

Active Lives Survey: physical activity results for 2021/22

National and local results from the Active Lives Adult Survey for the period mid-Nov 2021 to mid-Nov 2022



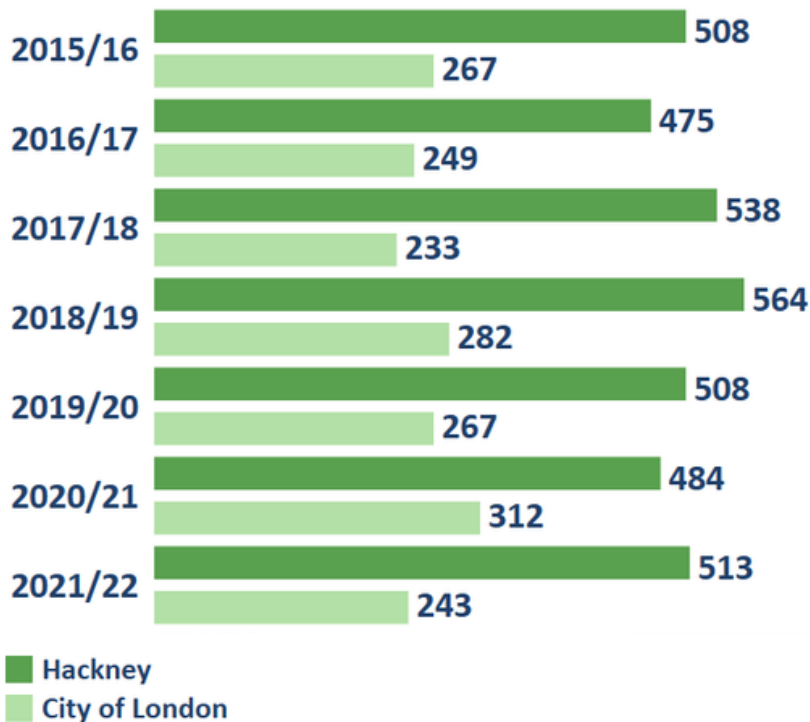
About the Active Lives Survey

The Active Lives Adult Survey measures **sport** and **physical activity** participation among populations, categorising this by demographic group, region, local authority, and activity type. The levels of physical activity are assessed based on definitions established by the Chief Medical Officer.

The survey is sent out to a **randomly selected** sample of households across England, and up to two adults (**aged 16+**) from each household are invited to take part.

177,551
sampled
across
England in
2021/22

The minimum **sample size** for local authorities is usually **500**, except for the Isles of Scilly and City of London, where it's limited to **200** due to their small populations. Below, you can find a table showing the number of residents that have responded to the survey in the City and Hackney each year since 2015/16.



Being Active

- **Moderate activity** is defined as activity where you raise your heart rate and feel a little out of breath.
- **Vigorous activity** is when you're breathing hard and fast, and your heart rate has increased significantly (making it difficult to say more than a few words without pausing for breath).

Category of activity level	Number of moderate intensity equivalent (MIE)* minutes of exercise per week
Active (recommended level that supports positive health and wellbeing)	150+ minutes
Fairly Active (active but below recommended levels)	30-149 minutes
Inactive	Less than 30 minutes

*Moderate intensity equivalent (MIE) minutes means each 'moderate' minute counts as one minute. Any vigorous activity counts for double, so each vigorous minute counts as two moderate minutes.

