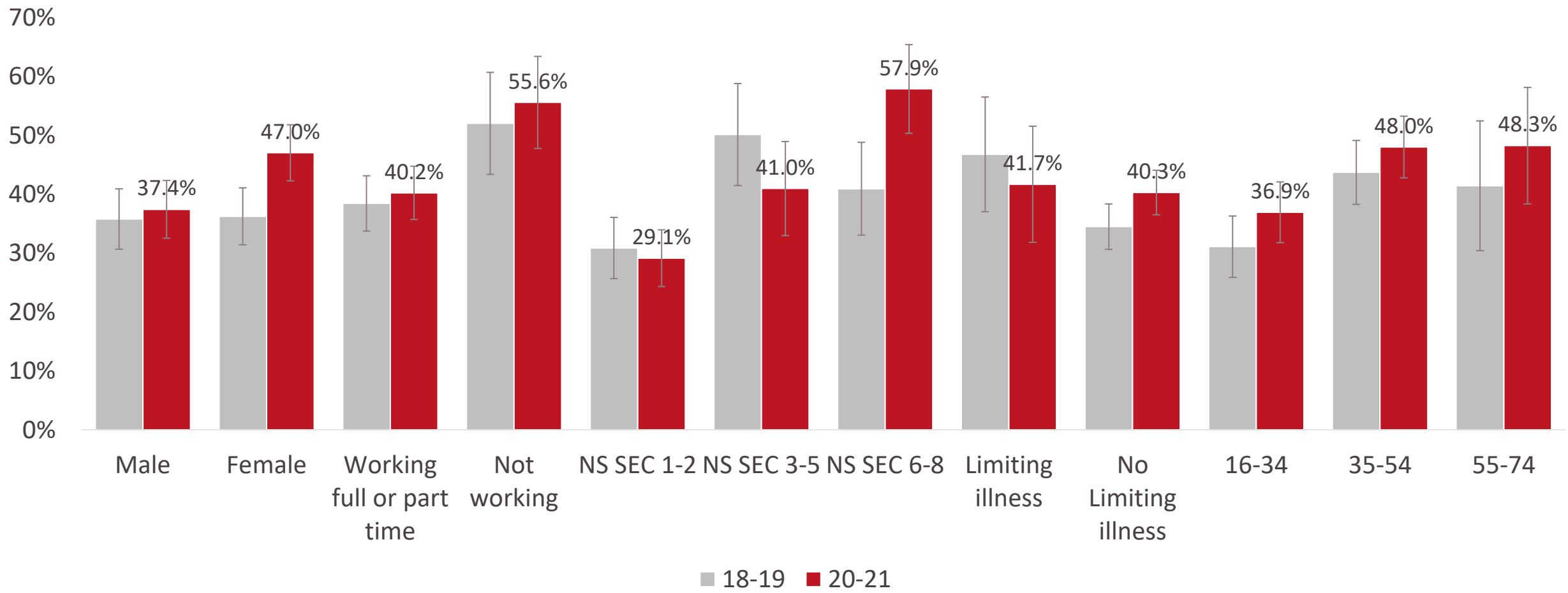


Significant impact from the pandemic – Asian community (exc. Chinese)

