

Physical Activity Profile

Buckinghamshire, 2023

Children and young people

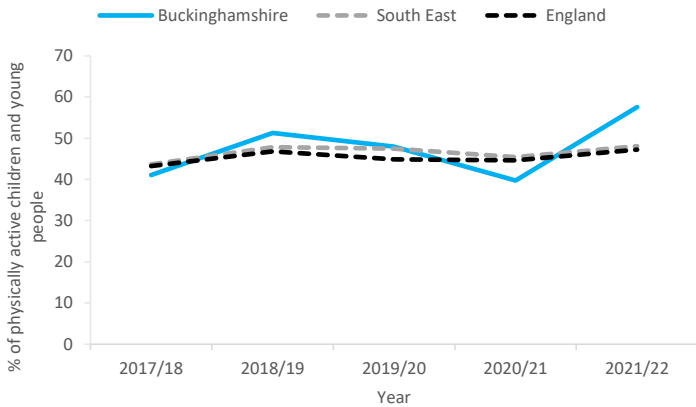


Nearly three in five (57.6%) children and young people are physically active.¹



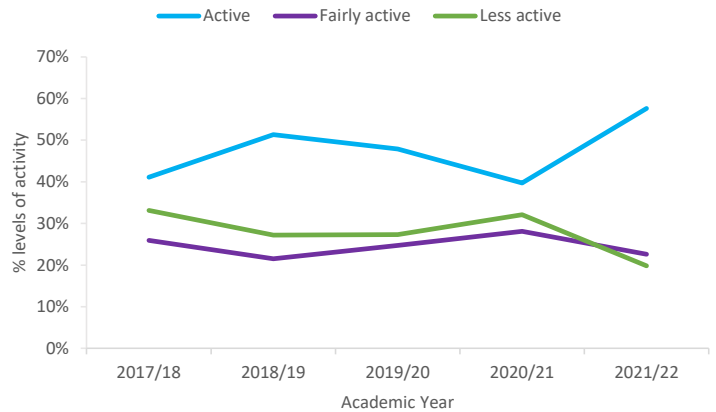
44,100 children and young people do an average of 60 or more minutes of physical activity a day.³

Physically active children and young people, 2017/18 – 2021/22¹



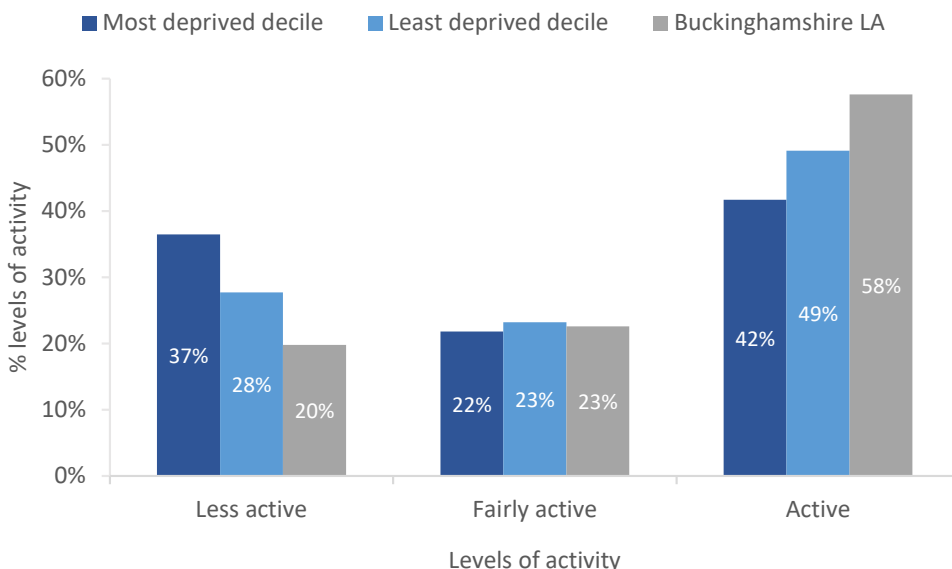
The percentage of physically active children and young people in Buckinghamshire was **significantly different** to the England average in 2021/22.