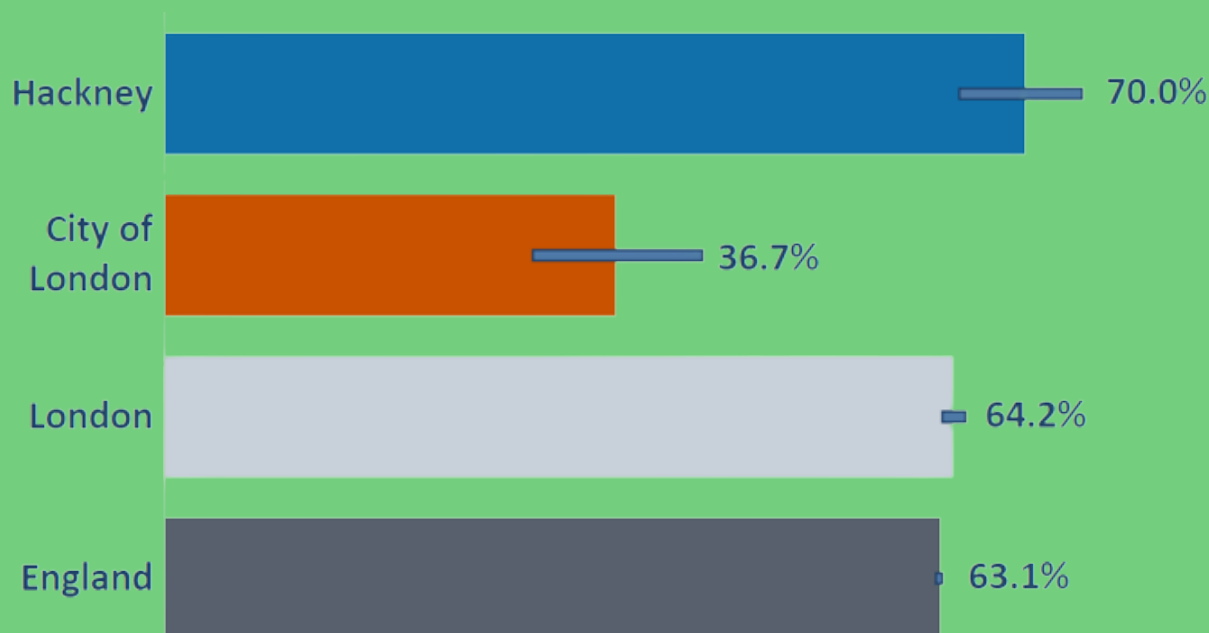
Please note that the below figures are based on self-reported information and small sample sizes. Therefore caution should be taken when considering the results.



Levels of activity

This report covers the first full year since the November 2018/19 survey without COVID-19 interruptions. During this time, there were few COVID-19 restrictions, which made it possible for physical activity to potentially return to pre-pandemic levels.

Proportion of active adults (16+) by area, November 2021 to 2022



Between November 2021 and 2022, **70%** of adults in **Hackney** were estimated to be active. This was **significantly higher than the City of London and England**, but similar to London levels. In the **City of London**, roughly **37%** of adults were considered active, **significantly lower** than Hackney, London, and England averages.

Hackney
5th highest

Hackney recorded the 5th highest proportion of active adults compared to its statistical neighbours* in 2021/22

City of London
lowest

The City of London recorded the lowest proportion of active adults in England in 2021/22.

*In comparison to 17 areas: Brent, Camden, Ealing, Greenwich, Hammersmith and Fulham, Haringey, Hounslow, Islington, Lambeth, Lewisham, Newham, Southwark, Tower Hamlets, Waltham Forest, and Wandsworth.

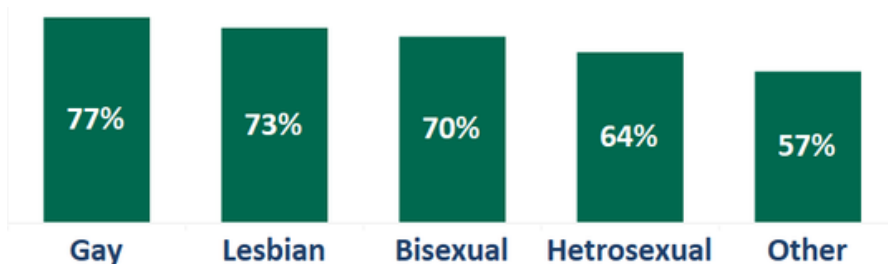
Inequalities

Socio-demographic data is not available at a local authority level due to small sample sizes. However, the following differences by population group are of particular interest to Hackney and the City of London, as these groups are either over or under-represented:



Activity levels generally **decrease with age**, and the sharpest decrease occurs at age **75+**. The proportion of City and Hackney's population aged 75 and over is less than **half of the average** for England, at roughly 3% and 9% respectively.

Black, Other, and Asian (excluding Chinese) populations recorded the **lowest** levels of physical activity. This is of interest for City and Hackney, where **38%** of the population belonged to these ethnic groups in 2021, with as many as **68%** in certain LSOAs*, compared to **15%** nationally.