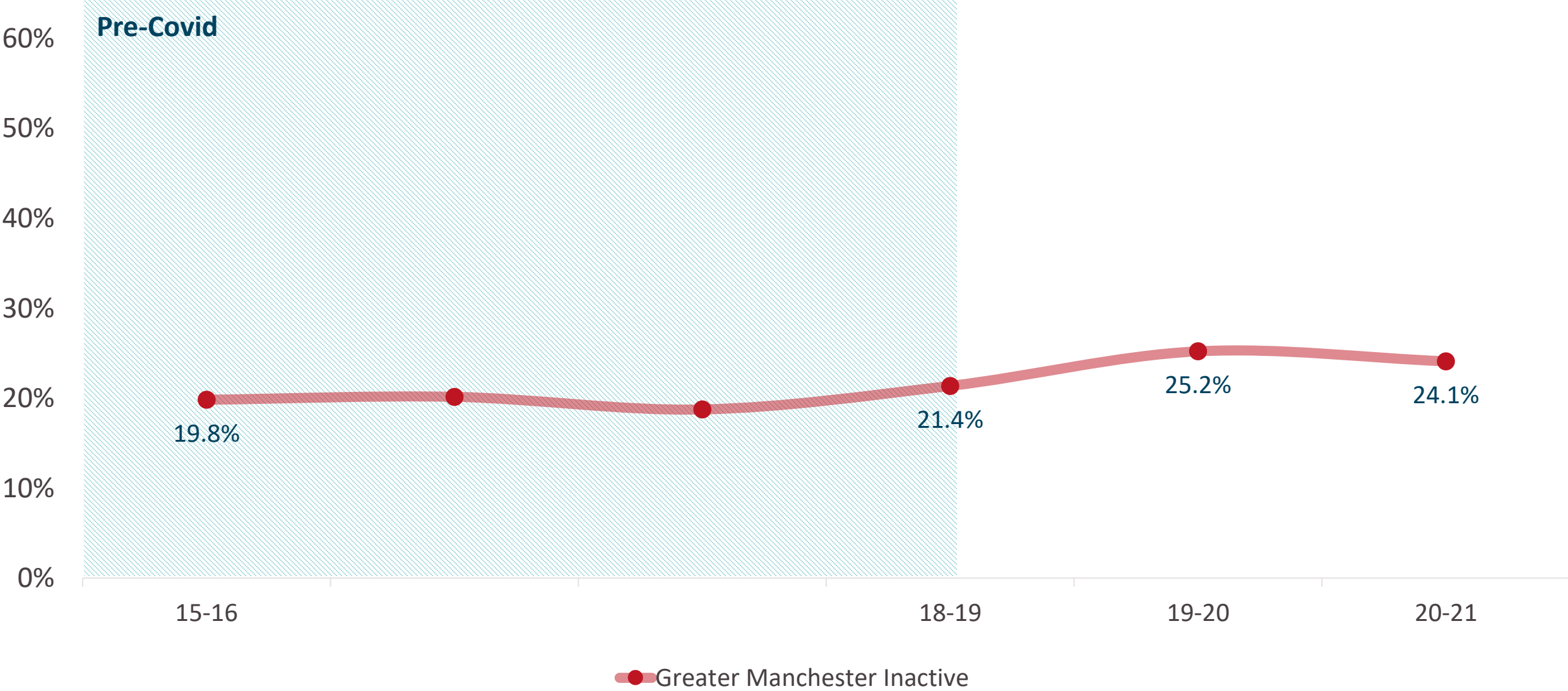


Physical inactivity behaviour for Asian (excl. Chinese) by second demographic

Greater Manchester



A rising trend – pre-pandemic – 16-34 year olds

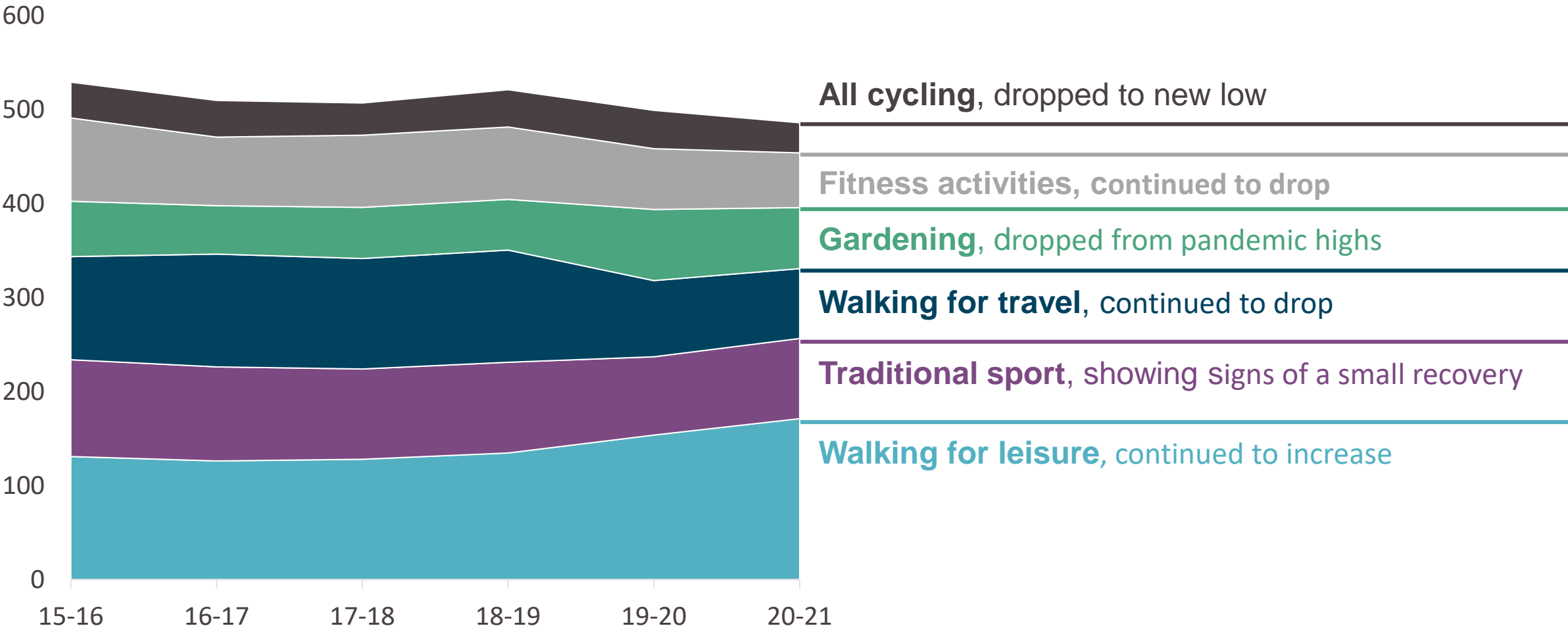


Is there anything that you can share about
what's driving these trends?

Groups in greater need - Key messages

- Most parts of the GM population have experienced an improvement in activity levels in the latest data
- However, activity levels for people in our Asian communities (*excluding Chinese*) and people in our lower-socio-economic communities (*could replace with less affluent*) were impacted the most by the pandemic and still have a considerable way to go to return to pre-pandemic levels
- We also know that young adults (aged between 20-29) were seeing activity levels drop pre-pandemic. The pandemic has maintained this trend though we have seen a small improvement in the latest data

