This Physical Activity and Sport Joint Strategic Needs Assessment has been prepared by Active Essex to provide an insight into the physical activity and sporting landscape of Greater Essex. It combines information on demographics, health data, physical and sport data, facilities, education and the economic value of sport.
The demographic data refers to the population of Epping and the breakdown by ethnicity, age, gender, religion, and socio-economic status. With the population estimated to increase to over 138,000 by 2021, it is important to know and understand the make-up of the area in order to deliver the right needs in the right areas to the right people.

129,677 residents
estimated growth to 138,230 by 2021

62.1% of residents are aged between 16 and 64

**ETHNICITY**

- White: 91%
- Mixed: 2.1%
- Asian: 4.8%
- Black: 2%
- Other: 0.7%

**RELIGION**

- Christian: 61.8%
- Buddhist: 0.3%
- Hindu: 1.4%
- Jewish: 3.2%
- Muslim: 1.9%
- Sikh: 1%
- Other: 0.3%
- No Religion: 30%

**SOCIO-ECONOMIC STATUS**

- Deprivation Score: 15.3

15.7% of residents have a disability or long-term health issue

Data Sources: (1) Office of National Statistics, (2) Census 2011, (3) Indices of Multiple Deprivation
Health data encompasses physical and mental health as well as wellbeing. Not only does it provide the impact that inactivity has on our health, but also the cost implications. We are below the national average for childhood obesity but above the national average for obese adults.

### Child Obesity

Children's data NCMP 2015/2016:

- Reception: **20.8%**
- Year 6: **34.1%**

### Adult Obesity

Adults data (2013-2015) APS:

- Adults aged 16+: **63.8%**

### Cardiovascular Disease

Under 75 mortality rate from cardiovascular diseases considered preventable 2013-15 (per 100,000 population):

- **34.5 per 100,000**

### Mental Health

People aged 18-64 predicted to have a common mental disorder:

- 2017: **12,556**
- 2020: **12,816**

Estimated prevalence of mental health disorders in young people: % population aged 5-16:

- **8.2%**

ESA claimants for mental and behavioural disorders: rate per 1,000 working age population:

- **16.5**

### Diabetes

(QOF register) prevalence of diabetes:

- **5.8%**

Data Sources: (1) Public Health England, (2) QOF Register, (3) PANSI - Projecting Adult Needs and Service Information
PHYSICAL ACTIVITY AND SPORT

In line with the new Active Essex Strategy we shall be using physical activity and sport participation data to reach our mission of changing 1 millions lives by getting people in Essex active. Sport England’s newly released Active Lives Survey data will act as the base line for this.

ACTIVE LIVES SURVEY
Active Lives Survey replaces the Sport England’s Active People Survey, it will measure the number of people aged 16 and over who take part in physical activity and sport by demographics group, activity type and where they live. The latest findings were published in January 2017 and the next lot of results are to be released in September 2017.

83% have taken part in sport and physical activity at least twice in the last 28 days

ACTIVE PEOPLE BY AGE

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-25</td>
<td>*%</td>
</tr>
<tr>
<td>26-34</td>
<td>*%</td>
</tr>
<tr>
<td>35-44</td>
<td>*%</td>
</tr>
<tr>
<td>45-54</td>
<td>42.4%</td>
</tr>
<tr>
<td>55-64</td>
<td>*%</td>
</tr>
<tr>
<td>65+</td>
<td>23.9%</td>
</tr>
</tbody>
</table>

SOCIO-ECONOMIC ACTIVE PEOPLE

<table>
<thead>
<tr>
<th>Social Class</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>NS SEC 1-4</td>
<td>42.1%</td>
</tr>
<tr>
<td>NS SEC 5-8</td>
<td>41.1%</td>
</tr>
</tbody>
</table>

Data Source: Sport England Active People Survey
Education is a vital aspect of the physical activity and sport infrastructure. Data can help show trends and identify opportunities to improve provision within schools and education settings to create healthy habits from a young age.

**Data Sources:** (1) Department of Education, (2) Essex County Council, (3) Active Essex, (4) Essex County Council SHEU Survey

- **44 Schools**
  - 34 Primary
  - 7 Secondary

- **15,739 Pupils**

- **14 KS1 Awards**
  - The Key Stage 1 Awards recognise the high quality of school sport for 4-7 year olds

- **34 Healthy Schools**
  - achieving healthy schools status

- **39%** of primary pupils exercising five times or more in the last week

- **59%** of primary pupils walk to school

- **86%** Primary pupils enjoying physical activities at school

- **3%** Primary pupils cycling to school

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Data Sources: (1) Department of Education, (2) Essex County Council, (3) Active Essex, (4) Essex County Council SHEU Survey
Determining the number of parks, open spaces, sporting and leisure facilities in an area can inform discussions around the needs of local communities to help them access physical activity and sport and become more active. Parks and open spaces are also great spaces that can be used to get people physically active.

### 330 Facilities in Epping

#### Facility Breakdown

- **Artificial Pitches**: 21
- **Swimming Pools**: 16
- **Tennis Courts**: 30
- **Grass Pitches**: 180
- **Sports Halls**: 18

#### Facility Ownership

- **Commercial**: 53
- **Local Authority**: 61
- **Education**: 63
- **Sport Clubs**: 15
- **Other**: 26

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Data Source: Active Places Power
Evidence shows that increasing physical activity can spur economic growth, employment opportunities, and strengthen local communities. Growth in consumption based activities, spectator attendance, events, construction and green space usage, impact on wider outcomes such as improved mental and physical wellbeing, increased skills and the regeneration and growth of communities.

ECONOMIC VALUE OF SPORT

Physical Activity and Sport plays a key role and provides an important contribution to the local economy in the form of business output (GVA) and jobs. Increased levels of physical activity have a positive effect on economic growth, health related cost savings, employment opportunities and strengthening local communities. Growth in consumption based activities, spectator attendance, events, construction and green space usage, impact on wider outcomes such as improved mental and physical wellbeing, increased skills and the regeneration and growth of communities.

Total direct economic value of sport £41.1m

Volunteering (economic value) £8.4m

Health (wider economic value) £43.5m

Total employment 1324

78.6% of the 16+ population are economically active 75% of those are in employment, and 3.6% are unemployed

Data Sources: (1) Sport England, (2) ONS Annual population survey