

**RISE.**

Sport England

Adult Active Lives Survey Review

Nov 2020 – Nov 2021

Release Date: 28/04/2022

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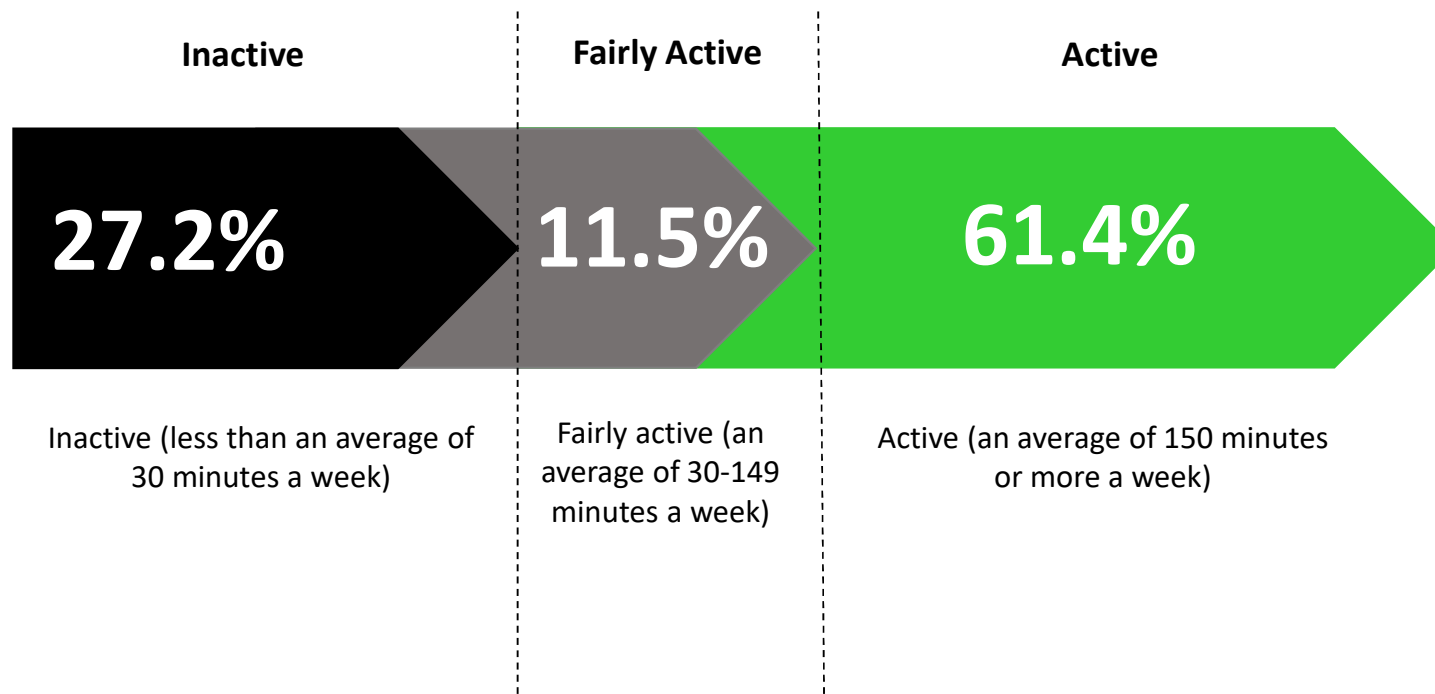
The UK Chief Medical Officer's physical activity guidelines, released in September 2019, state:

*“For good physical and mental health, adults should be active every day. Any activity is better than none, and more is better still...Each week, adults should accumulate at least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or a combination of moderate, vigorous and very vigorous intensity activity.”*

The Sport England Active Lives results provide a picture of physical activity in adults in England aged 16yrs+. This report is a summary of the data for Northumberland and Tyne & Wear.

