

Physical activity: Gloucestershire key trends

Why is physical activity important?

Physical activity can improve health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits.

- ❖ In 2016 47% of primary and secondary pupils in Gloucestershire were doing 6 hours+ physical activity per week. Activity rates have fallen from 55% in 2006.
- ❖ The highest contribution to the overall reduction in activity rates is attributed to boys both at primary and secondary phase, the number of hours secondary phase boys did physical activity per week fell by 0.6 hours and the number of hours undertaken by primary phase fell by 0.55 hours between 2006 and 2016.
- ❖ 15.9% of 15 year olds did more than 1 hour of activity a day, 7 days a week in 2015, inline with England and the South West.
- ❖ The percentage of physically active adults (2015/16) was higher in Gloucestershire (69.4%) than in England (64.9%) and inline with the South West. Adults in Forest of Dean and Gloucester were significantly less active than the England average.
- ❖ 82.6% adults in Gloucestershire did some walking at least once a week, inline with regional and national levels (2014/15) . A significantly higher percentage of adults walk at least once a week in Cheltenham and Cotswold than the England average. A significantly lower percentage of adults in Gloucester walk 5 times a week than the England average.
- ❖ 5.9% of adults in Gloucestershire cycled at least 3 times a week above the regional and national levels (2014/15) . A significantly higher percentage of adults cycle at least 3 times a week in Cheltenham than the England average.
- ❖ In 2015 12.9% of people in Gloucestershire had access to woodland, below the national level (16.8%) and 13.2% utilised outdoor open space for exercise/health reasons, significantly lower than the South West (19.4%) but in line with England average (14%).
- ❖ 66.8% of 15 year olds in Gloucestershire had an average of 7 hours+ sedentary hours per day, significantly lower than England levels.