Where people get their minutes from

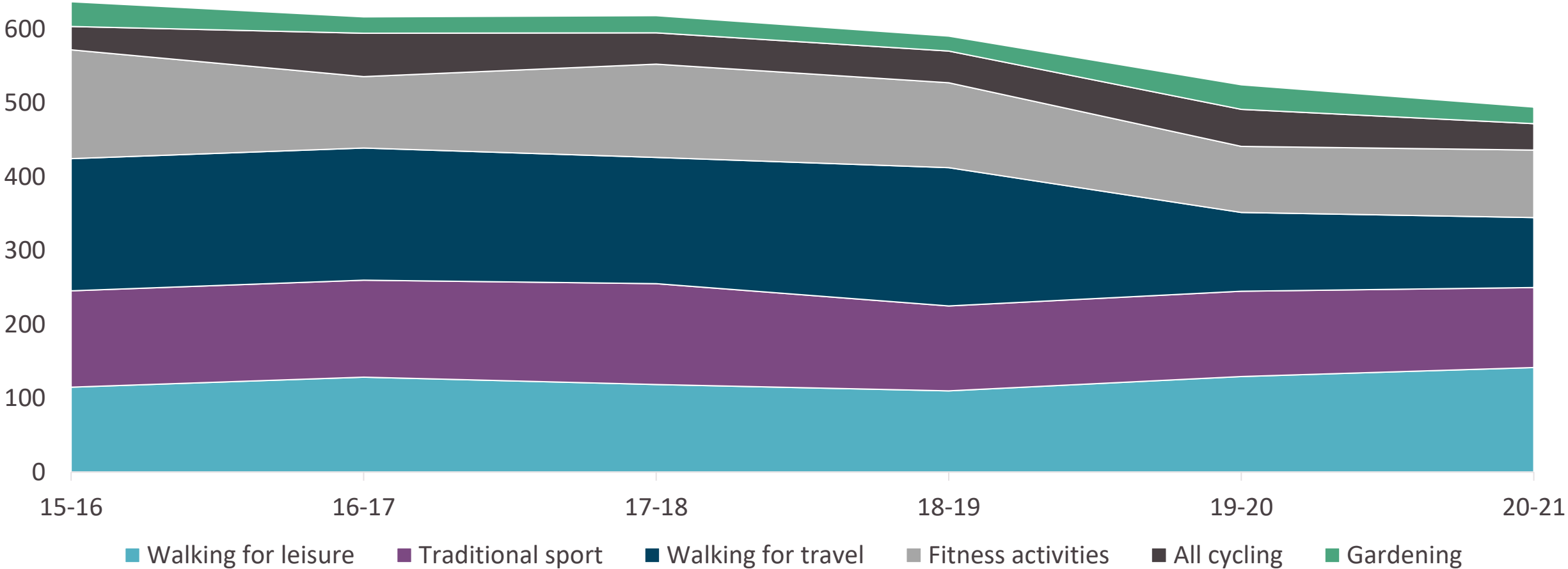


Measure: Duration, minutes per week

Source: Sport England, Active Lives Adults, Nov 18-19 to Nov 20-21

Where people get their active minutes

Age 20-29

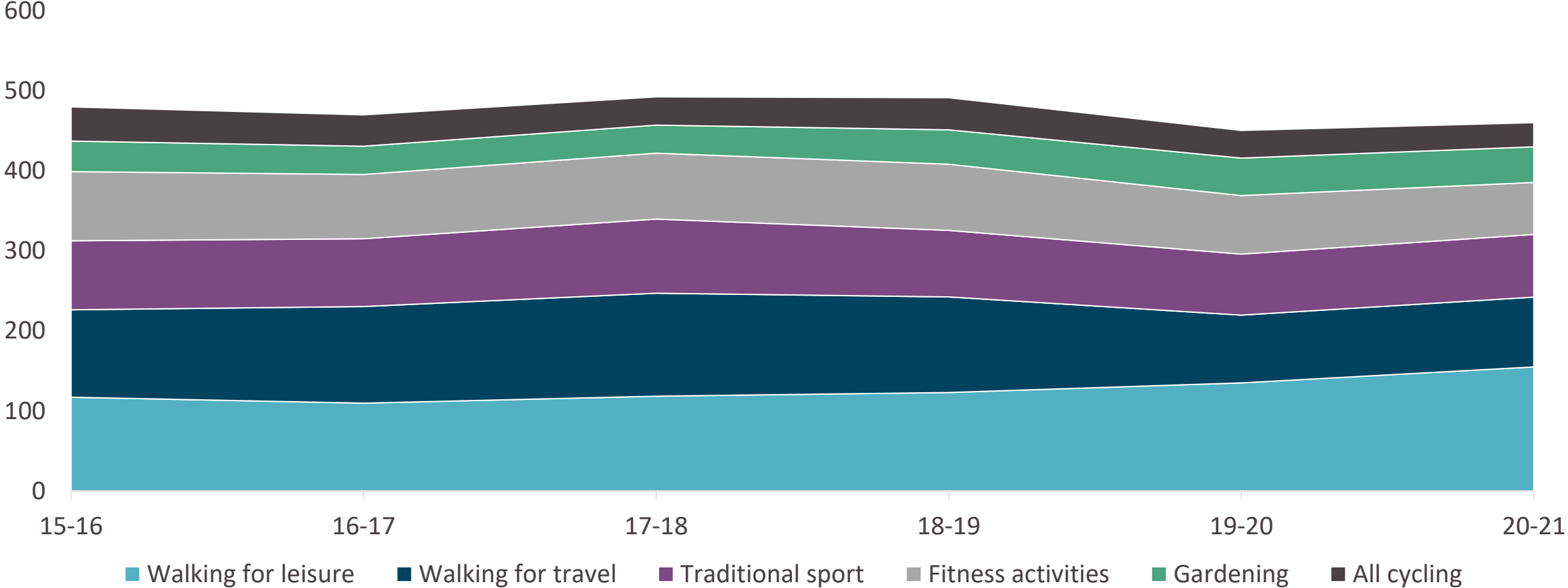