## Adults physical activity levels in England, during the year November 2020 to November 2021

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## Local findings: Northumberland and Tyne & Wear

- Northumberland local authority area has the highest percentage of adults achieving at least 150 minutes of physical activity per week (65.6%), with Newcastle (62.5%) also seeing percentages above the England rate (61.4%).
- The data indicates that three local authorities (Gateshead, Northumberland and South Tyneside) have seen a decrease in the percentage of adults who are classified as inactive compared to the previous 12 months (note that these changes are not statistically significant):
- Since the previous Sport England Adult Active Lives Survey (for the period May 2020 – May 2021), Northumberland, South Tyneside and Sunderland areas have increased the percentage of adults who are reported as Active (150 minutes+ of activity per week).
- However, inactivity remains a huge challenge across all of Northumberland and Tyne & Wear.



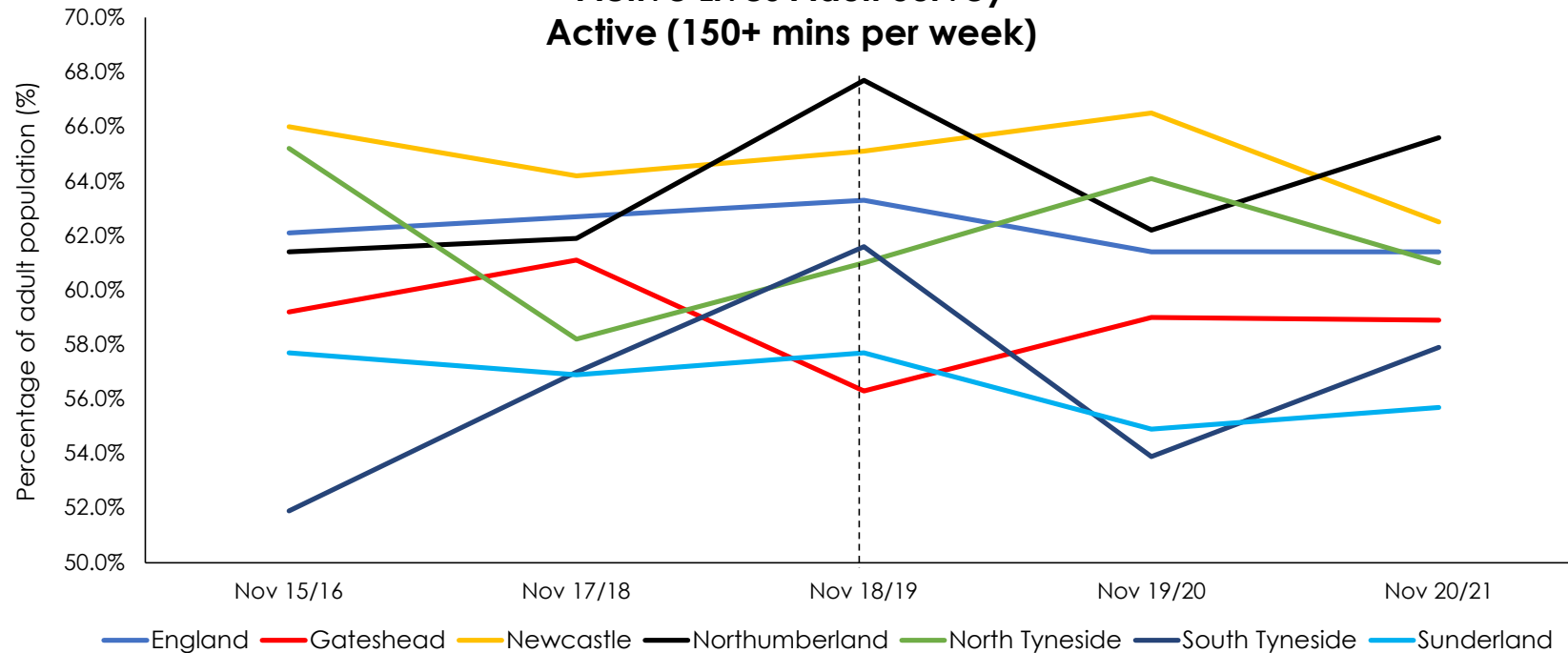
## Northumberland and Tyne & Wear, during the year Nov 2020 to Nov 2021

