



# **Physical Activity Profile, Buckinghamshire, 2023**

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## Children and young people

- Nearly three in five (57.6%) children and young people are physically active.<sup>1</sup>
- 44,100 children and young people do an average of 60 or more minutes of physical activity a day.<sup>3</sup>

**Figure 1 Physically active children and young people 2017/18 - 2021/22**<sup>1</sup>

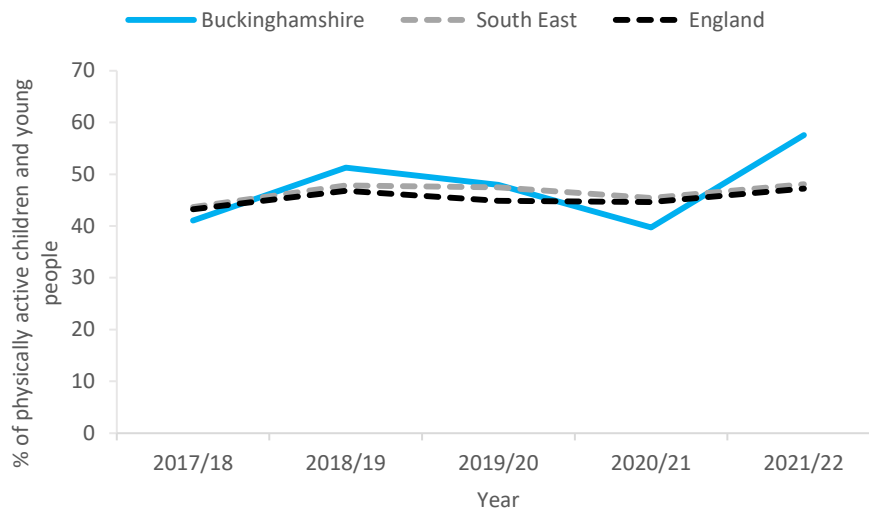


Figure 1 shows the percentage of physically active children and young people in Buckinghamshire was significantly different to the England average in 2021/22.

**Figure 2 Level of physical activity in children and young people 2017/18 - 2021/22**<sup>3</sup>

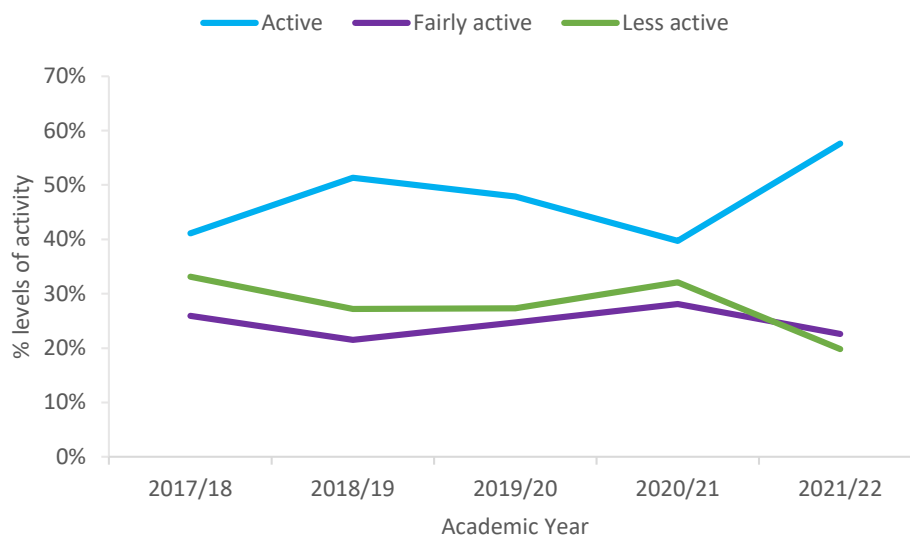


Figure 2 shows there was a significant increasing trend in the number of children and young people who were physically active between 2017/18 and 2021/22.

