

Physical activity behaviour in Coventry





PHYSICAL ACTIVITY BEHAVIOUR IN COVENTRY

The UK Chief Medical Officers have set out how much physical activity people should do, on a weekly basis, for it to benefit their health.

	Activity duration and intensity	Muscle and bone strengthening activities
	Moderate = increased breathing, able to talk Vigorous = breathing fast, difficulty talking	
Birth to 5 years	3 hours every day	
5 to 18 years	60 minutes every day	3 or more times a week
Adults	150 minutes a week of moderate intensity OR 75 minutes a week of vigorous intensity OR A combination of both	2 or more times a week
Pregnant women	150 minutes a week of moderate intensity If not currently active – start gradually	2 times a week

Figure 1: Chief Medical Officers’ physical activity guidelines for all ages

Using these guidelines, we categorise behaviours into Active¹, Fairly Active and Inactive². As shown in the following graph, the greatest health gains and best value for public investment can be found in addressing the people who are least active. We have therefore focused this strategy to tackle inactivity.

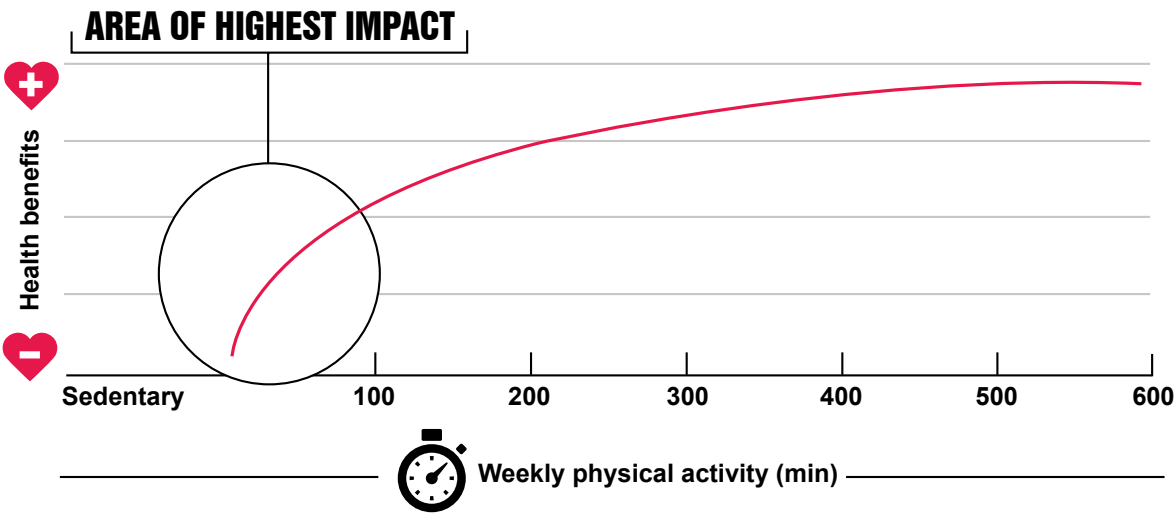


Figure 2: The value of getting people active from different starting points. HM Government, A New Strategy for an Active Nation

¹ ACTIVE: Doing at least 150 min of physical activity per week in bouts of at least 10 minutes of moderate intensity
² INACTIVE: Doing less then 30 mins of physical activity per week in bouts of at least 10 minutes of moderate intensity

In 2015, Sport England introduced Active Lives to replace the Active People Survey as the method to measure the activity levels of people across England. Active Lives enables analysis of the behaviour amongst different groups and will be used as the data set to monitor the success of this strategy. There are two surveys: Active Lives Adult (people aged 16 and above), which is published twice a year, and Active Lives Children and Young People (children aged 5-16 years), which, from December 2018, is published annually.