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	England	Gateshead	Newcastle	Northumberland	North Tyneside	South Tyneside	Sunderland
<b>Active (&gt;150 min+ per week)</b>	61.4%	58.9%	62.5%	65.6%	61.0%	57.9%	55.7%
<b>Fairly Active (30-149 mins a week)</b>	11.5%	12.5%	10.8%	8.8%	14.4%	10.6%	13.8%
<b>Inactive (&lt;30 min per week)</b>	27.2%	28.6%	26.7%	25.7%	24.6%	31.6%	30.5%

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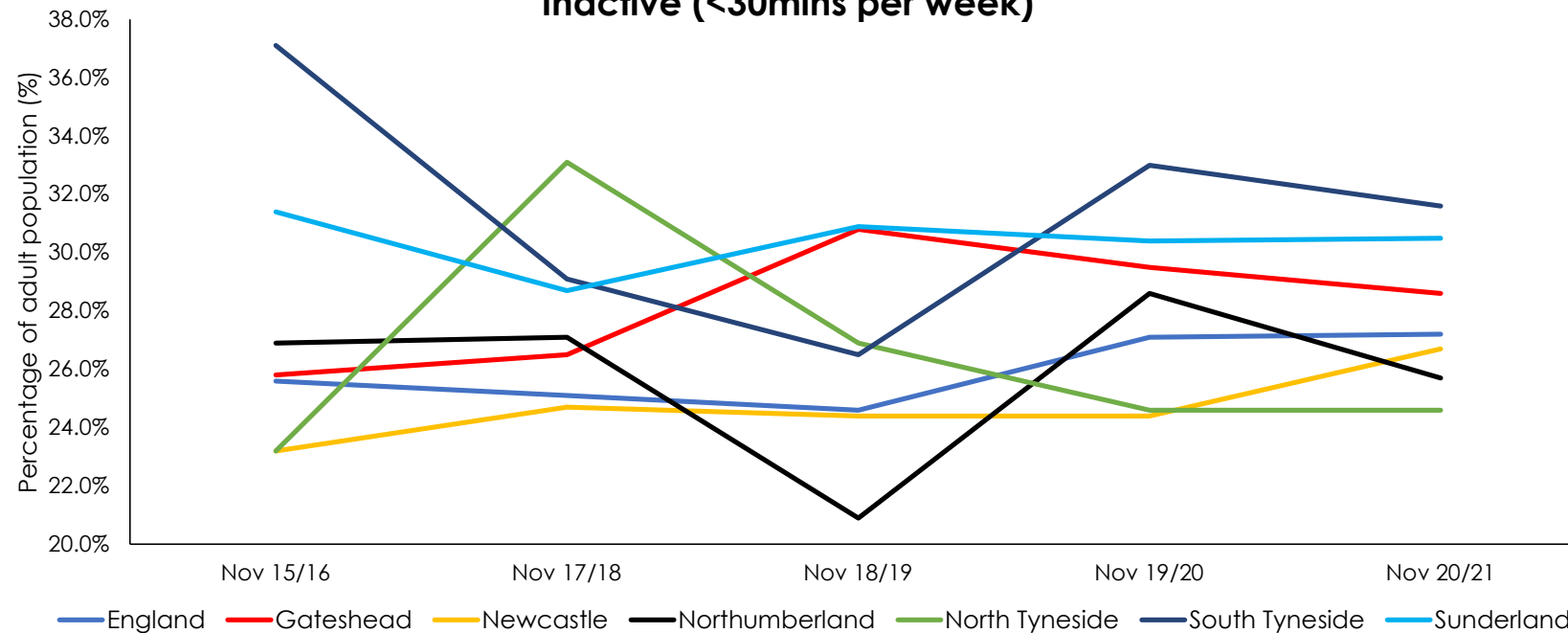
## Active Lives Adult Survey Active (150+ mins per week)



Adult Active Lives findings trend data for local authorities in Northumberland and Tyne & Wear. Graph displays the percentage (%) of population who are active in each local authority area covered by Rise (the Active Partnership for Northumberland and Tyne & Wear).