Physical Activity: School children

Figure 24: Physical activity of primary and secondary pupils over time

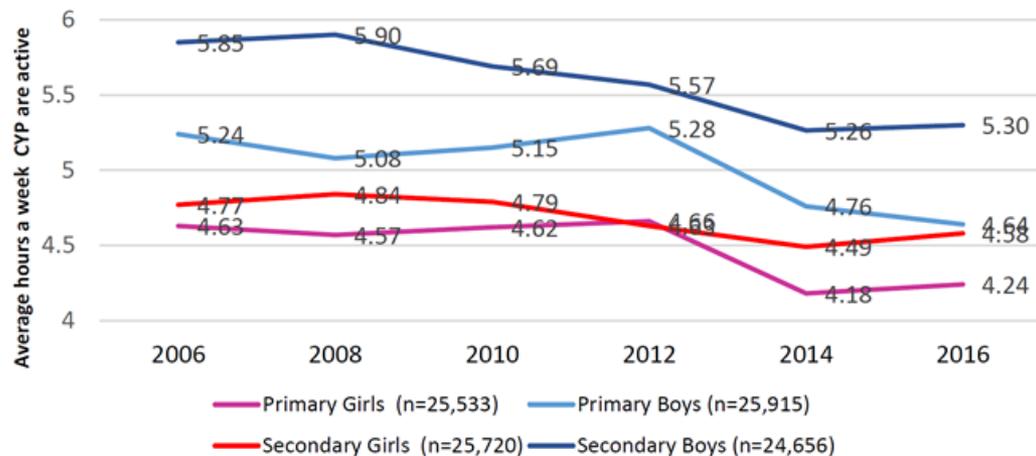
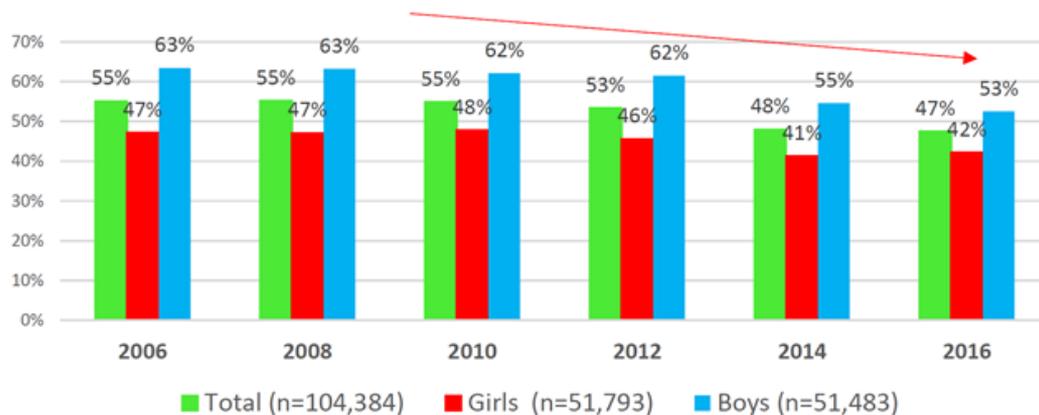
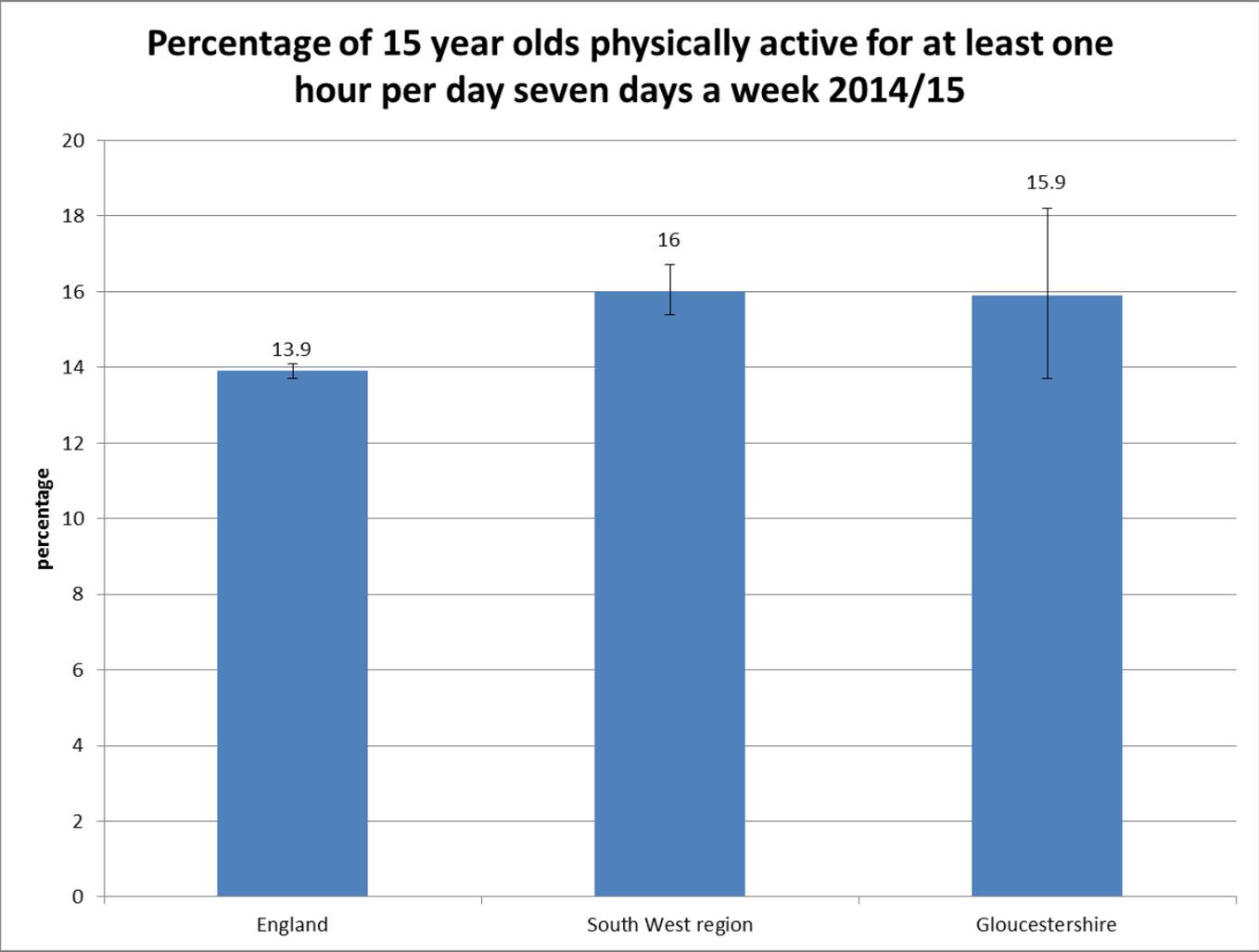