What's the situation in Coventry³

ACTIVE LIVES

Methods

- ▶ **Active Lives Adult Survey** is a 'push-to-web' survey
- ▶ A letter is sent out to a randomly selected sample of households asking 2 adults in the household to complete the online questionnaire
- ▶ A £5 gift voucher is offered as an incentive for completion
- ▶ the annual sample size for Coventry is = 1,000
- ▶ Survey samples are normally selected from the royal Mail's Postal Address File
- ▶ Data is weighted to Office for National Statistics population measures for geography and key demographics
- ▶ **Active Lives Children & Young People Survey** is a school-based survey
- ▶ It measures participation in sport and physical activity among children in school Years 1-11 (roughly aged 5-16)
- ▶ Randomly selected schools arrange for up to 3 mixed ability classes in up to 3 randomly chosen year groups to complete an online survey
- ▶ The survey is designed differently for Years 1-2, Years 3-6 and years 7-11 to ensure suitability for each age group
- ▶ Additionally, parents of children sampled in Years 1-2 are asked to complete a questionnaire to provide more detail about their child's physical activity behaviours
- ▶ One teacher per school is also asked to complete a questionnaire of facilities, teacher training, active travel, types of physical activity on offer and the impact of PR & SSP funding to provide context to children's responses.

Results

- ▶ Active Lives Adult Survey full results provide data from November to November, with interim results from May to May
- ▶ Active lives Children and Young People Survey provide data from September to July for an academic year

How behaviour patterns differ within our population⁴

For nearly all demographic groups, levels of Inactivity are worse in Coventry than that of England or our nearest neighbours⁵, which are other authorities with similar characteristics to our own. The following two charts show inactivity within demographic groups scaled firstly by proportion and secondly by estimated number of people. Combining this information helps us to identify where our priorities should lie. For example, females are the joint third highest inactive group in terms of proportion, but in terms of numbers, they are the largest inactive group by some way. Similarly, people with a long-term limiting illness or disability are the fourth largest group in terms of numbers, but have the second highest proportion of inactivity.