Measure: Duration, minutes per week

Source: Sport England, Active Lives Adults, Nov 15-16 to Nov 20-21

Where people get their active minutes

Age 30-39

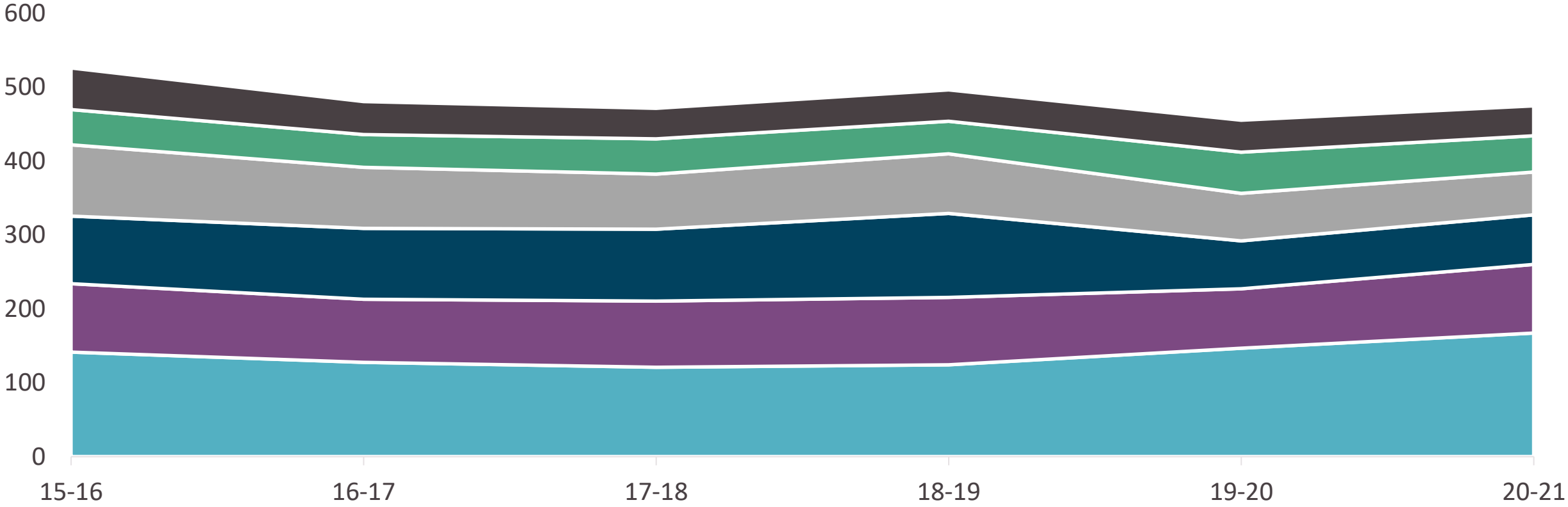


Measure: Duration, minutes per week