**Figure 3 Levels of physical activity in children and young people by deprivation decile, 2021/22<sup>3</sup>**

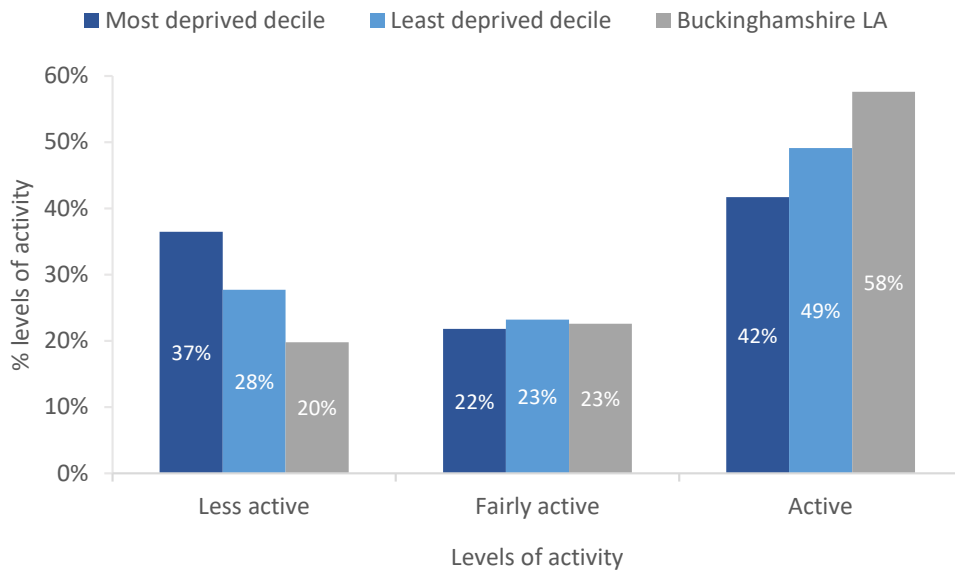


Figure 3 shows in the least deprived decile there are 49% of children and young people who are physically active compared with 42% in the most deprived decile. The converse is true for those that are less active, as in the most deprived decile there are 37% and in the least deprived decile 28%.

## Adults

- 3 in 4 (73.2%) adults are physically active.<sup>1</sup>
- 1 in 10 (10.7%) adults are physically fairly active.<sup>1</sup>
- 1 in 6 (16.2%) adults are physically inactive.<sup>1</sup>

**Figure 1 Physically active adults (19+), 2017/18 - 2021/22 <sup>1</sup>**

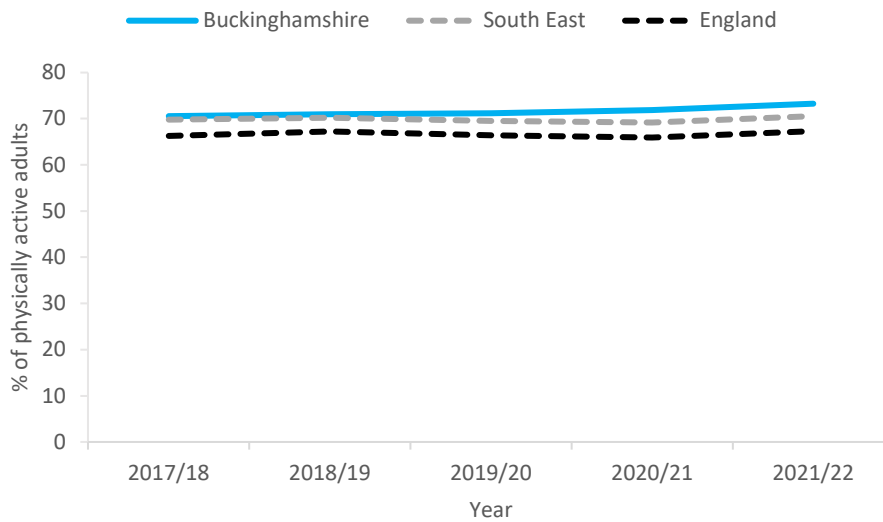


Figure 4 shows the percentage of physically active adults in Buckinghamshire was significantly better than the England average in 2021/22.

