



Excess Weight

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

72.7%

Physical Activity Level in Adults

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

Inactive: Less than 30 minutes per week 28.8%

Fairly Active: 30-149 minutes per week 56.4%

Active: At least 150 minutes per week

57%

Gender

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

Male 57.6%

Female 54.9%

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 51.3%

No disability or long term health condition 28.8%

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

18.5%

Physical Activity by Age

Active: at least 150 minutes a week (age) (2021/22)	
Aged 16-34	61.0%
Aged 35-54	56.4%
Aged 55-74	57.0%

Inactive: less than 30 minutes a week (age) (Nov 2021/22)	
Aged 16-34	N/A
Aged 35-54	33.8%
Aged 55-74	31.9%
Aged 75+	50.3%

Physical Activity by Socio-economic Status

Active: at least 150 minutes a week (2021/22)	
NS SEC 1-2 (higher)	69.8%
NS SEC 3-5 (middle)	50.7%
NS SEC 6-8 (lower)	59.0%

Inactive: Less than 30 minutes per week (2021/22)	
NS SEC 1-2 (higher)	19.7%
NS SEC 3-5 (middle)	38.8%
NS SEC 6-8 (lower)	33.4%

Mortality

Under 75 mortality rate from all cardiovascular diseases (2022)

94.4

Directly standardised rate per 100,000

Not in Education,
Employment or
Training (NEET)

4.6%
(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 35.4%

Fairly active: an average of 30-59
minutes a day 22.5%

Active: an average of 60+ minutes a
day 42.1%

Gender

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

Male 30.9%

Female 38.3%

Excess
Weight

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

21.3%

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

38.1%



CONTACT US

Insight@activelancashire.org.uk | 07465 759 911

ActiveLancashire.org.uk