Source: Sport England, Active Lives Adults, Nov 15-16 to Nov 20-21

Where people get their active minutes

Age 40-49



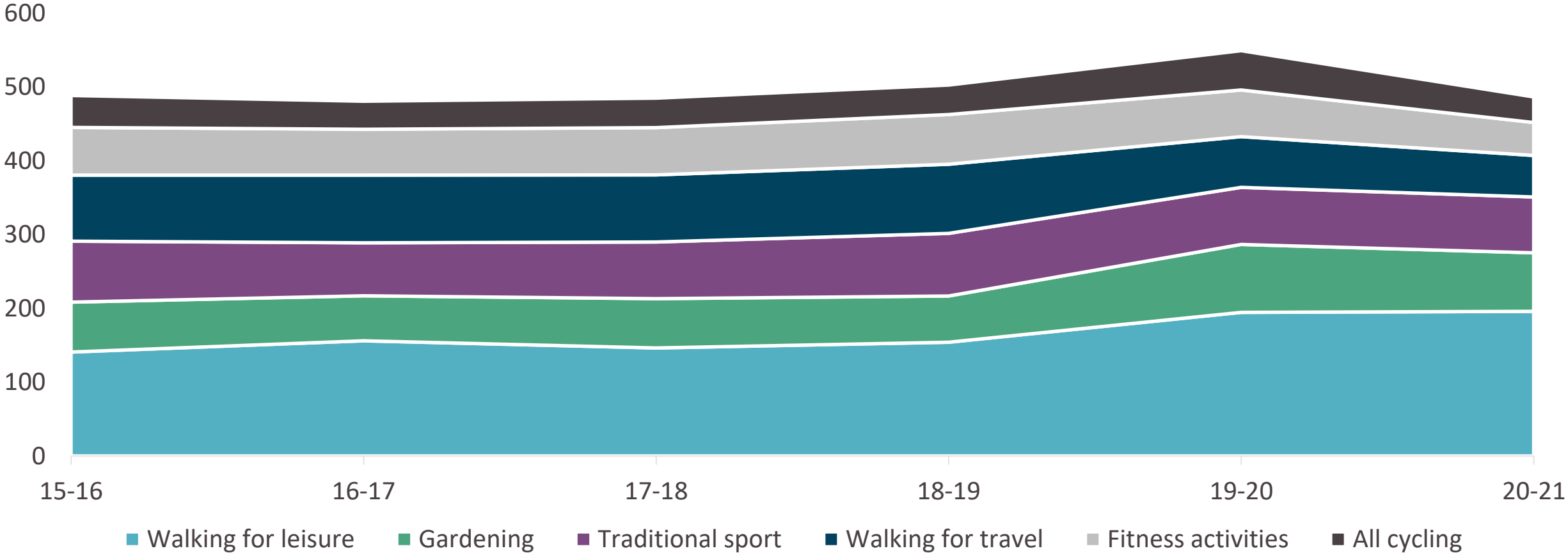
Walking for leisure Traditional sport Walking for travel Fitness activities Gardening All cycling