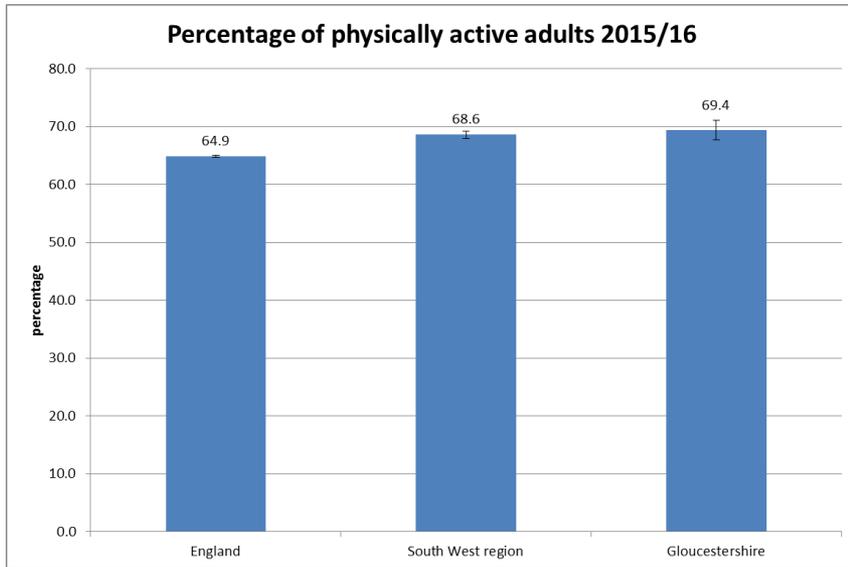
Figure 25: Physical activity in primary & secondary phase pupils, % of children and young people who are physically active for 6 or more hours a week



