

# THE INACTIVITY TIME BOMB

The economic cost of physical inactivity in young people

A StreetGames & Cebr Report / April 2014



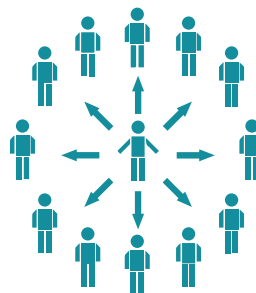
Physical Inactivity among today's 11-25 year olds will cost the UK economy...

£  
**53.3**  
BILLION

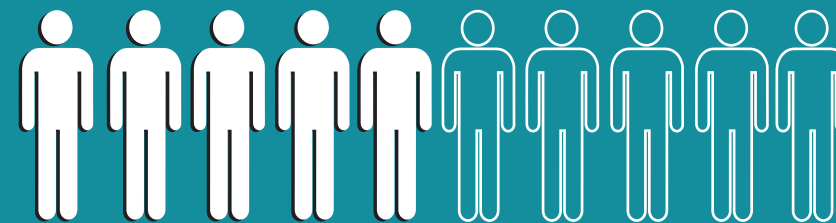
...over their lifetime



Each physically inactive young person



will cost the UK economy £12,000 over their lifetime



Nearly half of all 11-25 year olds in England fail to achieve the Chief Medical Officer's recommended targets for physical activity.

This equates to over **4.5 million** individuals.

A **1% increase** in the number of young people meeting physical activity targets...



...could save **£800 million** in today's prices over their lifetime



Girls & Young Women are less active  
**56% OF GIRLS & YOUNG WOMEN FAIL TO MEET RECOMMENDED ACTIVITY LEVELS**

compared to 39% of Boys & Young Men

**LOWEST-INCOME** HOUSEHOLDS ARE MOST LIKELY TO HAVE THE **LEAST ACTIVE** CHILDREN

THE **POOREST** HOUSEHOLDS SPEND LESS THAN **£2 PER WEEK** ON SPORT

