Results from Active Lives Survey (Released October 2018), Sport England

Following the new Government "Sporting Future" plan, Sport England published "Towards an Active Nation" in 2016, which sets out a strategy of helping everyone regardless of age, background or ability to feel able to engage in sport and physical activity. Active Lives was designed to help with this. It is much broader than the previous Active People survey and will give anyone working in this field detailed and reliable insight into the physical activity habits of the nation.

Measures

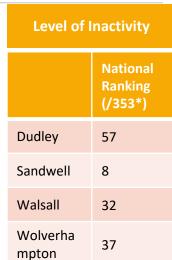
This dataset was collected between May 2017-2018 and is based on adults (16+). It aligns with KPI2 in "Sporting Future". There are 3 key measures:

- Inactive Less than 30 minutes a week
- Fairly Active: 30 149 minutes a week
- Active: At least 150 minutes a week

Activity includes activities such as walking, cycling, dance, fitness and sporting activities. Activity is counted in moderate intensity equivalent minutes whereby each "moderate" minute counts as one minute, and each "vigorous" minute counts as 2 moderate minutes.

The total respondents for the Black Country are 2,962 or 0.32% of the population.

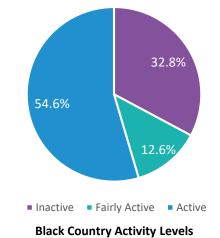




Rank 1 = most inactive Rank 353 = least inactive

Summary of Results

	Inactive	Fairly Active	Active
Dudley	31.7%	15.8%	52.6%
Sandwell	33.3%	12.1%	54.7%
Walsall	33.0%	12.3%	54.8%
Wolverhampton	33.5%	9.8%	56.8%
Black Country	32.8%	12.6%	54.6%
West Midlands	28.6%	13.4%	58.1%
England	25.2%	12.5%	62.3%



The Black Country local authorities rank very high in terms of inactivity. The West Midlands region as a whole has the highest levels of inactivity compared to other regions in the UK at an average of 28.6% of people being inactive.

Gap to National Average

		Inactive		Active				
	Current	Target	Gap	Current	Target	Gap		
Dudley	81,600	65,017	16,583	135,600	160,672	25,072		
Sandwell	84,000	63,580	20,420	137,800	157,121	19,321		
Walsall	72,800	55,689	17,111	121,000	137,621	16,621		
Wolverhampton	68,800	51,832	16,968	116,700	128,089	11,389		
Black Country	307,200	236,142	71,058	511,100	583,564	72,464		

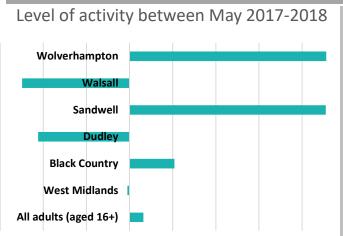
In order to reach the national average rate of inactive people, 71,058 people are required to do some physical activity in the Black Country. 72,464 more people are required to be sufficiently active in order to reach the national rate of active people

BLACK COUNTRY – SUMMARY OF ACTIVE LIVES SURVEY



Results from Active Lives Survey (Released October 2018), Sport England





2.0%

3.0%

There has been a decrease in activity in Walsall and Dudley, however there have been large increases in activity in Sandwell and Wolverhampton which offset this difference and give an overall positive picture for the Black Country.

	Inactive	Fairly Active	Active
Dudley	-0.8%	2.9%	-2.1%
Sandwell	-2.0%	-2.5%	4.6%
Walsall	2.5%	0.0%	-2.5%
Wolverhampton	-3.3%	-1.2%	4.6%
Black Country	-0.9%	-0.2%	1.0%
England	-0.4%	0.1%	0.3%

VOLUNTEERING TO SUPPORT SPORT OR PHYSICAL ACTIVITY AT LEAST TWICE IN THE LAST 12 MONTHS

Definition

Adults aged 16+ who have taken part in a volunteering role to support sport/physical activity and volunteered at least twice in the last 12 months

Volunteering Count **Ranking (/337)** Dudley 12.6% 257,900 Dudley 247 Sandwell 6.6% 252,200 Sandwell 336 Walsall 8.8% 220,900 323 Walsall Wolverhampton 11.6% 205,600 W*ton 272 **Black Country** 9.9% 936,700 Rank 1 = highest % volunteering **England** 13.9% 6,266,000 Rank 353 = lowest % volunteering

The Black Country has an average volunteering rate lower than the national average, however this does not reflect great differences between the four local authorities, with Dudley and Wolverhampton having higher rates of volunteering compared to Walsall and Sandwell.