Levels of physical activity in children and young people, 2017/18 – 2021/22³

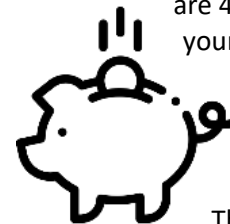


There was a **significant increasing** trend in the number of children and young people who were physically active between 2017/18 and 2021/22.

Levels of physical activity in children and young people by deprivation decile, 2021/22³



In the least deprived decile there are 49% of children and young people who are physically active compared with 42% in the most deprived decile. The converse is true for those that are less active, as in the most deprived decile there are 37% and in the least deprived decile 28%.



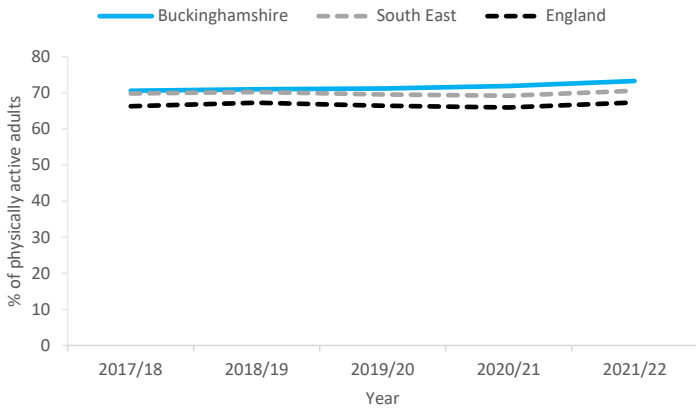
Adults

3 in 4 (73.2%) adults are physically active.¹

1 in 10 (10.7%) adults are physically **fairly active**.¹

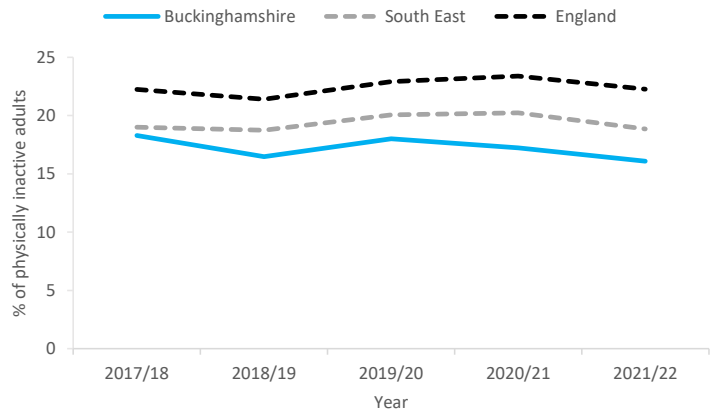
1 in 6 (16.1%) adults are physically **inactive**.¹

Physically active adults (19+), 2017/18 – 2021/22¹



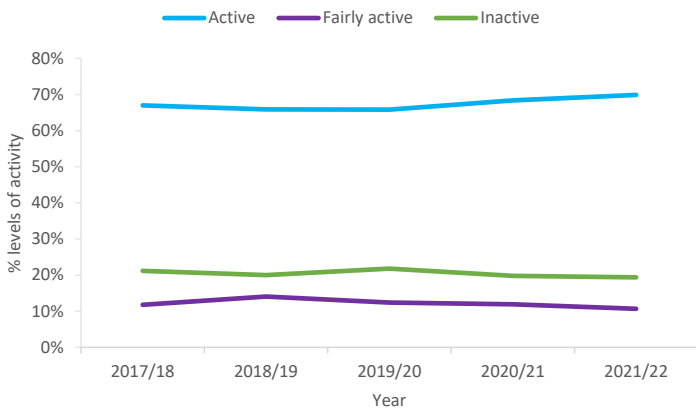
The percentage of physically active adults in Buckinghamshire was **significantly better** than the England average in 2021/22.