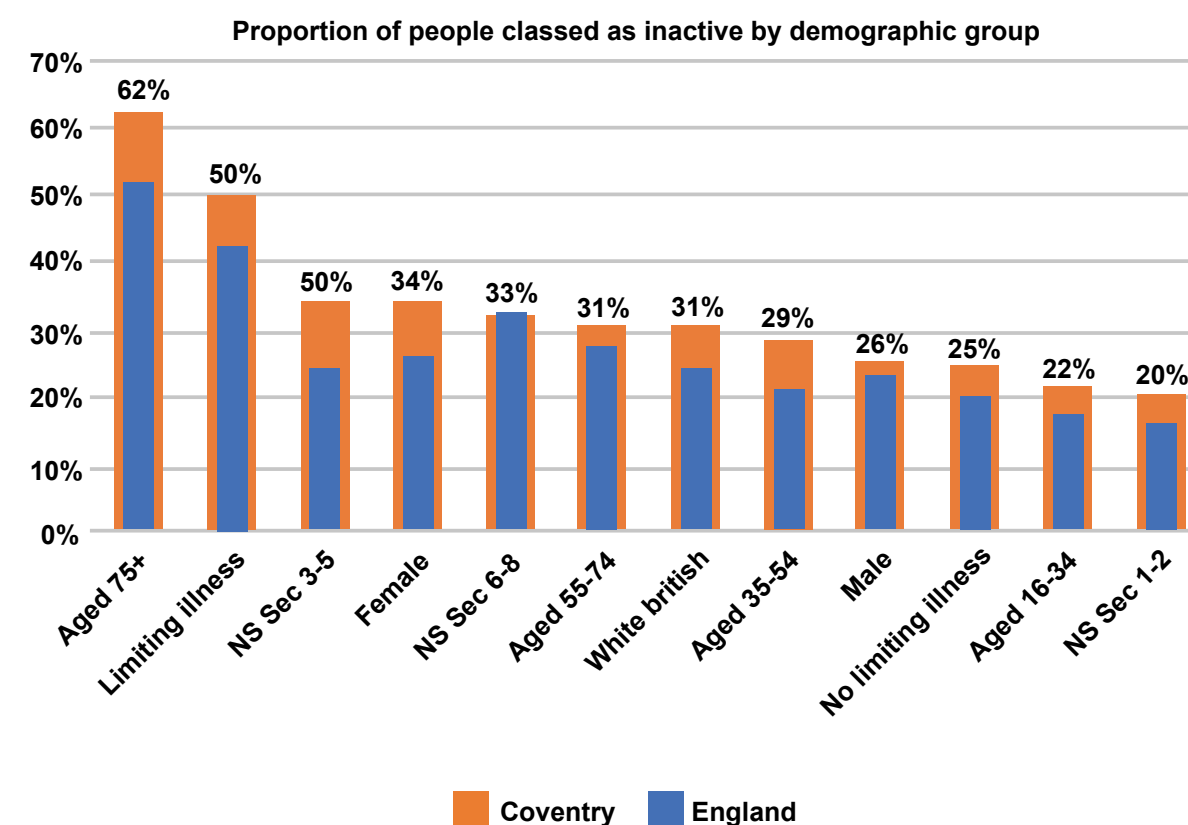


Figure 4: Proportion of people classified as inactive by demographic group. Source Active Lives Nov 16 to Nov 17

⁴Sources: Sport England's Active Lives Nov 16 to Nov 17, downloaded June 2018, excluding gardening, 16+. ONS Mid 2017 population estimates, Census 2011

⁵Within Sport England's Active People diagnostic tool. These are based on the CIPFA nearest neighbour model which adopts a scientific approach to measuring the similarity between authorities 2009. <http://www.cipfastats.net/resources/nearestneighbours/> (Nearest Neighbours are: Derby, Luton, Plymouth, Medway)

³Sources: Sport England's Active Lives Nov 16 to Nov 17, downloaded June 2018, excluding gardening, 16+. ONS Mid 2017 population estimates, Census 2011

