



ACTIVITY LEVELS & AFFLUENCE

IN ENGLAND & WALES
2021



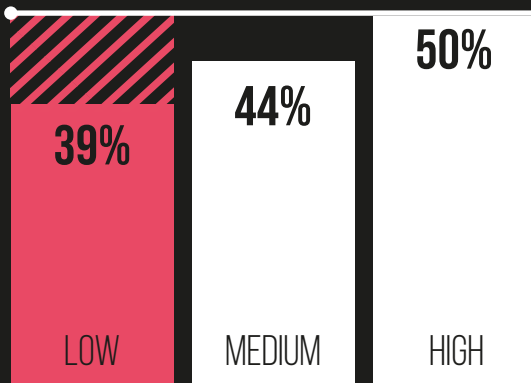
YOUNG PEOPLE SCHOOL YEAR 1 TO 11

The Chief Medical Officer recommends that children and young people do an average of 60-plus minutes of at least moderate activity a day across the week. This effectively means they need to do 420 moderate minutes or more a week to meet the guidelines.

Data from the recently published Sport England 'Active Lives Children and Young People Survey' 2020/21 shows there is a clear gap in activity levels, with children and young people from the most affluent families being more active than those from the mid-affluent families, who in turn are more active than those from the least affluent families.

ACTIVE

(AN AVERAGE OF 60+ MINUTES A DAY)



FAMILY AFFLUENCE

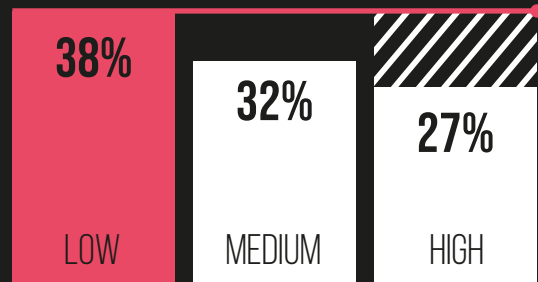
The proportion of young people who are active from low affluence families is

11% BELOW

The proportion of young people who are active from high affluence families

LESS ACTIVE

(LESS THAN AN AVERAGE OF 30 MINUTES A DAY)



FAMILY AFFLUENCE

The proportion of young people who are inactive from low affluence families is

11% ABOVE

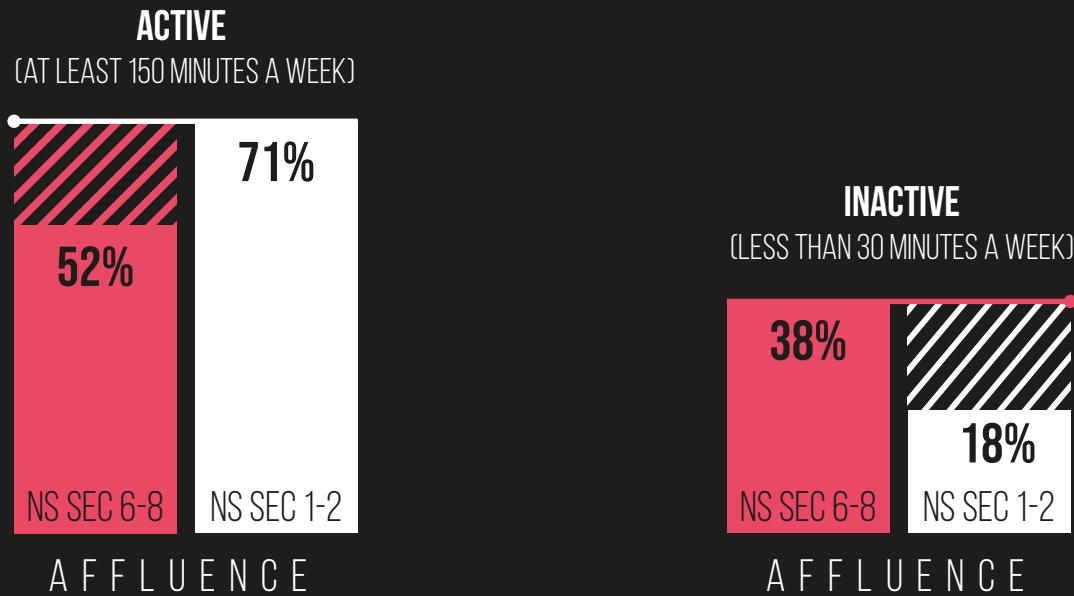
The proportion of young people who are inactive from high affluence families

ADULTS

AGE 16+

The Chief Medical Officers Guidelines state that Adults (19-64 years) should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more.

The Gap between activity levels based on affluence seen above in young people is carried into adult life. Data from Sport England's 'Active Lives Adult Survey May 2020/21 Report' shows that people in lower socio-economic groups (NS-SEC 6-8) are the most likely to be inactive and least likely to be active.



The proportion of adults who are active from lower socio-economic groups (NS SEC 6-8) is

19% BELOW

The proportion of adults who are active from higher socio-economic groups (NS SEC 1-2)

The proportion of adults who are inactive from lower socio-economic groups (NS SEC 6-8) is

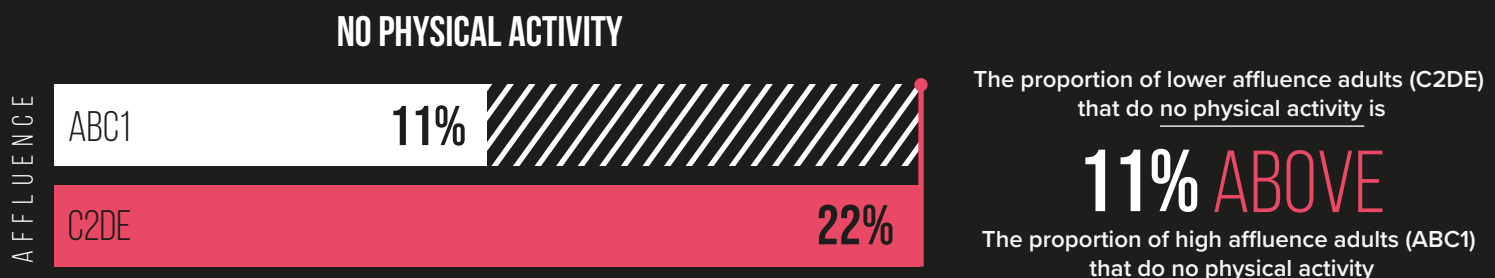
20% ABOVE

The proportion of adults who are inactive from higher socio-economic groups (NS SEC 1-2)

WALES

AGE 16+

Savanta ComRes interviewed 1,004 Welsh adults (16+) online from the 13th August to 16th August 2021. Data was weighted to be demographically representative of Welsh adults by gender, age, region, social grade, and the estimated households with children under 16.



As observed in October 2020 and March 2021, those from lower socioeconomic backgrounds (C2DE) are more likely to have reported doing no physical activity. It should also be noted that the reduction in 'no activity' has been greater for higher socioeconomic backgrounds (15% to 11%) than those from lower socio-economic backgrounds (24% to 22%) since restrictions have been eased.