

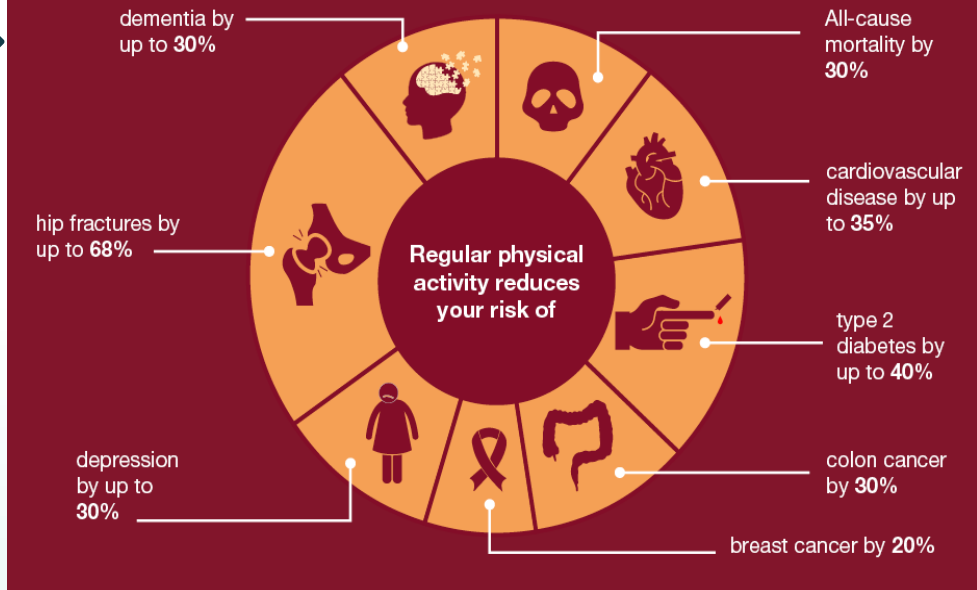
Joint Strategic Needs Assessment: Physical activity summary

WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work.

Physical activity can **reduce the risk** of numerous conditions

UK's population is around **20%** less active than in the 1960s. If current trends continue, it will be **35%** less active by **2030**.

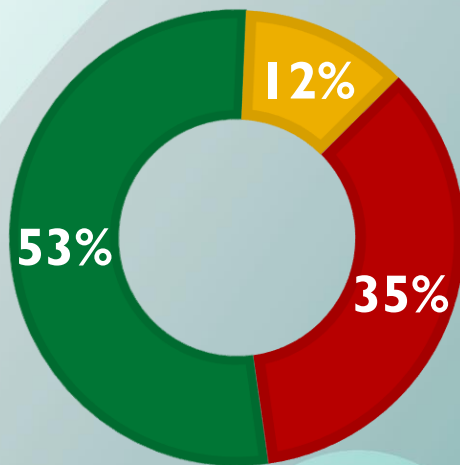
What are the health benefits of physical activity?



Source: Office for Health Improvement & Disparities

Physical activity in Leicester adults (16+)

More than half (53%) of adults report the recommended amount of 150 minutes of physical activity each week



Around 12% of adults do more than half an hour of physical activity each week but less than the recommended 150 mins



More than a third (35%) of Leicester residents (16+) do less than 30 minutes of physical activity each week, and are considered 'inactive'