**Figure 5 Physically inactive adults (19+), 2017/18 - 2021/22 <sup>1</sup>**

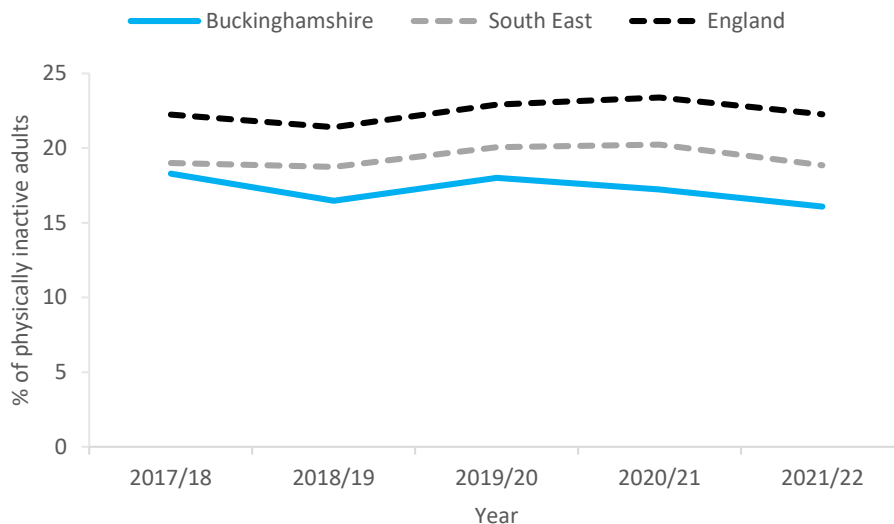


Figure 5 shows the percentage of physically inactive adults in Buckinghamshire was significantly better than the England average in 2021/22.

**Figure 6 Levels of physical activity in adults (16+), 2017/18 – 2021/22** <sup>3</sup>

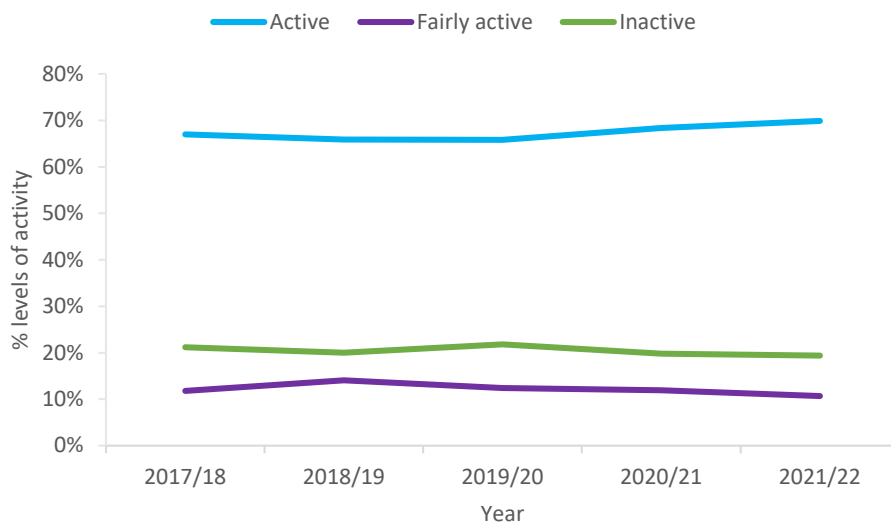


Figure 6 shows there was a significant increasing trend in the number of adults who were physically active between 2017/18 and 2021/22.

