



Excess Weight

% of adults (aged 18+) classified as overweight or obese (2022/23)

72.1%

Physical Activity Level in Adults

Whole Population (16+) (Nov 22/23)

Inactive: Less than 30 minutes per week 33.3%

Fairly Active: 30-149 minutes per week 11.9%

Active: At least 150 minutes per week 54.8%

Gender

Active: at least 150 minutes a week - Gender (Nov 2021/22)

Male 56.3%

Female 49.5%

Disability

Physical activity levels in adults - Inactive: less than 30 minutes a week (Long-term health condition or disability) (Nov 2021/22)

Disability or long term health condition 54.8%

No disability or long term health condition 29.6%

% of people who have disabilities limiting daily activities (age standardised) (2021).

24.7%

Physical Activity by Age

Active: at least 150 minutes a week (age) (2021/22)	
Aged 16-34	52.1%
Aged 35-54	61.3%
Aged 55-74	51.6%

Inactive: less than 30 minutes a week (age) (Nov 2021/22)	
Aged 16-34	N/A
Aged 35-54	27.3%
Aged 55-74	37.7%
Aged 75+	54.9%

Physical Activity by Socio-economic Status

Active: at least 150 minutes a week (2021/22)	
NS SEC 1-2 (higher)	59.6%
NS SEC 3-5 (middle)	55.6%
NS SEC 6-8 (lower)	49.1%

Inactive: Less than 30 minutes per week (2021/22)	
NS SEC 1-2 (higher)	24.9%
NS SEC 3-5 (middle)	35.4%
NS SEC 6-8 (lower)	40.9%

Mortality

Under 75 mortality rate from all cardiovascular diseases (2022)
133.3
Directly standardised rate per 100,000

**Not in Education,
Employment or
Training (NEET)**

11%
(2022/23)

**Physical
Activity
Level in
Children**

Physical Activity levels in children and young people (ages 5 -16) (2022/23)

Less active: less than an average of 30 minutes a day **39%**

Fairly active: an average of 30-59 minutes a day **20.5%**

Active: an average of 60+ minutes a day **40.5%**

Gender

Physical "Less Active" levels in Children and Young People split by Gender (ages 5-16) (2022/23)

Male **36.4%**

Female **44.3%**

**Excess
Weight**

Proportion of children with excess weight, Reception year (aged 4 - 5 years) (2022/23)

27.4%

Proportion of children with excess weight, Year 6 (aged 10 - 11 years) (2022/23)

42.3%



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