Physical Activity: 15 year olds

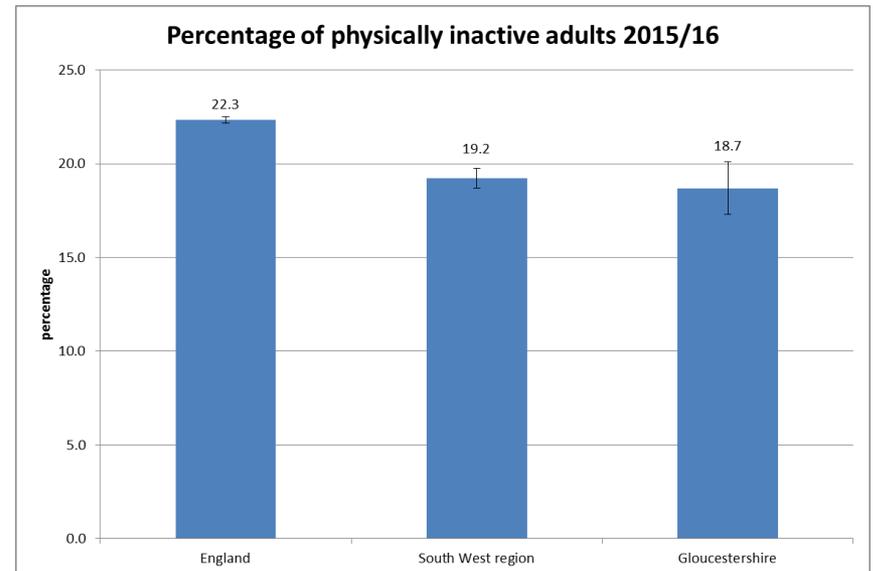


Physical Activity: Adults

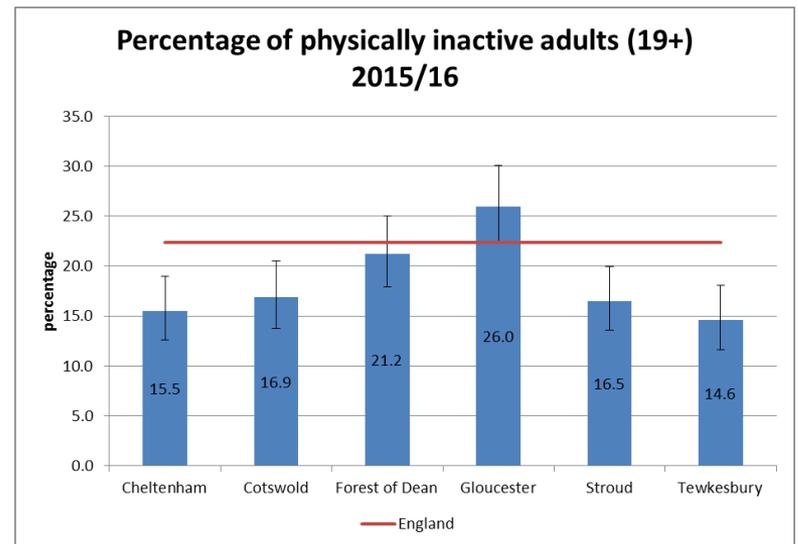
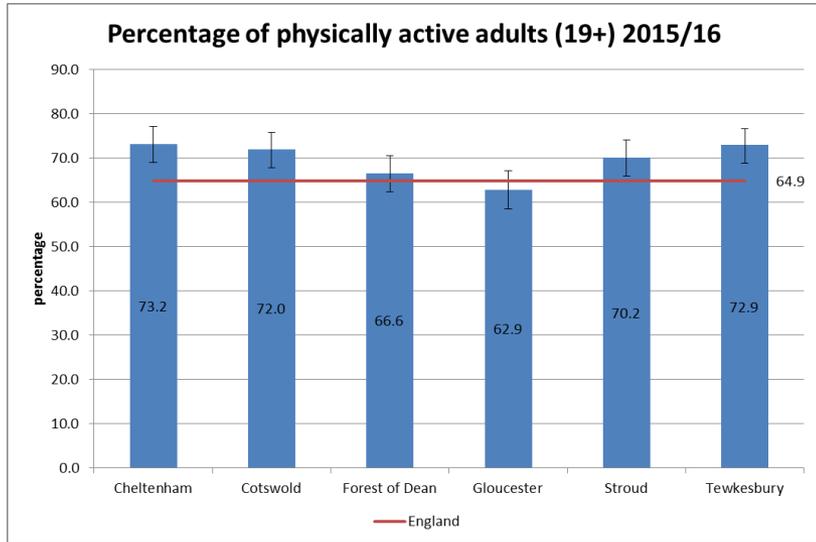


Physically active is defined as: Percentage of adults (aged 19+) that meet CMO recommendations for physical activity (150+ moderate intensity equivalent minutes per week).

Physically inactive is defined as: Percentage of adults (aged 19+) that are physically inactive (<30 moderate intensity equivalent minutes per week).

