

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



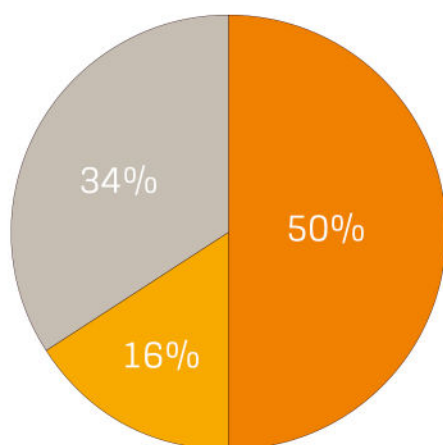
62%
<45 years



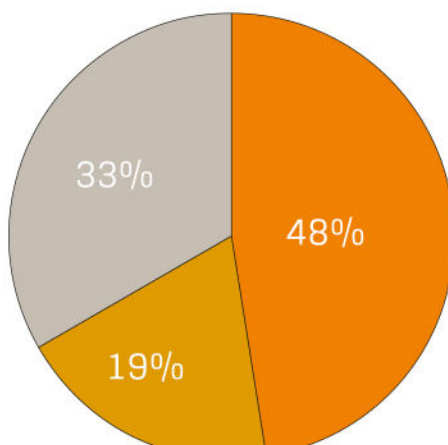
38%
45 years +

57% DID LESS THAN 30 MINS OF ACTIVITY EACH WEEK*

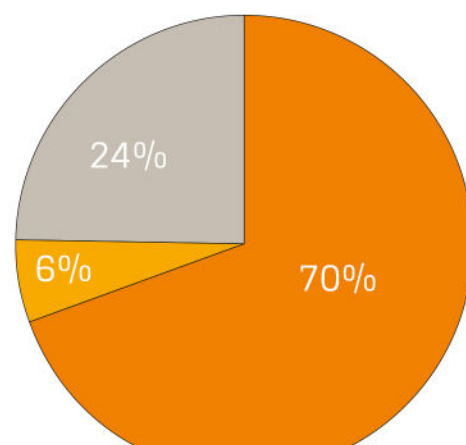
*Active Lives data in 2019 shows this figure to be 25% across Essex



BASILDON



COLCHESTER



TENDRING



active (more than 150 minutes/week)

fairly active (30-149 minutes/week)

inactive (less than 30 minutes/week)

INACTIVITY IN THE ELDP PRIORITY GROUPS

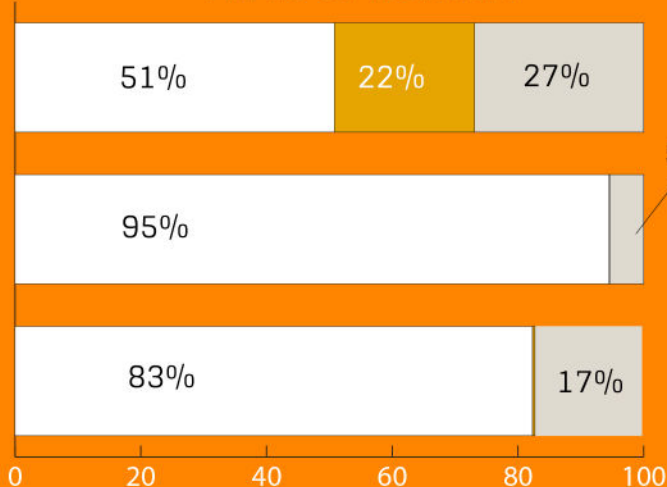


56% of families
64% of older people
68% of people with chronic poor mental health
64% of people with very high anxiety

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

TYPES OF ACTIVITY

Walking
Cycling
Sport, Fitness
or Dance



No activity
Light activity
Moderate activity (which raises breathing rate)



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 TENDRING

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