The dotted line indicates the final Active Lives survey unaffected by COVID-19.

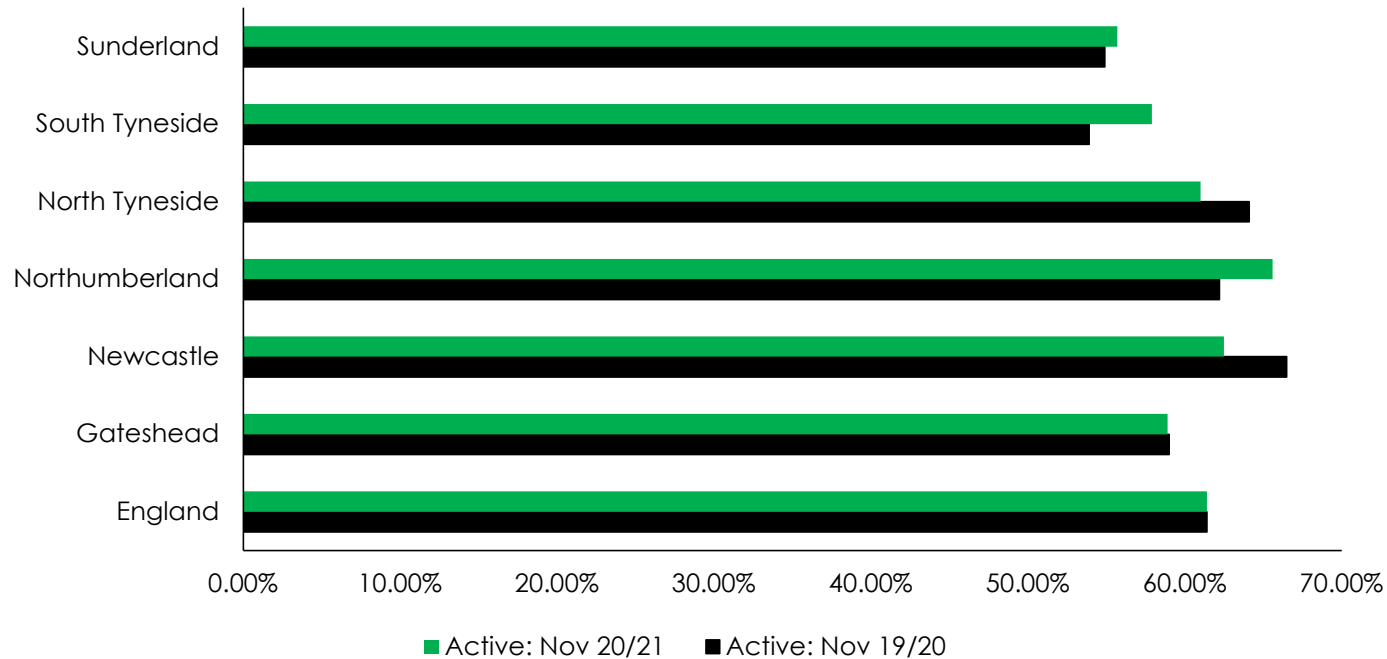
## Active Lives Adult Survey Inactive (<30mins per week)



Adult Active Lives findings trend data for local authorities in Northumberland and Tyne & Wear. Graph displays the percentage (%) of population who are inactive in each local authority area covered by Rise (the Active Partnership for Northumberland and Tyne & Wear).