Measure: Duration, minutes per week

Source: Sport England, Active Lives Adults, Nov 15-16 to Nov 20-21

Where people get their active minutes

Age 50-59

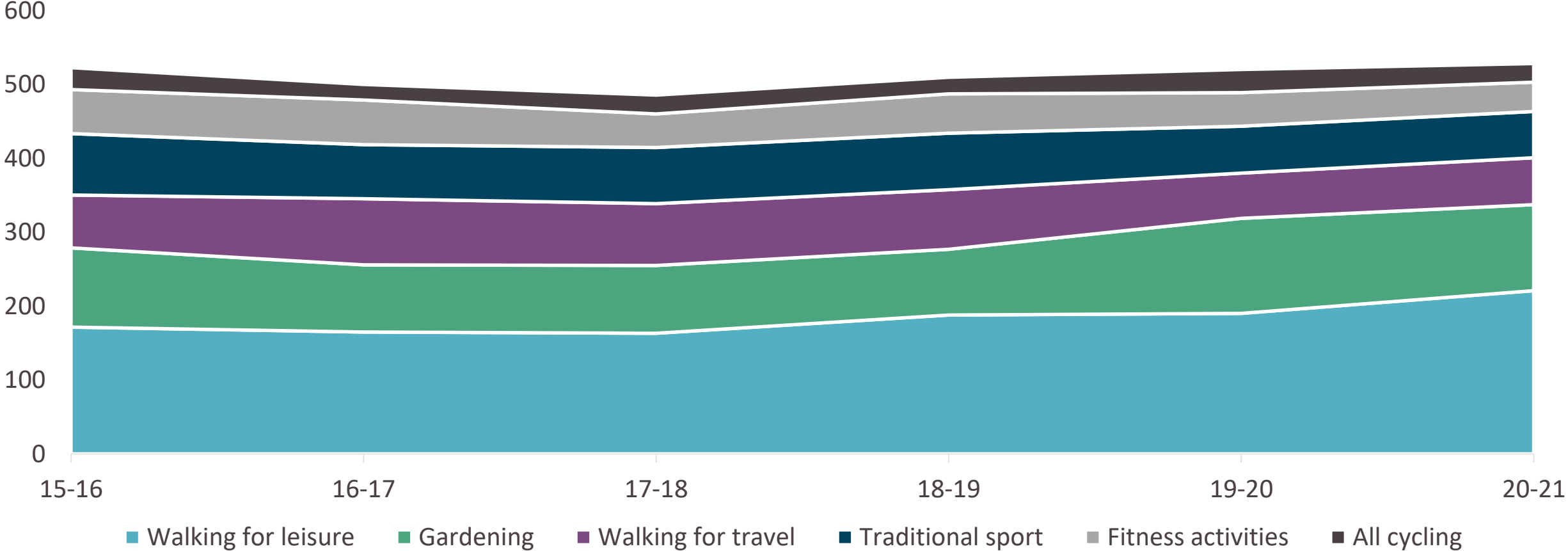


Measure: Duration, minutes per week

Source: Sport England, Active Lives Adults, Nov 15-16 to Nov 20-21

Where people get their active minutes

Age 60-69

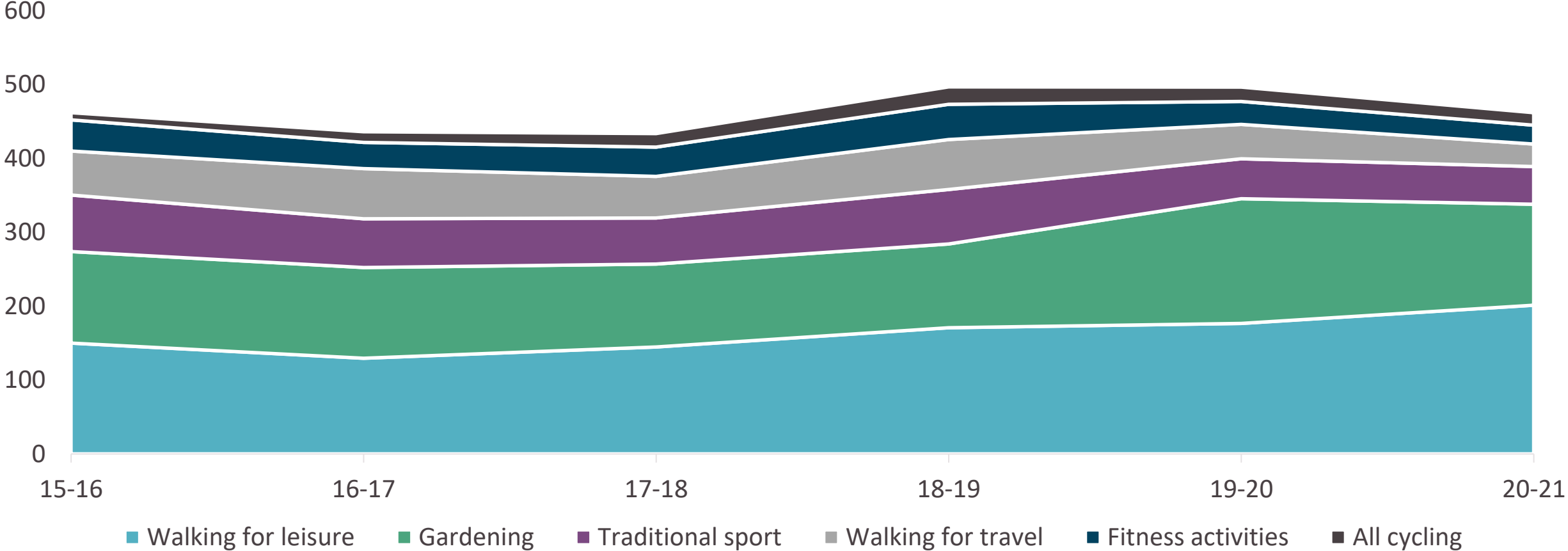


Measure: Duration, minutes per week

Source: Sport England, Active Lives Adults, Nov 15-16 to Nov 20-21

Where people get their active minutes

Age 70-79

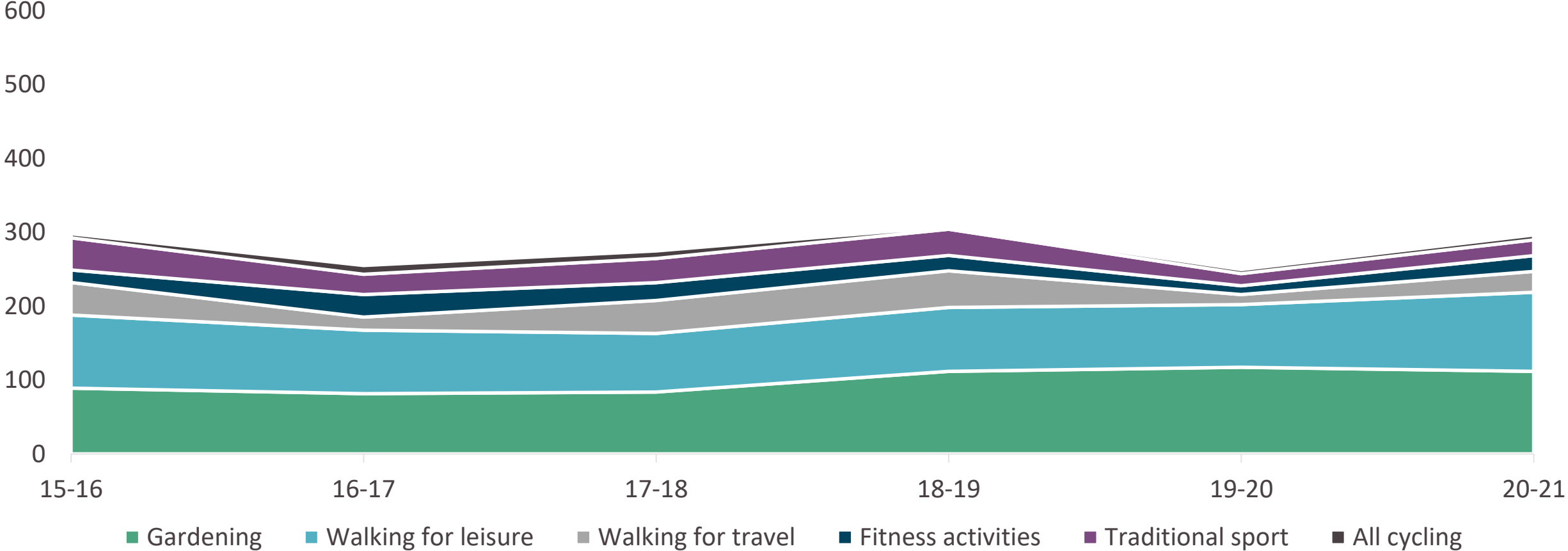


Measure: Duration, minutes per week

Source: Sport England, Active Lives Adults, Nov 15-16 to Nov 20-21

Where people get their active minutes

Age 80-89



Measure: Duration, minutes per week

Source: Sport England, Active Lives Adults, Nov 15-16 to Nov 20-21

Where we get our minutes from - Key messages

- People are getting more minutes from walking for leisure than at any other point (*that we've got data for*). However, walking for travel has seen a significant reduction so overall minutes contributed by walking is about the same.
- The reduction in minutes from 'traditional sport' has stabilised but minutes from fitness activities appears to be still declining
- Minutes from cycling has dropped to a new low while gardening minutes have also seen a small decline but still contributes more minutes than pre-pandemic

Are there any other observations that we can make about why we are seeing these patterns?