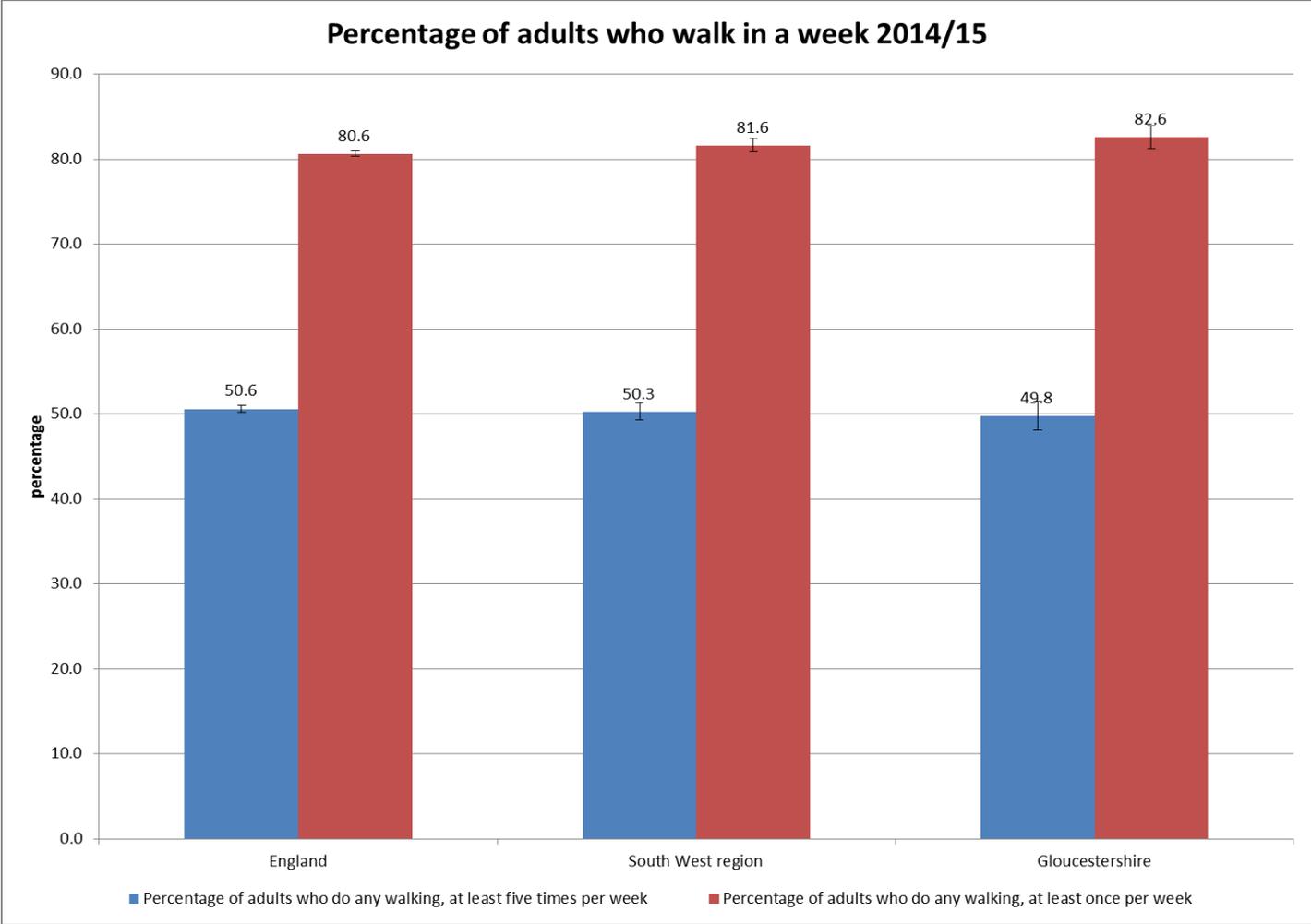


Physical Activity: Adults (districts)