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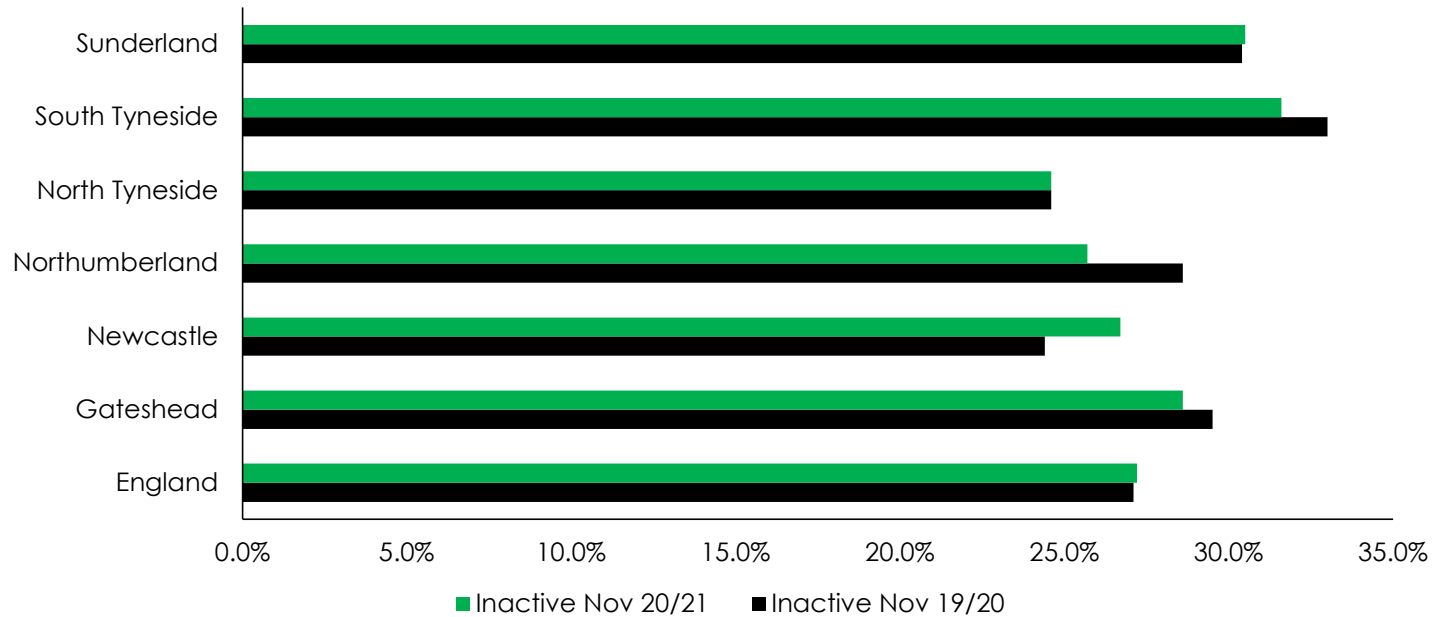
## Yearly comparison: Active Lives Adult Survey active (>150mins per week)



Comparison of Adult Active Lives findings from Nov 2019 – 2020 and Nov 2020 – 2021. Graph displays the percentage (%) of population who are active in each local authority area covered by Rise (the Active Partnership for Northumberland and Tyne & Wear).