In order to reach the England average rate of volunteering, 38,082 additional people in the Black Country are required to take part. This is equivalent to 3,425 in Dudley, 18,431 people in Sandwell, 11,371 people in Walsall, and 4,740 in Wolverhampton.

SPORT AND PHYSICAL ACTIVITY AT LEAST TWICE IN THE LAST 28 DAYS

Definition

Equivalent to KPI1 in Government's Sporting Future strategy, this measures the number of adults aged 16+ who have taken part in 30 minutes equivalent activity sport and physical activity at least twice in the last 28 days. Each session much last at least 10 minutes and be of at least moderate intensity. Activities include:

- Sporting activities
- · Cycling for sport and leisure
- Fitness Activities
- Walking for leisure
- Walking for travel
- Cycling for travel
- Dance.

Adults (aged 16+) who have taken part in sport and physical activity at least twice in the last 28 days

	%	Count	% May 2017	Change		National Ranking (/326)	
Dudley	70.2%	180,900	70.4%	-0.2%	Dudley	333	
Sandwell	68.5%	172,700	66.2%	2.3%	Sandwel	347	
Walsall	68.7%	151,700	72.2%	-3.6%	I		
Wolverhampton	68.3%	140,600	65.1%	3.2%	Walsall	345	
Black Country	69.0%	645,900	68.6%	0.4%	W*ton	348	
England	77.5%	34,836,700	77.2%	0.3%	_	est % participating	

In order to reach the England average rate of sport participation twice a month, 79,620 additional people in the Black Country are required to take part. This is equivalent to 18,775 people in Dudley, 22,673 people in Sandwell, 19,439 people in Walsall and 18,751 people in Wolverhampton.

The chart below shows how the health of people in this area compares with the rest of England. This area's value for each indicator is shown as a circle. The England average is shown by the red line, which is always at the centre of the chart. The range of results for all local areas in England is shown as a grey bar. A red circle means that this area is significantly worse than England for that indicator. However, a green circle may still indicate an important public health problem.