Physically inactive adults (19+), 2017/18 – 2021/22¹



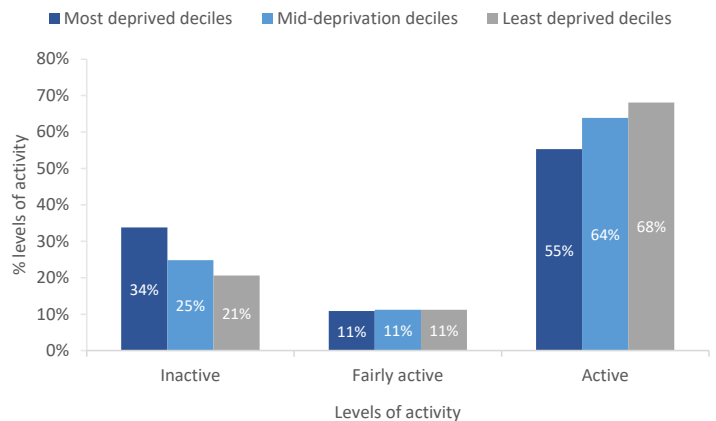
The percentage of physically inactive adults in Buckinghamshire was **significantly better** than the England average in 2021/22.

Levels of physical activity in adults (16+), 2017/18 – 2021/22³



There was a **significant increasing** trend in the number of adults who were physically active between 2017/18 and 2021/22.

Levels of physical activity in adults (16+) by deprivation decile, 2021/22³



In the least deprived deciles there are 68% of adults who are physically active compared with 55% in the most deprived deciles. The converse is true for those that are inactive as in the most deprived deciles there are 34% and in the least deprived deciles 21%.

Adults (16+) walking and cycling for travel at least 3 days/week, 2019/20¹



Walking 10.9% in Buckinghamshire
South East 14.9%, England 15.1%

Significantly worse than the England average.



Cycling 1.4% in Buckinghamshire
South East 2.4%, England 2.3%

Significantly worse than the England average.