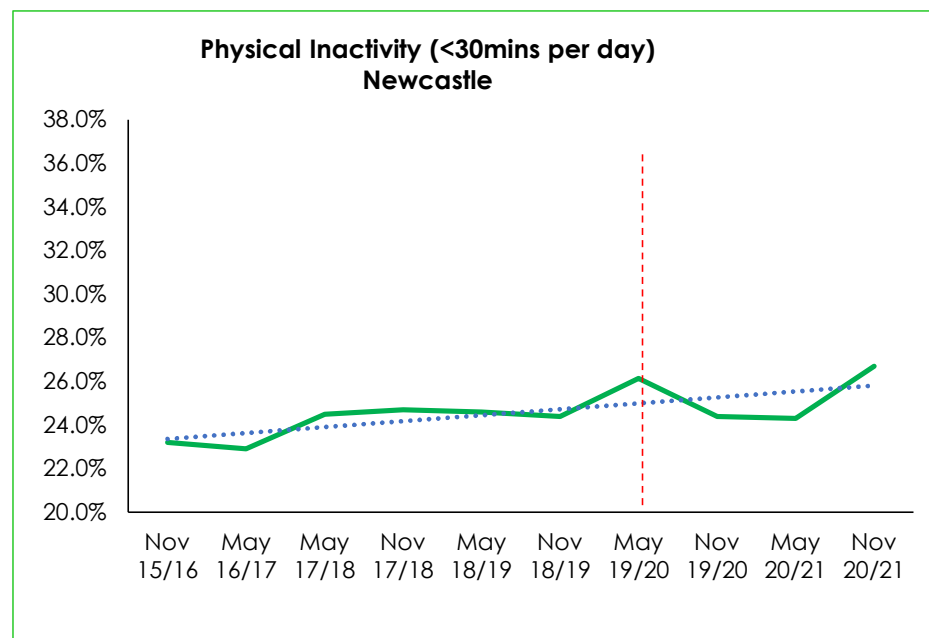
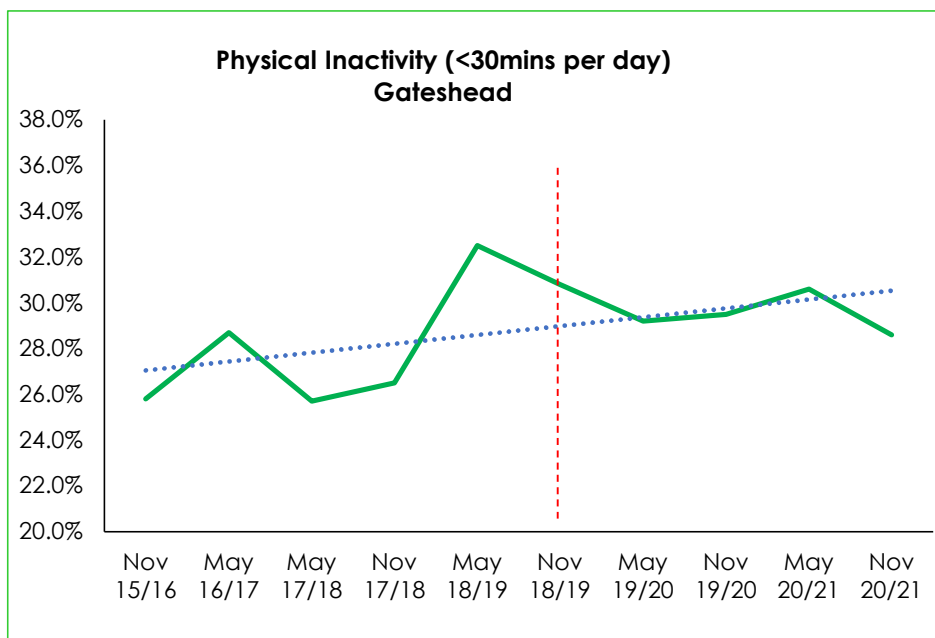
## Yearly comparison: Active Lives Adult Survey inactive (<30mins per week)



Comparison of Adult Active Lives findings from Nov 2019 – 2020 and Nov 2020 – 2021. Graph displays the percentage (%) of population who are inactive in each local authority area covered by RISE (the Active Partnership for Northumberland and Tyne & Wear).