**Figure 7 Levels of physical activity in adults (16+) by deprivation decile, 2021/22** <sup>3</sup>

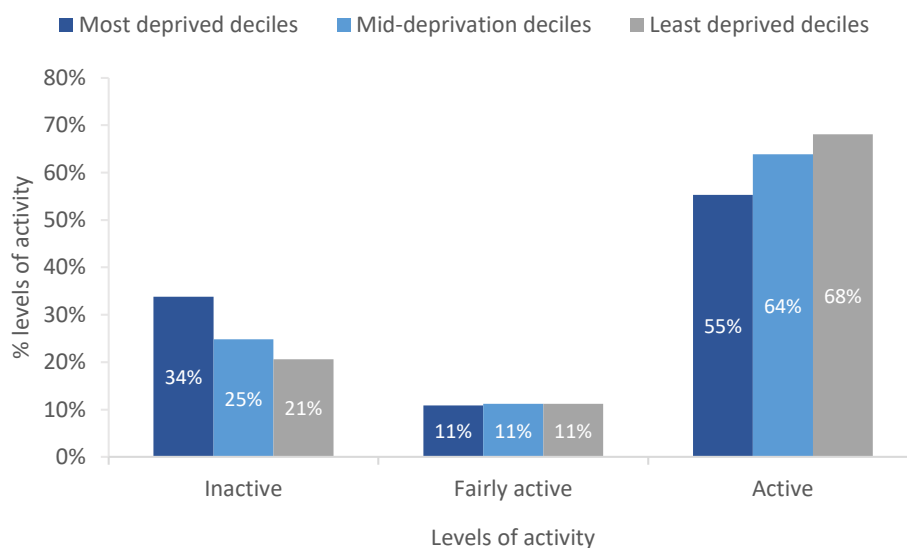


Figure 7 shows in the least deprived deciles there are 68% of adults who are physically active compared with 55% in the most deprived deciles. The converse is true for those that are inactive as in the most deprived deciles there are 34% and in the least deprived deciles 21%.

## Walking and Cycling

- 10.9% of adults (16+) in Buckinghamshire are walking for travel at least 3 days/week, 2019/201. Compared to 14.9% in South East and 15.1% in England. This is significantly worse than the England average.<sup>1</sup>
- 1.4% of adults (16+) in Buckinghamshire are cycling for travel at least 3 days/week, 2019/201. Compared to 2.4% in South East and 2.3% in England. This is significantly worse than the England average.<sup>1</sup>

## Older Adults

- 2 in 5 (38.1%) of adults aged 65 and over do muscle strength activities two or more sessions per week in Buckinghamshire in 2020/21.<sup>3</sup>
- This compares to half (50.4%) of adults aged 16-64 and over do muscle strength activities two or more sessions per week in Buckinghamshire in 2020/21.<sup>3</sup>

## National Picture

**Figure 8 Physical activity by Age in England in 2021/22**

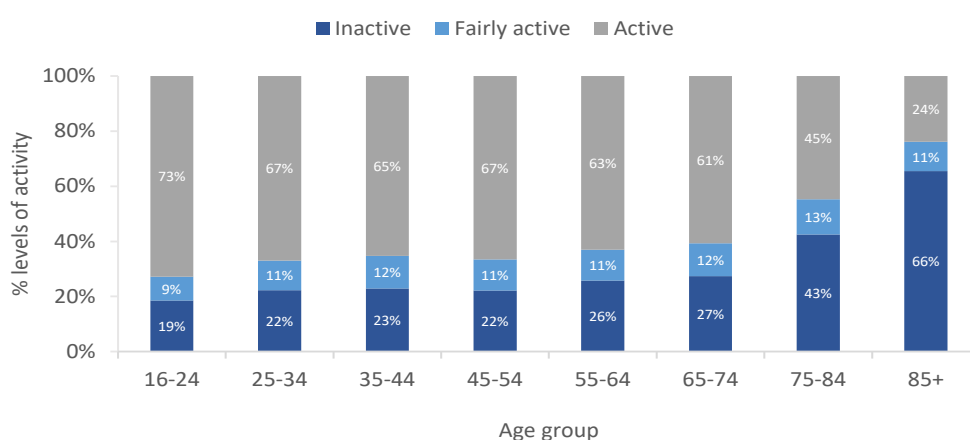


Figure 8 shows in 2021/22, levels of inactivity were similar from age 16 to 54 before rising between the ages of 55 to 74. From age 75+ there was a very noticeable increase.<sup>3</sup>

