



Excess Weight

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

60.9%

Physical Activity Level in Adults

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

Inactive: Less than
30 minutes per week 31.4%

Fairly Active: 30-149
minutes per week 10.4%

Active: At least 150
minutes per week 58.3%

Gender

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

Male 57.5%

Female 50.7%

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 57.5%

No disability or long term
health condition 50.7%

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

20.8%

Physical Activity by Age

Active: at least 150 minutes a week
(age) (2021/22)

Aged 16-34	58.8%
Aged 35-54	49.7%
Aged 55-74	62.3%

Inactive: less than 30 minutes a week
(age) (Nov 2021/22)

Aged 16-34	32.3%
Aged 35-54	40.9%
Aged 55-74	31.2%
Aged 75+	56.7%

Physical Activity by Socio- economic Status

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

NS SEC 1-2 (higher)	63.9%
NS SEC 3-5 (middle)	58.1%
NS SEC 6-8 (lower)	46.7%

Inactive: Less than 30 minutes per
week (2021/22)

NS SEC 1-2 (higher)	24.4%
NS SEC 3-5 (middle)	35.6%
NS SEC 6-8 (lower)	46.5%

Mortality

Under 75 mortality rate
from all cardiovascular
diseases (2022)

122.2

Directly standardised rate per
100,000

Not in Education, Employment or Training (NEET)

4.4%
(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

37.5%

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

19.5%

Active: an average of 60+ minutes a day

43.0%

Gender

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

Male

34.8%

Female

42.9%

Excess Weight

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

21.5%

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

39.5%



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