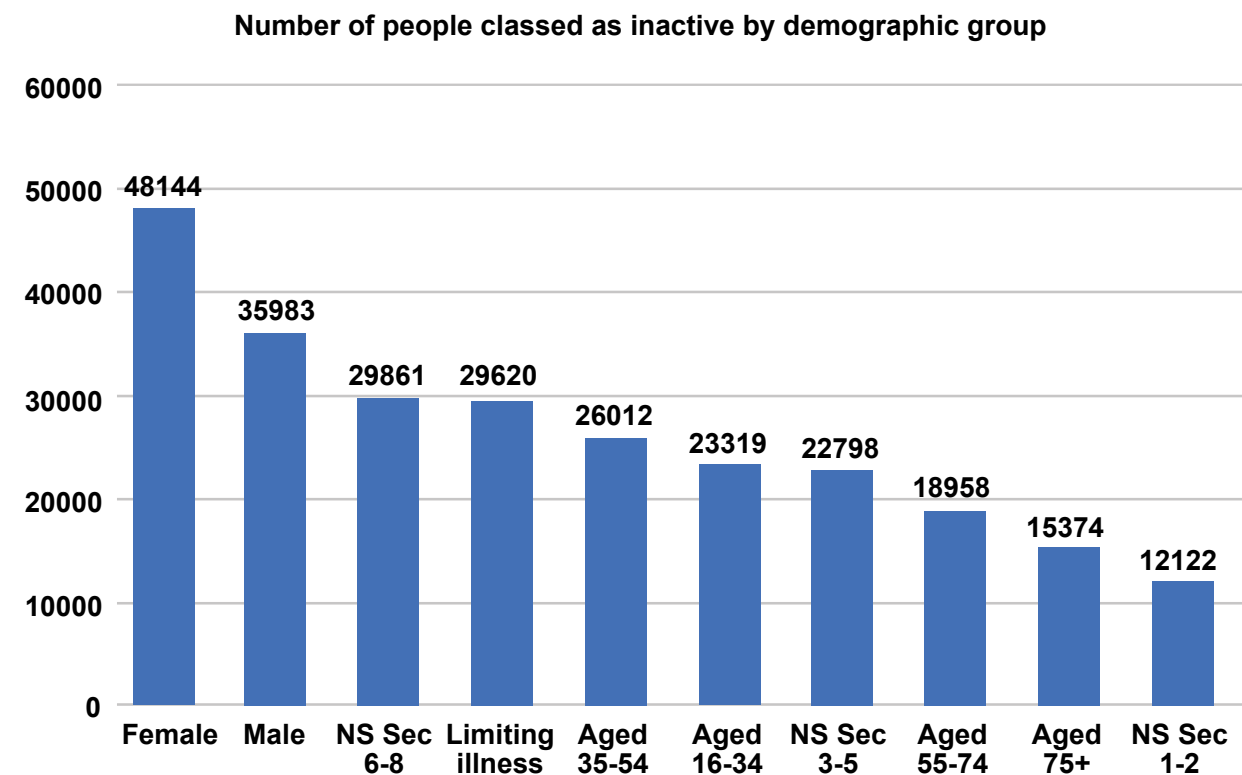


Figure 5: Number of people classed as inactive by demographic group. Source Active Lives Nov 16 to Nov 17. ONS Mid 2017 population estimates, Census 2011

Inactivity by gender

Females are more inactive and less active than males. This is the case across England, but in Coventry this inequality is far worse.

- ▶ In terms of population numbers, female is largest inactive group, with an estimated 48,144 people
- ▶ With a female inactivity rate of 33.6%, Coventry is considerably worse than England at 26.8% and all Nearest Neighbours.
- ▶ Levels of female inactivity and active behaviour appear to be getting worse⁶
- ▶ The Coventry inequality gap, i.e. the difference between inactivity rates for males and females, is three-times worse than that for England
- ▶ Females inactivity compares poorly to England across the life course and across social grades. However, there is particular concern for young to middle aged women and women in middle socio-economic groups

⁶Comparison between Sport England's Active Lives Nov 15-16 and Nov 16-17, downloaded June 2018, excluding gardening, 16+



Socio-economic groups

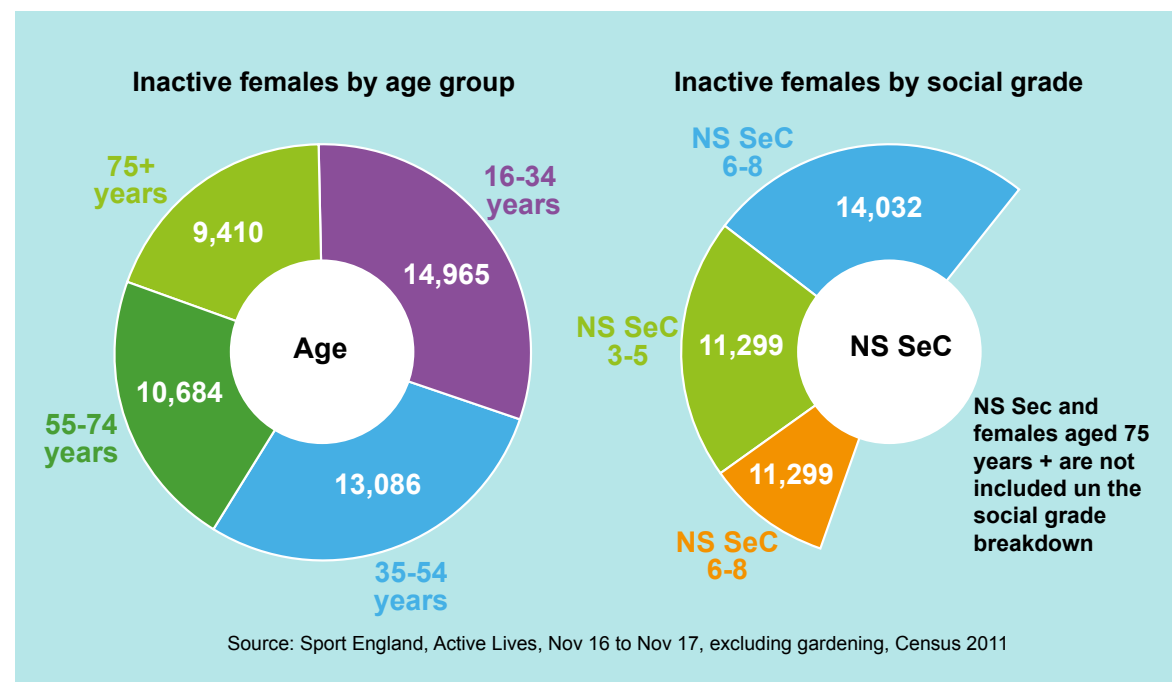


Figure 6: How the number of inactive females is broken down by age and social grade

