PHYSICAL ACTIVITY LEVELS

[IN ESSEX]

The Essex Local Delivery Pilot (ELDP) is working to tackle social inequalities which prevent people having an active lifestyle. 657 people living in deprived areas of Basildon, Colchester and Tendring completed a baseline survey to help us understand their relationship with activity.

- 53% female
- 47% male
- 90% white
- 10% other
- 62% <45 years
- 38% 45 years +

57% did less than 30 mins of activity each week*

*Active Lives data in 2019 shows this figure to be 25% across Essex

Basildon:
- 34% active (more than 150 minutes/week)
- 50% fairly active (30-149 minutes/week)
- 16% inactive (less than 30 minutes/week)

Colchester:
- 33% active (more than 150 minutes/week)
- 19% fairly active (30-149 minutes/week)
- 48% inactive (less than 30 minutes/week)

Tendring:
- 24% active (more than 150 minutes/week)
- 6% fairly active (30-149 minutes/week)
- 70% inactive (less than 30 minutes/week)
Inactivity in the ELPD Priority Groups

- 56% of families
- 64% of older people
- 68% of people with chronic poor mental health
- 64% of people with very high anxiety

...did less than 30 minutes of activity each week

Types of Activity

- Walking: 51% No activity, 22% Light activity, 27% Moderate activity
- Cycling: 95% No activity
- Sport, Fitness or Dance: 83% No activity, 17% Light activity

Motivation & Capability are Key

Motivation & capability helped to predict physical activity.

- Younger people felt more capable and motivated.
- Employed participants felt more capable and motivated.
- Those with good physical and mental health felt more capable and motivated.
- People with a strong sense of community felt more motivated.

Spotlight on Tending

It has higher levels of...
- neighbourhood satisfaction
- social trust
- volunteering

but also higher levels of...
- inactivity
- anxiety

It has lower levels of...
- self-efficacy
- capability
- opportunity
- motivation