Older Adults



Muscle Strength Activities

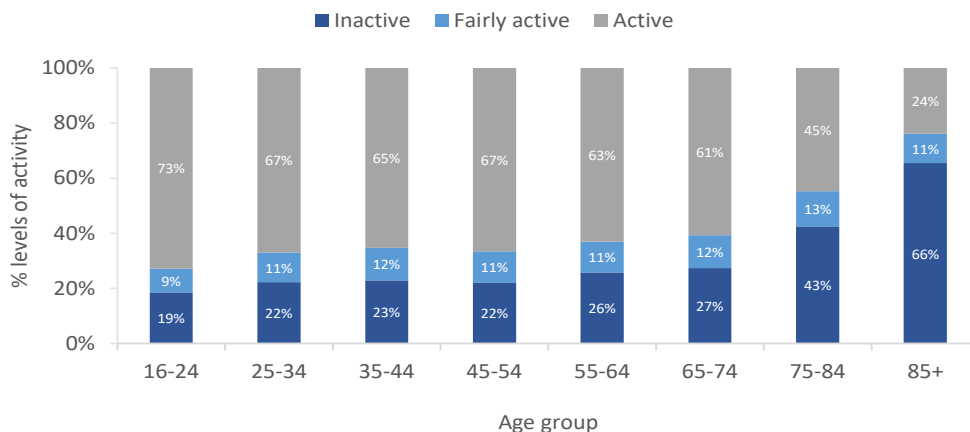
2 or more sessions per week

2 in 5 (38.1%) 65 and over in Buckinghamshire in 2020/21.³

Half (50.4%) of 16-64 year olds in Buckinghamshire in 2020/21.³

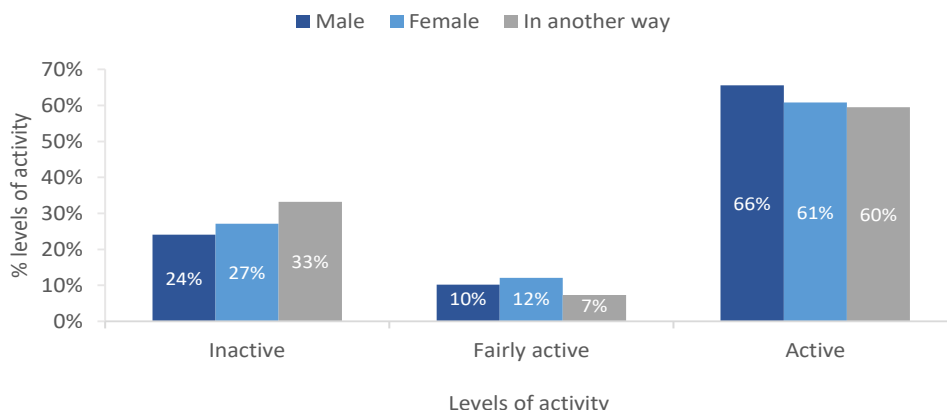
National Picture

Age



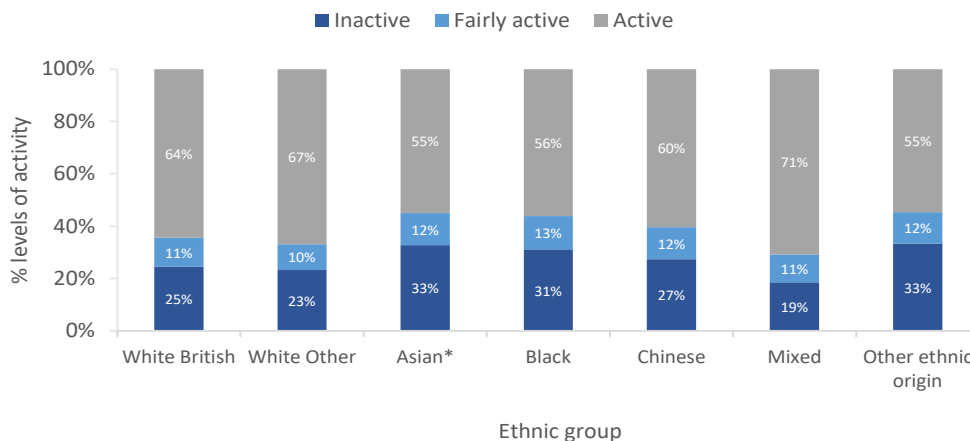
In 2021/22, levels of inactivity were similar from age 16 to 54 before rising between the ages of 55 to 74. From age 75+ there was a very noticeable increase.³

Gender



Significant differences between male and female activity levels were seen in 2021/22.³

Ethnicity



Levels of inactivity were higher in Asian, Black and Other ethnic origin groups in 2021/22.³

*Excludes Chinese

Definitions

Data from ¹Office for Health Improvement & Disparities, ²Department of Communities and Local Government 2019 and ³Sport England.

Icons made by Freepik from www.flaticon.com

Physical activity definitions are based on the UK Chief Medical Officers' recommendations for moderate-vigorous intensity activity.

	Less active/inactive	Fairly active	Active
Children and young people (aged 5-16)	< an average of 30 minutes/day	an average of 30-59 minutes/day	>= an average of 60 minutes/day
Adults (aged 19+)	<30 minutes/week	30-149 minutes/week	>=150 minutes/week

Index of Multiple Deprivation 2019 The English Indices of Deprivation 2019 are based on 37 indicators across seven domains of deprivation which are combined to calculate the IMD 2019. This is the official measure of relative deprivation for small areas in England. Within Buckinghamshire there are 319 small areas which have been ranked and allocated to a decile. A decile is a method of splitting up a set of ranked data into 10 equal sections.²