Inactivity by long-term limiting illness or disability

Nationally, people with a long-term limiting illness or disability are far more likely to be inactive than those without. This situation is echoed in Coventry, but the level of inequality is worse.

- ▶ In terms of population numbers, an estimated 29,620 people with long-term limiting illness or disability are inactive in Coventry
- ▶ With a long-term limiting illness or disability inactivity rate of 50%, Coventry compares poorly to England at 43% and most Nearest Neighbours
- ▶ Levels of inactivity among people with a long-term limiting illness or disability appear to be getting worse⁷
- ▶ The Coventry inequality gap, i.e. the difference between inactivity rates for people with and people without a long-term limiting illness or disability are worse than those for England
- ▶ Inactivity within those with a long-term limiting illness is a concern across both genders and is likely to be more of a concern within older age groups

DEFINITION (Sport England)

Limiting disability is defined as an individual reporting they have a physical or mental health condition or illness that has lasted or is expected to last 12 months or more, and that this has a substantial effect on their ability to do normal daily activities. In future slides this will be referred to as 'Limiting illness'

⁷Comparison between Sport England's Active Lives Nov 15-16 and Nov 16-17, downloaded June 2018, excluding gardening, 16+

Socio-economic groups

DEFINITION

NS-SeC is the National Statistics Socio-economic Classification. It is derived by combining information on occupation and employment status

Higher social grades

1. Higher managerial and professional occupations
2. Lower managerial and professional occupations

Middle social grades

3. intermediate occupations
4. Small employers and own account workers

Lower social grades

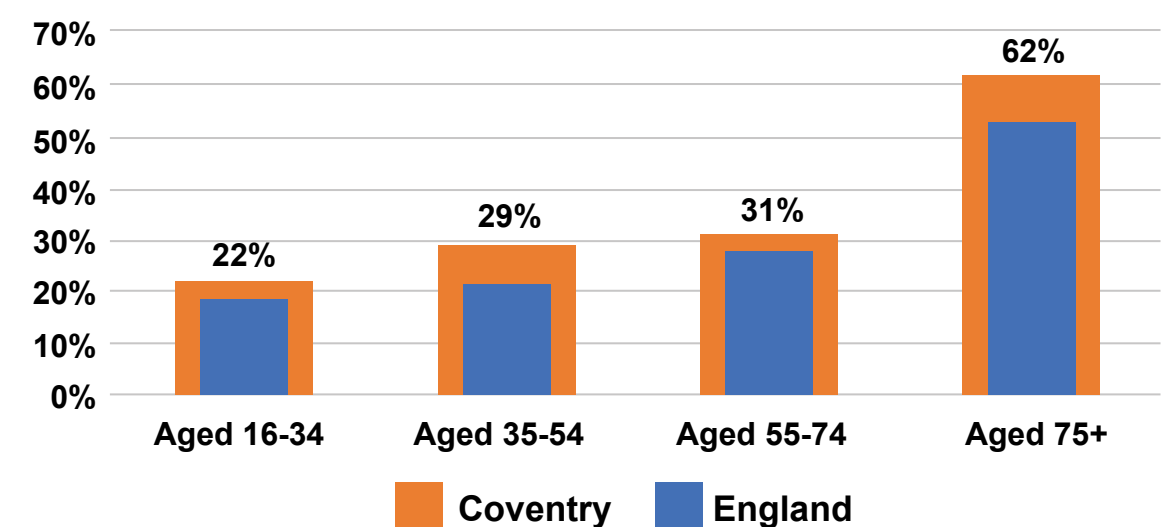
6. Semi-routine occupations
7. Routine occupations
8. Never worked and long-term unemployed

Other

9. Full time students and occupations not stated or inadequately described

Employment status is created by combining data on whether an individual is an employer, self-employee, size of organisation (where collected) and supervisory status

Proportion of people classed as inactive by age group



Children and young people

The Active Lives Children and Young People Survey has just been released and is a new data set.