Physical Activity: Key Statistics

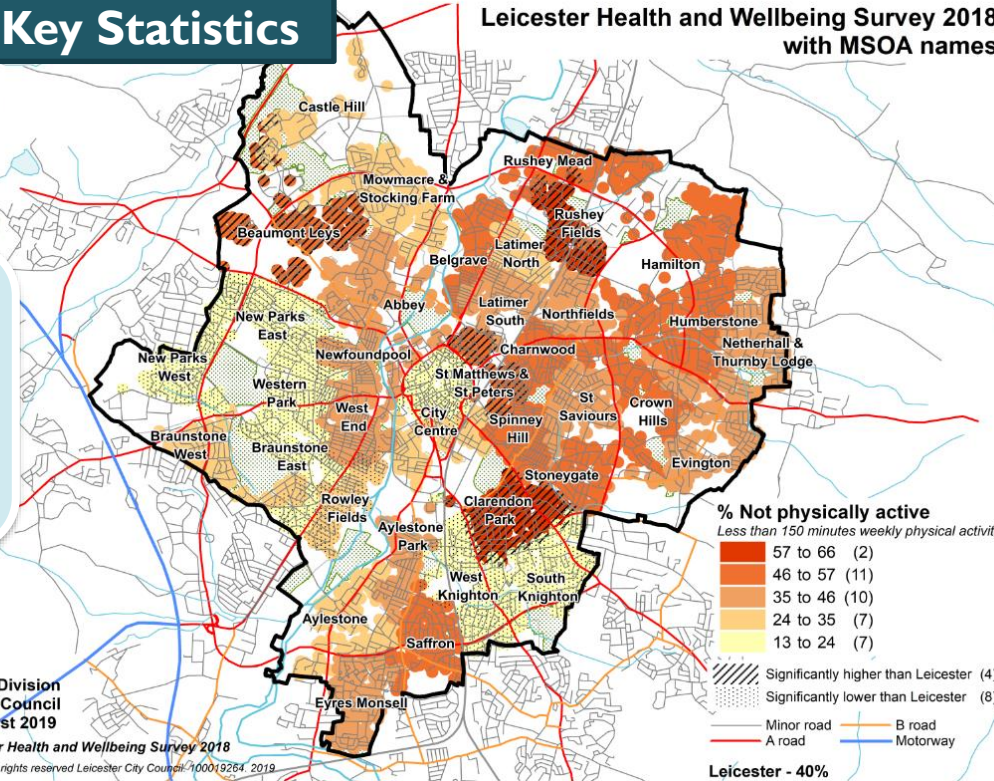
Leicester Health and Wellbeing Survey 2018 with MSOA names

Inactivity levels by MSOA area in Leicester

Public Health Division
Leicester City Council
Created: August 2019

Source: Leicester Health and Wellbeing Survey 2018

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Males have higher physical activity levels than females

62.10%

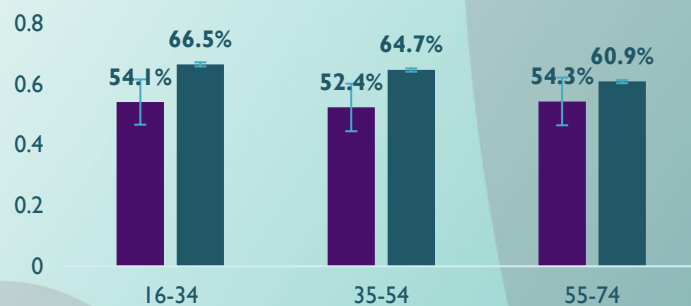


51.70%



Activity levels are lower in older age groups

Active adults (16+) by age category Leicester and England, 2020-21



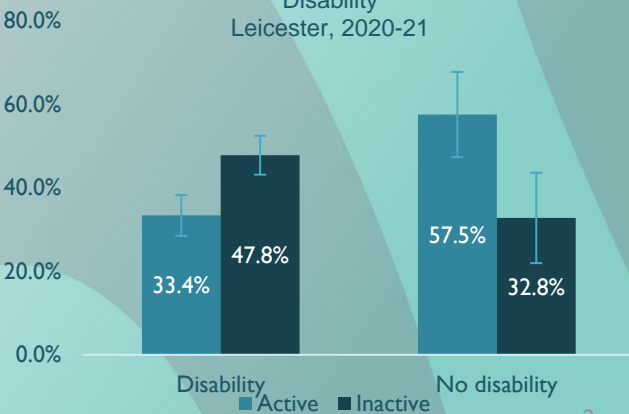
Those living in higher deprivation had lower activity levels