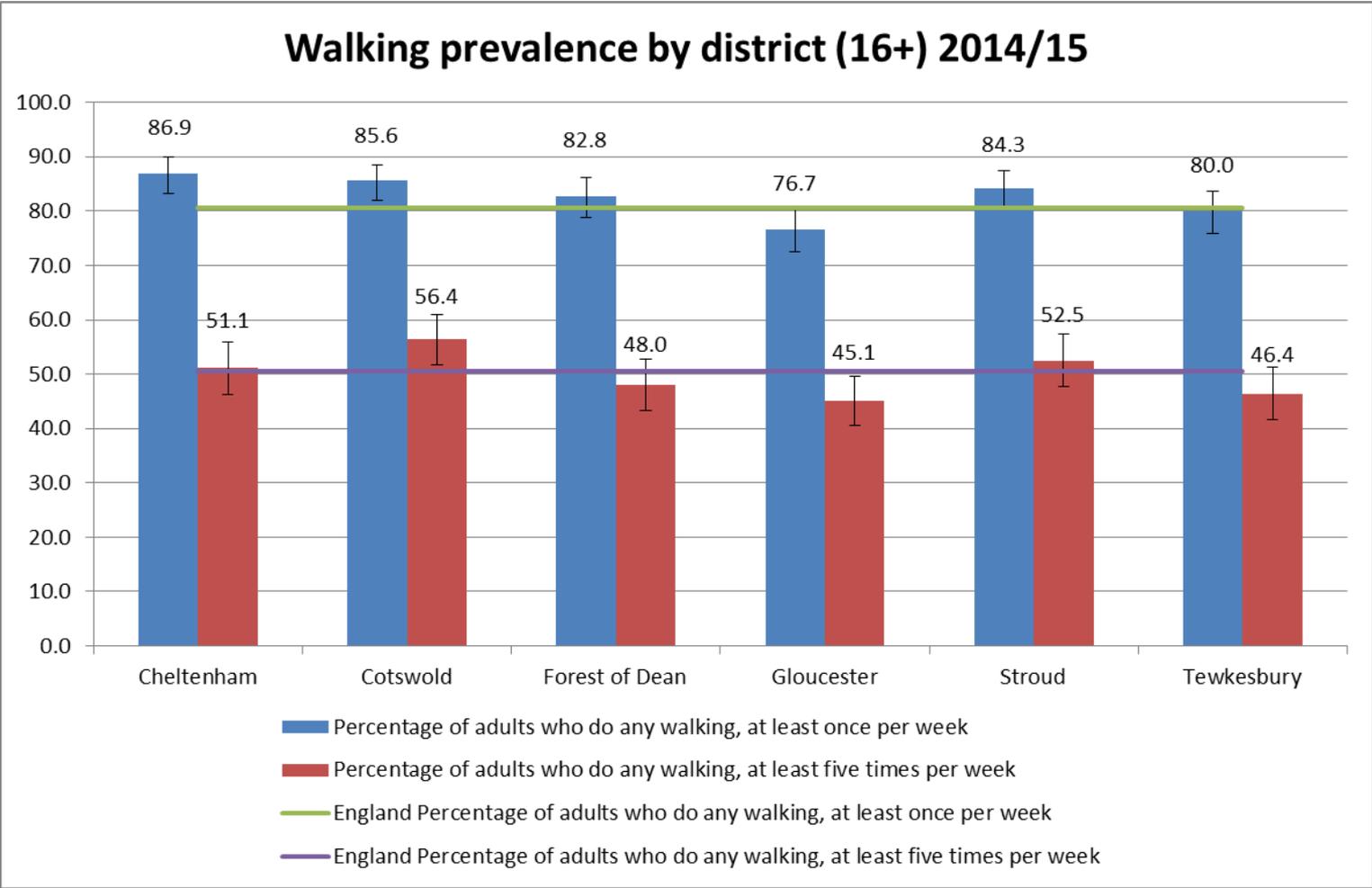


Walking: Adults

Walking is the most likely way all adults can achieve the recommended levels of physical activity and walking for at least 10 minutes on at least five days a week suggests regular walking.