MEASURES

- **Activity every day:** doing 60 minutes or more every day, 7 days a week. This is meeting the CMO recommendation of 60 minutes per day
- **Active across the week:** Doing an average of 60 minutes or more a day across the week (420 minutes a week, but not 60+ minutes on all 7 days)
- **Fairly active:** Doing an average of 30-59 minutes a day across the week (210-419 minutes a week)
- **Less active:** Doing less than an average of 30 minutes a day across the week (less than 210 minutes a week)

Sport and physical activity levels - years 1-11

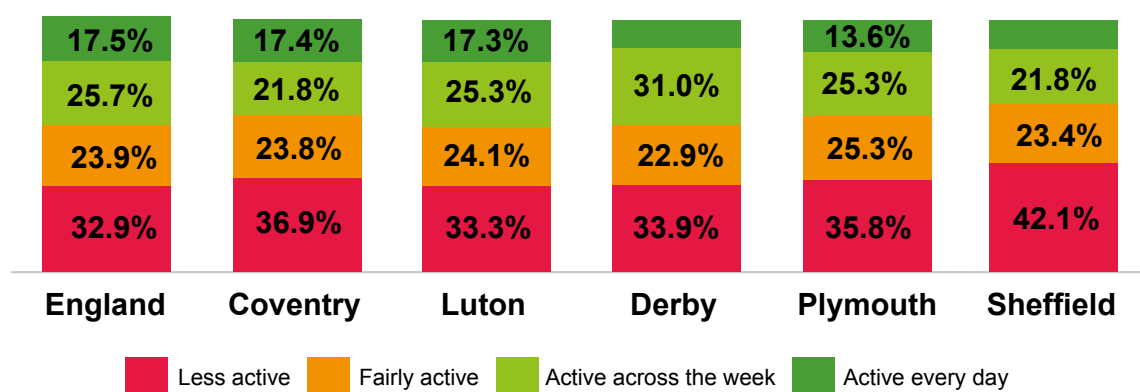
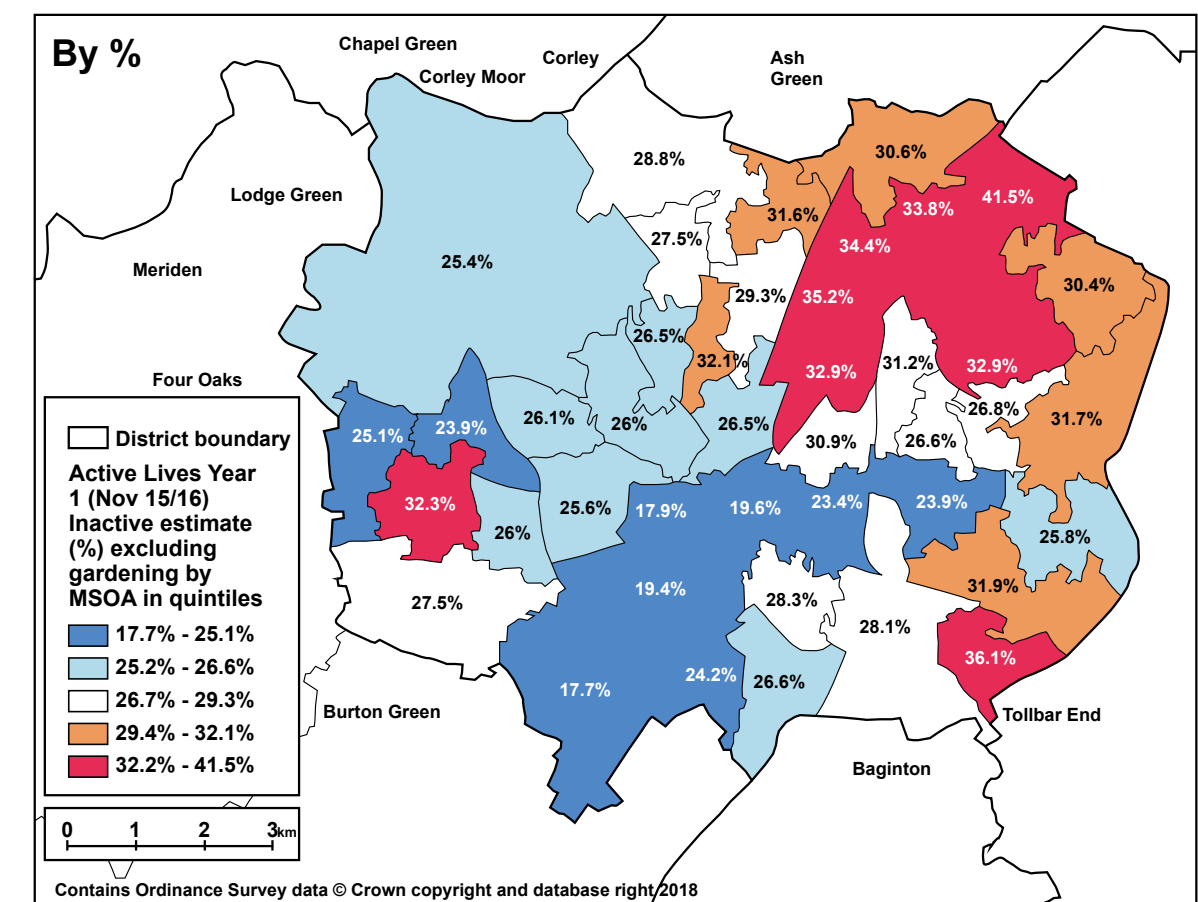