			Eng	Dudley	Eng	Eng	Sandwell	Eng	Eng	Walsall	Eng	Eng	olverhamp/	ton
	Indicator names	Period	worst		best	worst	\wedge	best	worst		best	worst	\sim	best
	1 Life expectancy at birth (Male)	2014 - 16	74.2	•	83.7	74.2	• •	83.7	74.2	(• \ •	83.7	74.2	(• \ •)	83.7
anc)	2 Life expectancy at birth (Female)	2014 - 16	79.4	O	86.8	79.4	• •	86.8	79.4	• •	86.8	79.4	• •	86.8
ecta	3 Under 75 mortality rate: all causes	2014 - 16	545.7	•	215.2	545.7	• •	215.2	545.7	• •	215.2	545.7	• •	215.2
d co	4 Under 75 mortality rate: cardiovascular	2014 - 16	141.3	(42.3	141.3	• •	42.3	141.3	• •	42.3	141.3	• •	42.3
Life expectancy and causes of death	5 Under 75 mortality rate: cancer	2014 - 16	195.3	• •	99.1	195.3	• •	99.1	195.3	• •	99.1	195.3	• •	99.1
-	6 Suicide rate	2014 - 16	18.3	0	4.6	18.3		4.6	18.3		4.6	18.3		4.6
	7 Killed and seriously injured on roads	2014 - 16	110.4	(O)	13.5	110.4	•	13.5	110.4	0	13.5	110.4	10	13.5
2 -	8 Hospital stays for self-harm	2016/17	578.9	•	50.6	578.9	•	50.6	578.9	•	50.6	578.9		50.6
Injuries and III health	9 Hip fractures in older people (aged 65+)	2016/17	854.2	00	364.7	854.2	0	364.7	854.2	• •	364.7	854.2	O0	364.7
E E	10 Cancer diagnosed at early stage	2016	39.3	0	61.9	39.3	O	61.9	39.3	0	61.9	39.3	0	61.9
=	11 Diabetes diagnoses (aged 17+)	2017	54.3	0	96.3	54.3	O	96.3	54.3	(O)	96.3	54.3	0	96.3
	12 Dementia diagnoses (aged 65+)	2017	45.1	• •	90.8	45.1	O	90.8	45.1		90.8	45.1	• 0	90.8
risk	13 Alcohol-specific hospital stays (under 18s)	2014/15 - 16/17	100.0	0	6.5	100.0	O	6.5	100.0	O	6.5	100.0	0	6.5
12 S	14 Alcohol-related harm hospital stays	2016/17	1,151.1	••	388.2	1,151.1	••	388.2	1,151.1	• •	388.2	1,151.1	• •	388.2
Behavioural r factors	15 Smoking prevalence in adults (aged 18+)	2017	24.8	0	4.6	24.8		4.6	24.8	O	4.6	24.8		4.6
fa	16 Physically active adults (aged 19+)	2016/17	53.3	• •	78.8	53.3	•	78.8	53.3	• •	78.8	53.3	•	78.8
Be	17 Excess weight in adults (aged 18+)	2016/17	74.9	• •	40.5	74.9		40.5	74.9	• •	40.5	74.9		40.5
	18 Under 18 conceptions	2016	36.7	(()	3.3	36.7	• •	3.3	36.7	• •	3.3	36.7	• •	3.3
D =	19 Smoking status at time of delivery	2016/17	28.1	••	2.3	28.1	O	2.3	28.1	0	2.3	28.1	• •	2.3
Child	20 Breastfeeding initiation	2016/17	37.9	• •	96.7	37.9	• •	96.7	37.9		96.7	37.9	•	96.7
0 5	21 Infant mortality rate	2014 - 16	7.9	+0	0.0	7.9	•	0.0	7.9	• •	0.0	7.9	40	0.0
	22 Obese children (aged 10-11)	2016/17	29.2	•	8.8	29.2	• •	8.8	29.2	• •	8.8	29.2	• •	8.8
ua-	23 Deprivation score (IMD 2015)	2015	42.0	О	5.0	42.0	0	5.0	42.0	0	5.0	42.0	0	5.0
Inequa	24 Smoking prevalence: routine and manual occupations	2017	48.7	•	5.1	48.7	0	5.1	48.7	0	5.1	48.7	• 0	5.1
so.	25 Children in low income families (under 16s)	2015	30.5	•	5.7	30.5	• •	5.7	30.5	• •	5.7	30.5	• •	5.7
Wider determinants of health	26 GCSEs achieved	2015/16	44.8	• •	78.7	44.8		78.7	44.8	• •	78.7	44.8	•	78.7
Vide	27 Employment rate (aged 16-64)	2016/17	59.8	• •	88.5	59.8	• •	88.5	59.8	• •	88.5	59.8	• •	88.5
of	28 Statutory homelessness	2016/17					\cup							
Ō	29 Violent crime (violence offences)	2016/17	42.2		5.7	42.2	0	5.7	42.2		5.7	42.2		5.7
tion the	30 Excess winter deaths	Aug 2013 - Jul 2016	30.3		6.3	30.3	0	6.3	30.3	0	6.3	30.3	• 0	6.3
Health	31 New sexually transmitted infections	2017	3,215.3	(O	266.6	3,215.3	0	266.6	3,215.3	O	266.6	3,215.3	O	266.6
	32 New cases of tuberculosis	2014 - 16	69.0	•	0.0	69.0	• •	0.0	69.0	•	0.0	69.0	• •	0.0