**Figure 9 Physical activity by Gender in England in 2021/22**

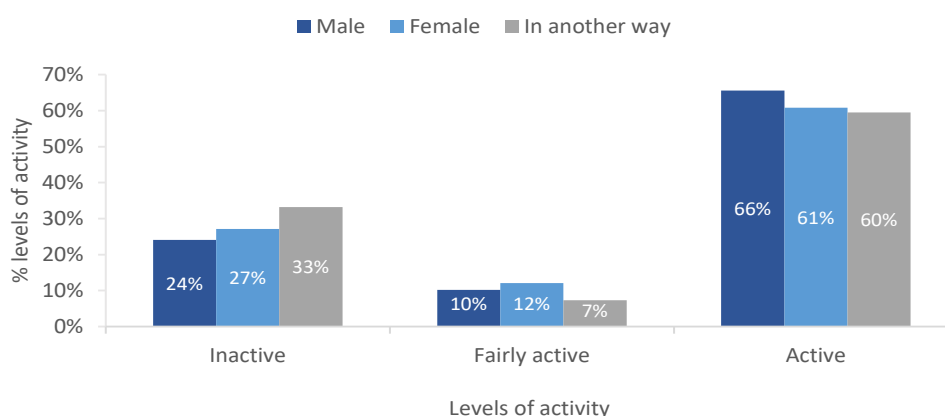


Figure 9 shows significant differences between male and female activity levels were seen in 2021/22.<sup>3</sup>

**Figure 10 Physical activity by Ethnicity in England in 2021/22**

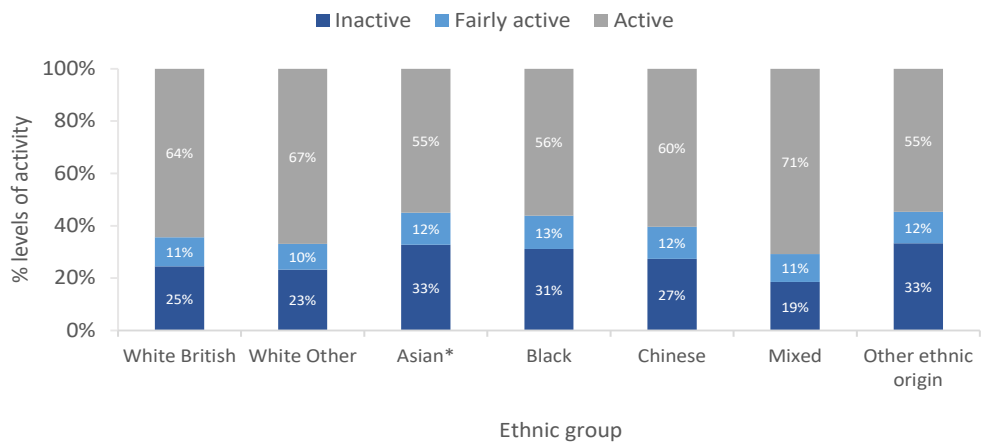


Figure 10 shows levels of inactivity were higher in Asian, Black and Other ethnic origin groups (excludes Chinese) in 2021/22.<sup>3</sup>



## Definitions

- **Data** from <sup>1</sup>Office for Health Improvement & Disparities, <sup>2</sup>Department of Communities and Local Government 2019 and <sup>3</sup>Sport England.
- **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 less than 30 minutes a day	an average of 30-59 minutes a day	an average of 60 or more minutes a day
Adults (aged 19+)	Less than 30 minutes a week	30-149 minutes a week	150 or more minutes a 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. <sup>2</sup>