Gay men, lesbian women, and bisexual adults are all **more likely** to be **active** than heterosexual adults; Hackney and the City of London have some of the **largest homosexual populations** in England: in 2021, roughly **12%** of City residents and **9%** of Hackney residents with a registered sexual orientation were homosexual, compared to **3%** nationally.



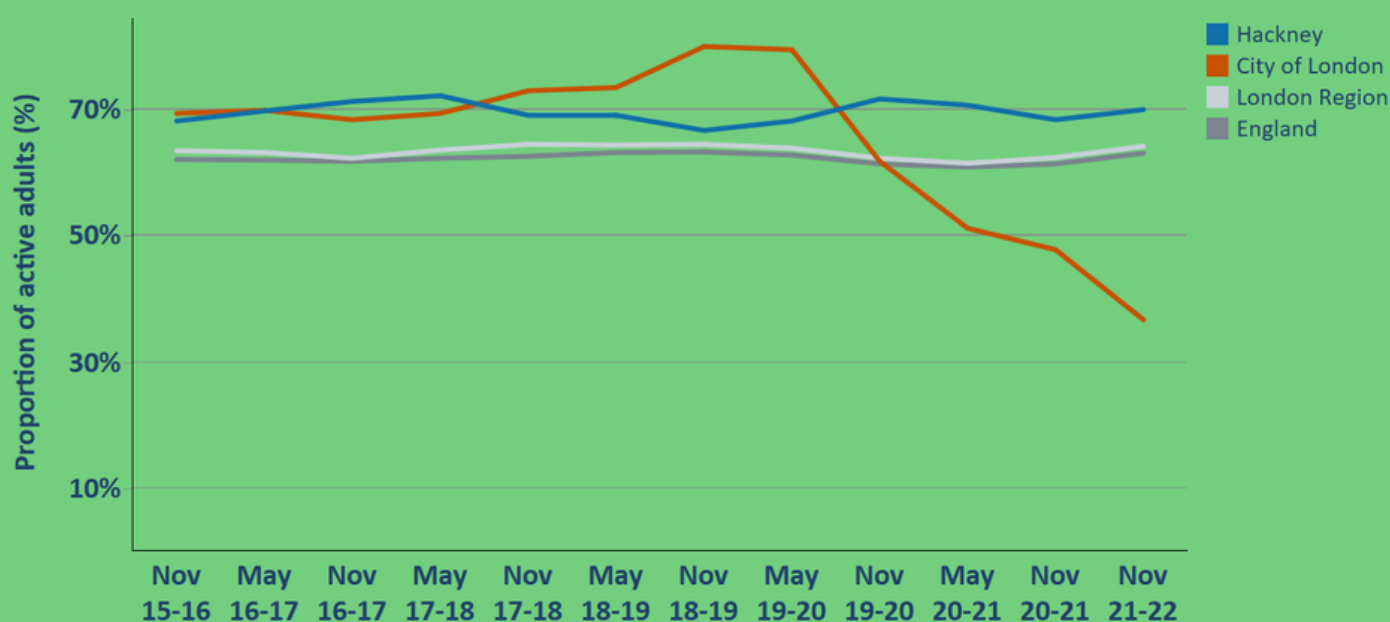
Populations from the most **deprived** areas are **least likely** to be physically active, with only **53%** engaging in physical activity; Hackney ranked **18th out of 151** local authorities in the 2019 Indices of Multiple Deprivation (where 1 corresponds to the most deprived), and the City ranked **126th**.

*LSOA: Lower Super Output Area, a geographical area with an average population of 1500 people or 650 households.

Changes over time

Unlike Hackney, London, and national averages, the **City of London** has experienced a **statistically significant decrease** in the proportion of active adults over the last two years. This decrease **began during the COVID-19 pandemic** and has continued at a similar rate since then. In contrast, **Hackney** has **maintained a relatively stable** active population.

Proportion of active adults (16+) by area and year, 2015/16 to 2021/22



Changes in national activity levels by socio-demographic over time:

- **Women's** activity levels have been **slower to recover** than men's following the COVID-19 pandemic.
- While there has been some recovery since the pandemic, **young people's** participation in sport and physical activity has shown a **long-term decline**.
- The gap between the physical activity levels of individuals in the most and least **deprived** areas is widening, with levels **2% lower** than in 2015/16 among the most deprived.