Active adults (16+) by Socio Economic Status Leicester



Activity levels are lower in those with disabilities

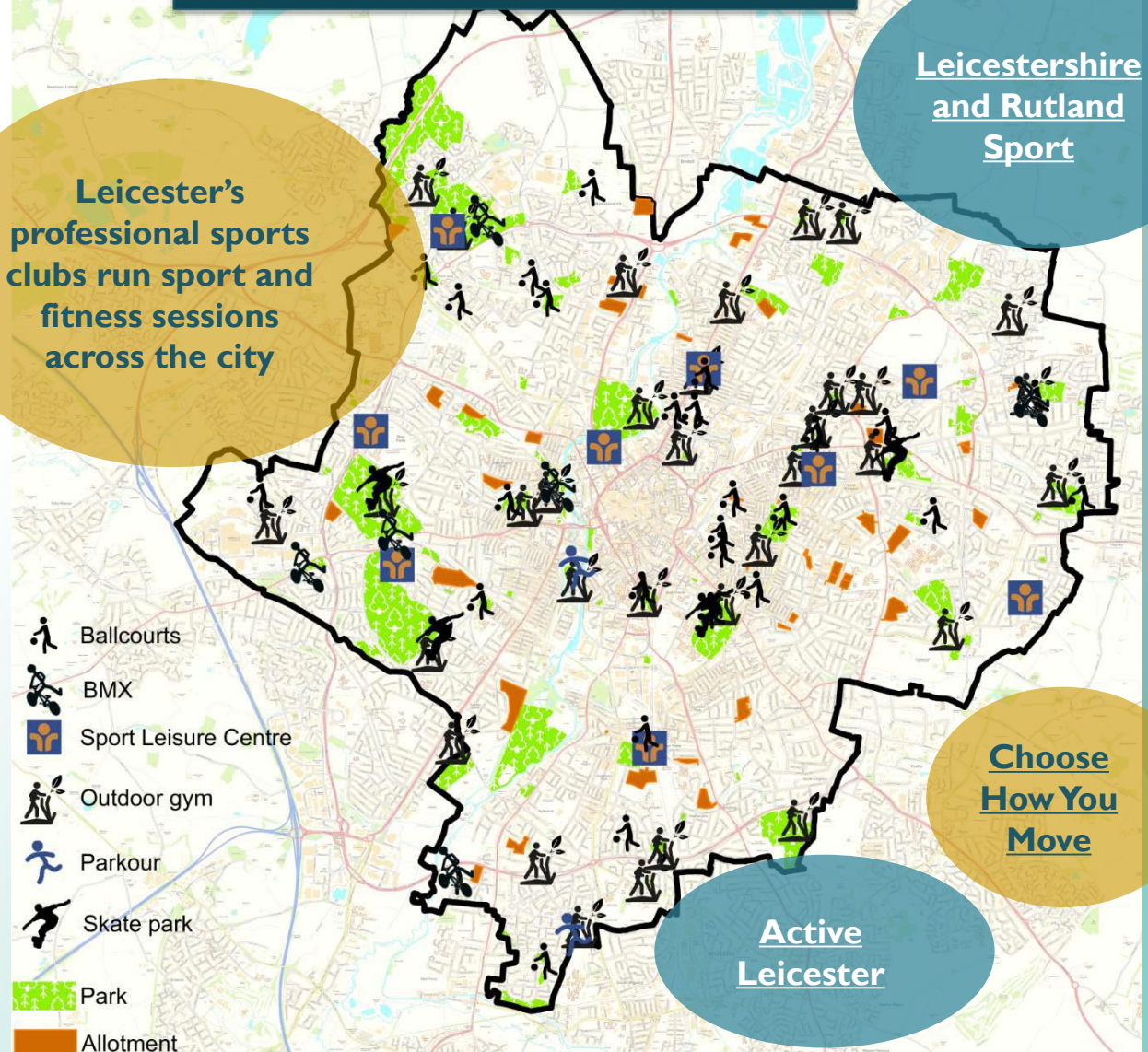
Active and Inactive levels for Long Term Disability Leicester, 2020-21



Target groups to improve physical activity levels



Physical activity options in Leicester



Further information can be found at www.Leicester.gov.uk/jsna.