## Trends in physical inactivity across Northumberland and Tyne & Wear between November 2015 – November 2021

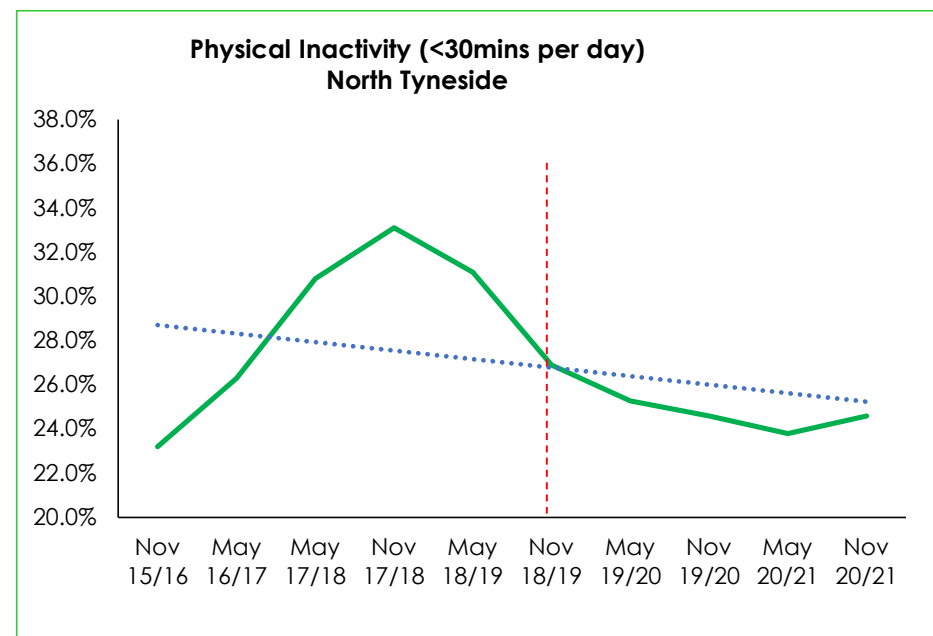
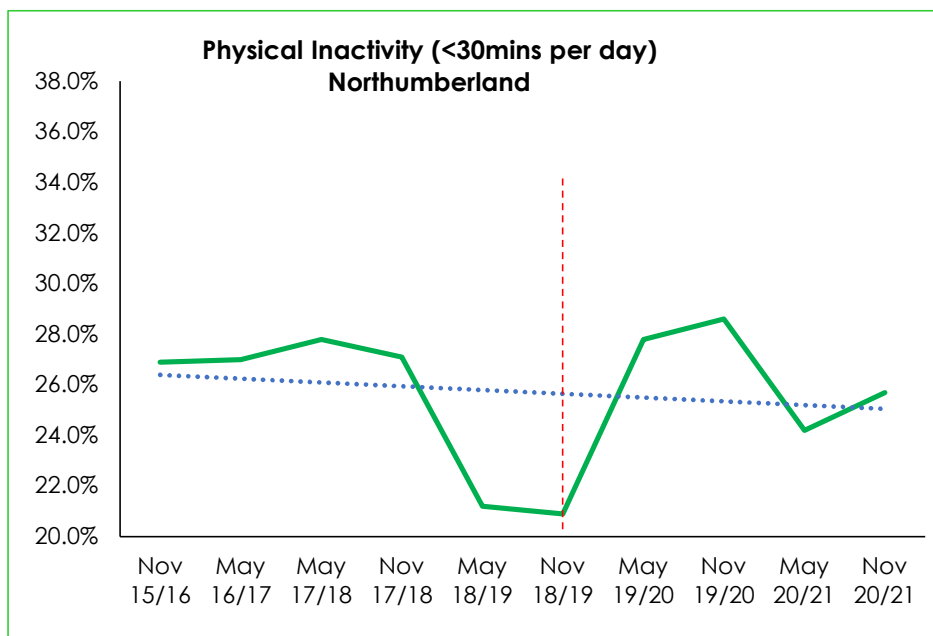
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Trends in physical **inactivity** across Northumberland and Tyne & Wear from 2015 – 2021. The red dotted line indicates the final Active Lives survey unaffected by COVID-19. The blue dotted line is the trend line.