Figure 8: Sport and physical activity levels for children and young people in Years 1-11. Coventry compared to England and Nearest Neighbours. Source Sport England's AL CYP Survey Academic Year 2017/18

The headline figures show us that Coventry:

- Has a similar proportion (17.4%) of children and young people who are active every day and meet the CMO guidelines of 60 minutes of physical activity every day
- Has a worse proportion (36.9%) of young people who are less active, than England and most of our Nearest Neighbours
- Has a better proportion (35.9%) of children and young people who are active every day at school (for 30 minutes or more), than England (27.7%) and all Nearest Neighbours
- Has a worse proportion (56.2%) of children and young people who are less active outside of school, than England (47.4%) and all Nearest Neighbours
- Only has 69.4% of children and young people who have taken part in sport and physical activity at a vigorous intensity (in bouts of 10 minutes or more) on at least 3 days a week (years 3-11). This however, is in line with the England figures on the same measure.

In terms of localities, the following map shows geographic areas (MSOAs) which subdivide the City, and are colour coded to give an indication of the estimated proportion of inactive people resident there. The areas are divided into five groups, with an equal number of MSOAs in each group. Red areas have the highest concentration of inactive people and blue areas have the least.



Source: sport England. Active Lives Survey (Small Area Estimates) Year 1 (Nov 15/16 published January 2018
ONS Population Estimates Mid Year 2015

Strengths - the type of physical activities people in Coventry do more of. For example, we know that Coventry:

- has a similar proportion (36.9%) of people using **active travel** methods to that of England
- has much better proportion (9.1%) of people **cycling for travel** than England or our Nearest Neighbours
- has similar proportions (12.2%) of people **running or jogging** to that of England
- has similar proportions (10.3%) of people **swimming** to that of England
- has a better proportion (5.9%) of people playing **racket sports** to that of England
- has a better proportion (13.7%) of people taking part in **gym sessions** than that of England
- However, when it comes to **walking**, we're behind England and our Nearest Neighbours with 51% of our population having walked for at least 60 minutes (in bouts of at least 10mins of at least moderate intensity) in the last 28 days. This compares to 58% nationally.