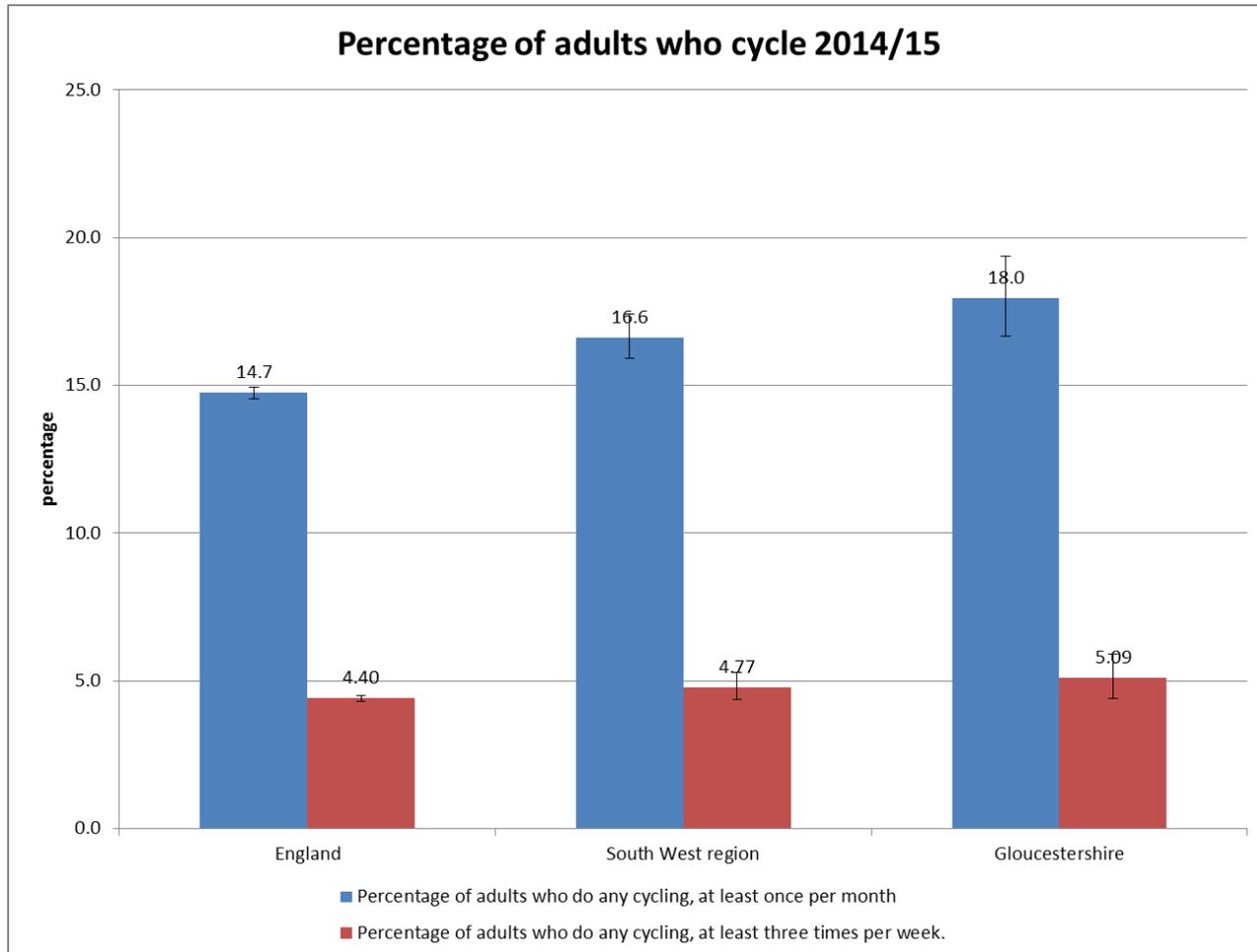


Walking: Adults (district)