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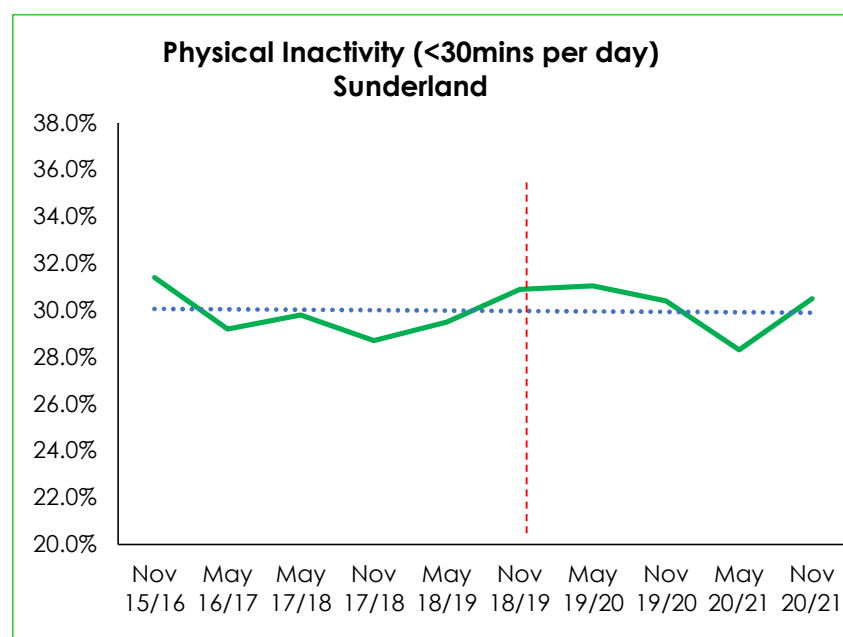
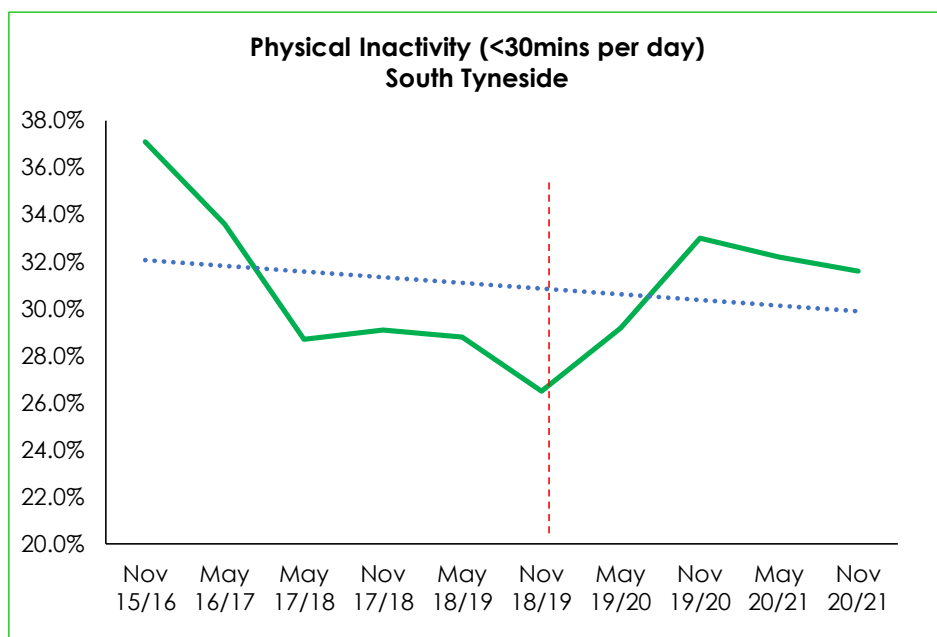
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