

**Active Lives Survey 2
Headline Results**

**Report by Active Cumbria
October 2017**

The Active Lives Survey 2

Active Lives has replaced the Active People survey, and is much broader in what it measures. For example it includes walking, cycling for travel, and dance in addition to the sporting and fitness activities previously measured by Active People. The new survey looks at patterns of behaviour over a 12 month period, as opposed to a snapshot over the previous 4 weeks.

The second Active Lives data was released on 12 October 2017, and presents data from the period mid - May 2016 to mid - May 2017.

The third Active Lives data will be released in March 2018.

Measure 1 – Sport & Physical Activity Levels (Adults Aged 16+)

These are linked to the Chief Medical Officers guidelines on physical activity (excluding gardening). There are 3 measures as follows: -

Inactive – less than 30 minutes per week moderate intensity physical activity

Fairly Active – between 30 – 149 minutes per week moderate intensity physical activity

Active – more than 150 minutes per week moderate intensity physical activity

Area	Respondents	Inactive (<30 minutes per week)		Fairly Active (30-149 minutes per week)		Active (150+ minutes per week)	
		Population total	Rate	Population total	Rate	Population total	Rate
England	214,284	11,456,900	25.61%	6,179,600	13.81%	27,102,400	60.58%
North West	30,520	1,561,200	26.68%	783,100	13.38%	3,508,100	59.94%
Cumbria	3,300	101,800	24.47%	53,000	12.74%	261,200	62.8%
Allerdale	532	18,200	22.46%	10,400	12.86%	52,400	64.68%
Barrow-in-Furness	528	17,100	30.93%	6,900	12.36%	31,400	56.71%
Carlisle	558	22,500	25.23%	11,900	13.29%	54,900	61.48%
Copeland	556	16,600	28.73%	8,000	13.81%	33,100	57.47%
Eden	556	11,700	26.1%	4,400	9.85%	28,600	64.04%
South Lakeland	570	15,700	17.86%	11,500	13.07%	60,700	69.07%

Key Cumbria Information

Cumbria's active population is 62.8%, which is the 10th highest out of 45 county sport partnership areas across England.

Cumbria's inactive population is 24.47%, which is the 20th lowest out of 45 county sport partnership areas across England.

Measure 2 – Adults (aged 16+) who have taken part in sport and physical activity at least twice in the last 28 days

Area	Respondents	Population Total	Rate (%)
England	214,284	34,531,400	77.18%
North West	30,520	4,451,100	76.06%
Cumbria	3,300	325,600	78.26%
Allerdale	532	65,400	80.68%
Barrow-in-Furness	528	38,900	70.15%
Carlisle	558	70,000	78.43%
Copeland	556	43,100	74.72%
Eden	556	34,300	76.87%
South Lakeland	570	73,900	84.02%

Key Cumbria Information

Cumbria's population taking part in sport and physical activity at least twice in the last 28 days is 78.26%, which is the 19th highest out of 45 county sport partnership areas across England.