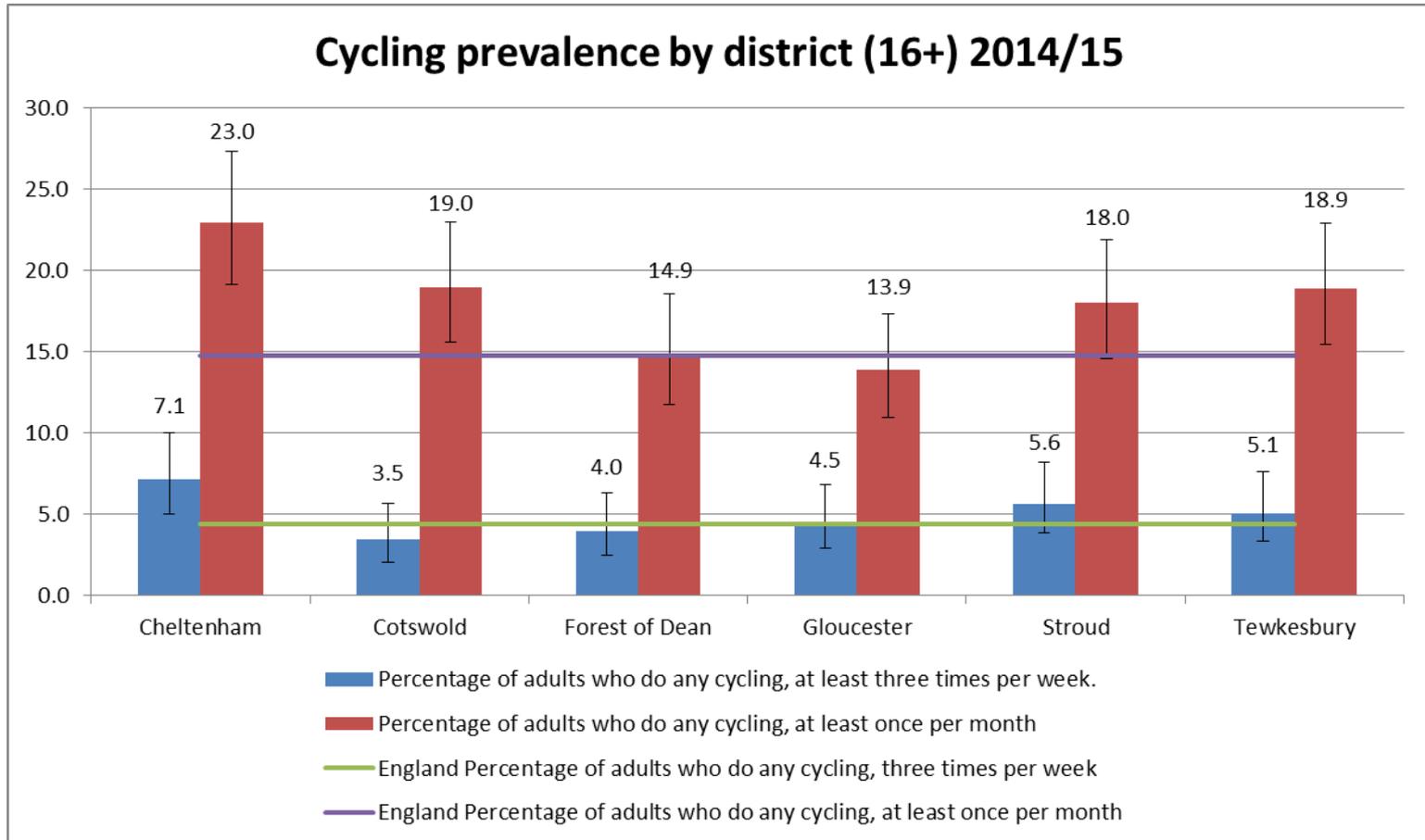


Cycling: Adults

Physical activity that can be incorporated into everyday life, such as brisk walking and cycling lowers the risk of cardiovascular disease, coronary heart disease and stroke.

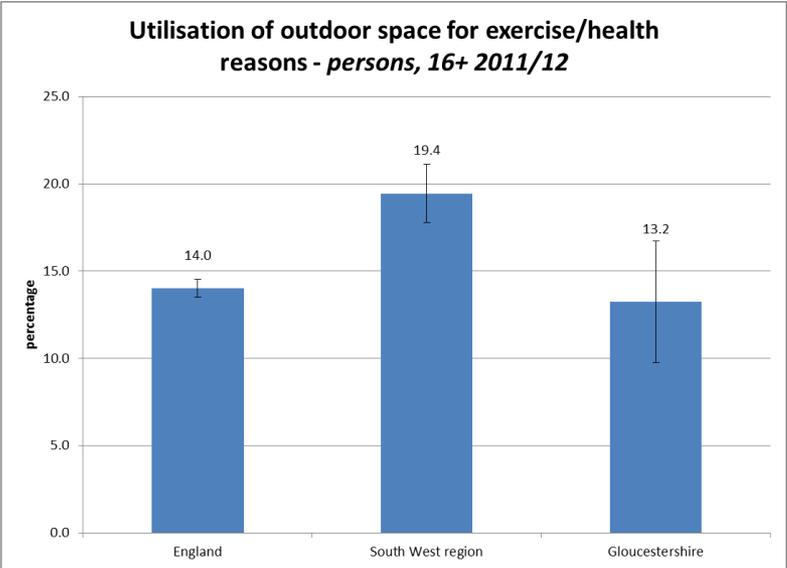
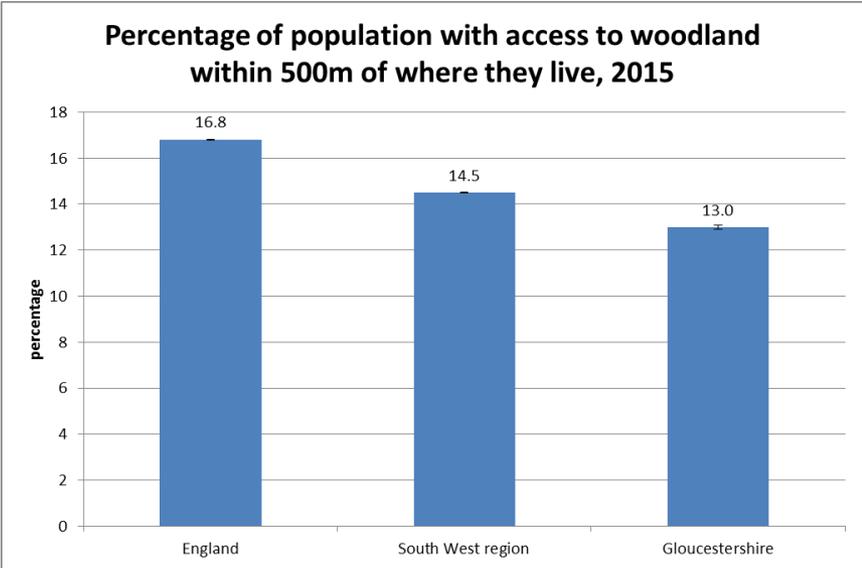


Cycling: Adults (district)



Access to woodland: All people

Access to green space such as woodland, supports wellbeing and allows people to engage in physical activity. Woodlands provide spaces for community activities, social connectedness, volunteering as well as employment.



Sedentary time: 15 year olds

Young people who spend more time sedentary (i.e. activity with very low energy expenditure, undertaken primarily sitting or lying down) have greater fat mass, higher BMI and an increased risk of being overweight or obese, irrespective of their levels of physical activity when not sedentary. Therefore it is important to track levels of sedentary behaviour as well as physical activity.

