



## Excess Weight

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

65.4%

## Physical Activity Level in Adults

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

Inactive: Less than  
30 minutes per week 22.8%

Fairly Active: 30-149  
minutes per week 10%

Active: At least 150  
minutes per week 67.2%

## Gender

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

Male 66.2%

Female 63.9%

## 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 37.5%

No disability or long term  
health condition 19.5%

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

18.4%

## Physical Activity by Age

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

Aged 16-34	74.3%
Aged 35-54	65.1%
Aged 55-74	67.3%

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

Aged 16-34	N/A
Aged 35-54	24.4%
Aged 55-74	22.8%
Aged 75+	N/A

## Physical Activity by Socio- economic Status

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

NS SEC 1-2 (higher)	75.6%
NS SEC 3-5 (middle)	69.6%
NS SEC 6-8 (lower)	N/A

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

NS SEC 1-2 (higher)	13.4%
NS SEC 3-5 (middle)	N/A
NS SEC 6-8 (lower)	N/A

## Mortality

Under 75 mortality rate  
from all cardiovascular  
diseases (2022)

82.3

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

21.7%

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

18.6%

Active: an average of 60+ minutes a day

59.7%

## Gender

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

Male

21.1%

Female

23.6%

## Excess Weight

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

22.2%

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

35.6%





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