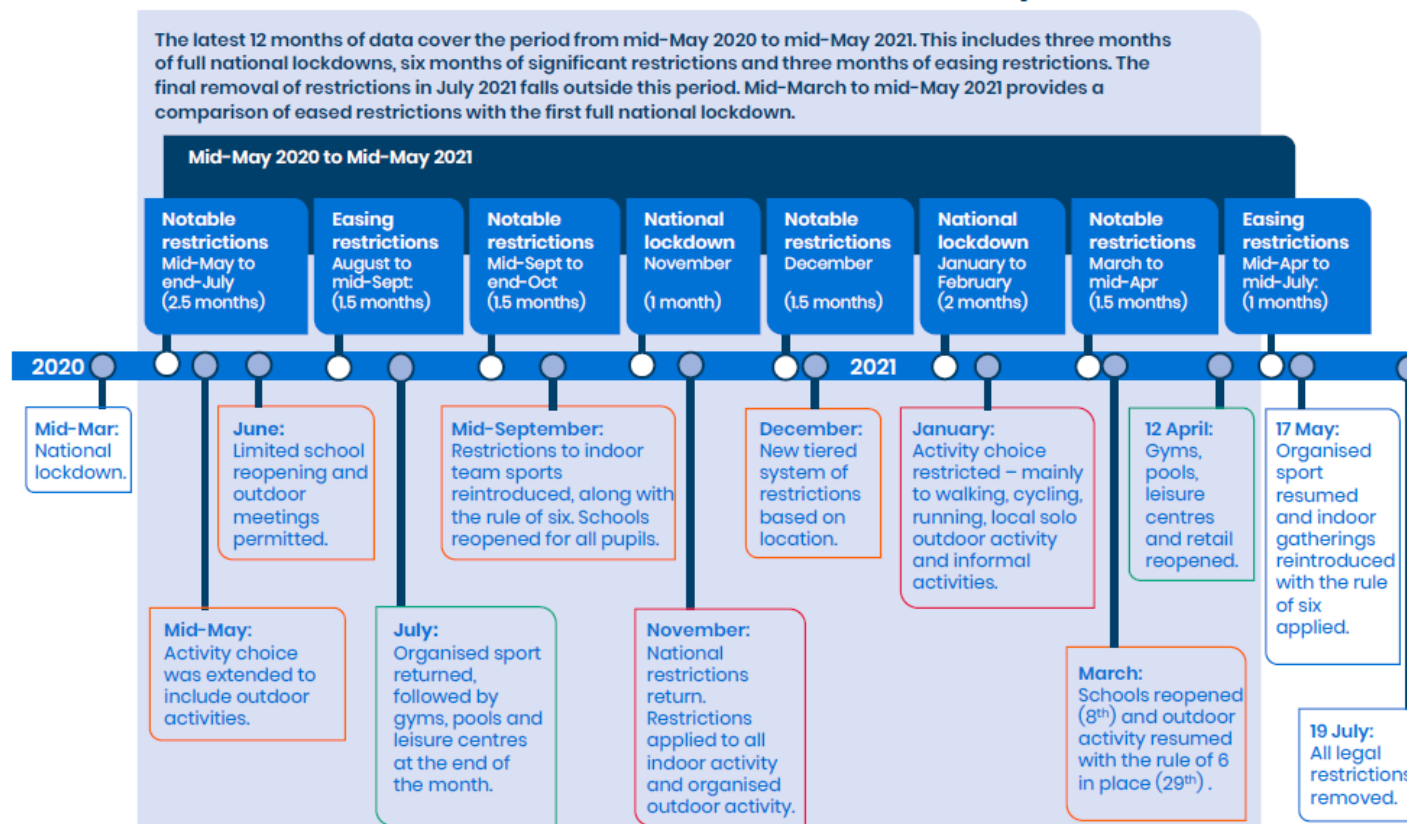


## Active Lives Adult Survey: May 2020/21

### Headline Figures for Leicestershire, Leicester and Rutland

The latest Active Lives data for the period mid-May 2020 to mid-May 2021 has been released by Sport England and provides an update on sport and physical activity behaviours of adults (aged 16 or above) at a national and local level. This period includes the 12 months of restrictions in response to the coronavirus pandemic, including three months of full national lockdown, six months of significant restrictions and three months of easing restrictions. To help set this context, Sport England has produced a coronavirus timeline that is presented below:

### Coronavirus timeline and data reference periods



The May 2020/21 figures are based on 172,970 responses, which Sport England has scaled up based on ONS population measures to provide an England-wide picture. That means there will naturally be small fluctuations when comparing the figures now, with 12 months ago.

Data for local areas (regions, Active Partnerships and local authorities) are available for levels of activity and loneliness. Although loneliness data hasn't been compared directly with physical activity levels locally, it is known at a national level, people who engage in sport and physical activity are less likely to feel lonely. Reducing levels of loneliness is a key government objective and has local application when planning programmes to help tackle this through activity. Volunteering data has not been published at a local level for this release because it is new measure (within the last 12 months) and there is currently no previous annual data to compare it against.

This is the fifth year of May-May data collected, allowing for comparisons to be made over time to monitor changes in physical activity levels. Comparisons with baseline data and over the last 12 months is presented where available. Please note that Sport England exclude gardening within their sport and physical activity data. However, the Office for Health Improvement and Disparities (OHID) does include gardening in its local level physical activity data.

In this report, the available local data has been summarised into a series of tables and charts for the areas of Leicestershire, Leicester and Rutland (LLR) and includes a combination of national and regional comparisons. Where applicable, Active Together has RAG rated the results to indicate whether any statistically significant differences exist amongst the local data when compared with the national average. Arrows have been used by Sport England to indicate significant changes and direction of change over time (see keys below). Due to small sample sizes and large variations in the data, overlapping confidence intervals have been used to test for statistical significance. Please ensure that when referring to differences existing among the data that you state whether these are statistically significant.

Key: Local summary tables

**Red:** Significantly worse than national average  
**Green:** Significantly better than national average  
**Amber:** No significant difference (similar to the national average)

Key: Changes since baseline and over the previous 12 months

(↑) = Significant increase  
 (↓) = Significant decrease  
 [No symbol] = No significant change

The data from Sport England's data tables has been used to write this report and you can view and download these here:

<https://www.sportengland.org/know-your-audience/data/active-lives/active-lives-data-tables>

If you would like to run your own analysis of the data, the Active Lives Online Tool will shortly be updated with the latest data:

<https://activelives.sportengland.org/>

### [Sport and Physical Activity Levels](#)

The table below presents the sport and physical activity levels of adults in the last 12 months. Activity is counted in moderate intensity equivalent minutes whereby each moderate minute counts as one minute and each vigorous minute counts as two moderate minutes. Moderate activity is defined as activity where you raise your heart rate. Vigorous activity is where you're out of breath or are sweating (you may not be able to say more than a few words without pausing for breath).

Depending on the number of minutes of moderate intensity equivalent (MIE) physical activity, people are described as being:

- Active – at least 150 minutes a week
- Fairly Active – 30-149 minutes a week
- Inactive – less than 30 minutes a week

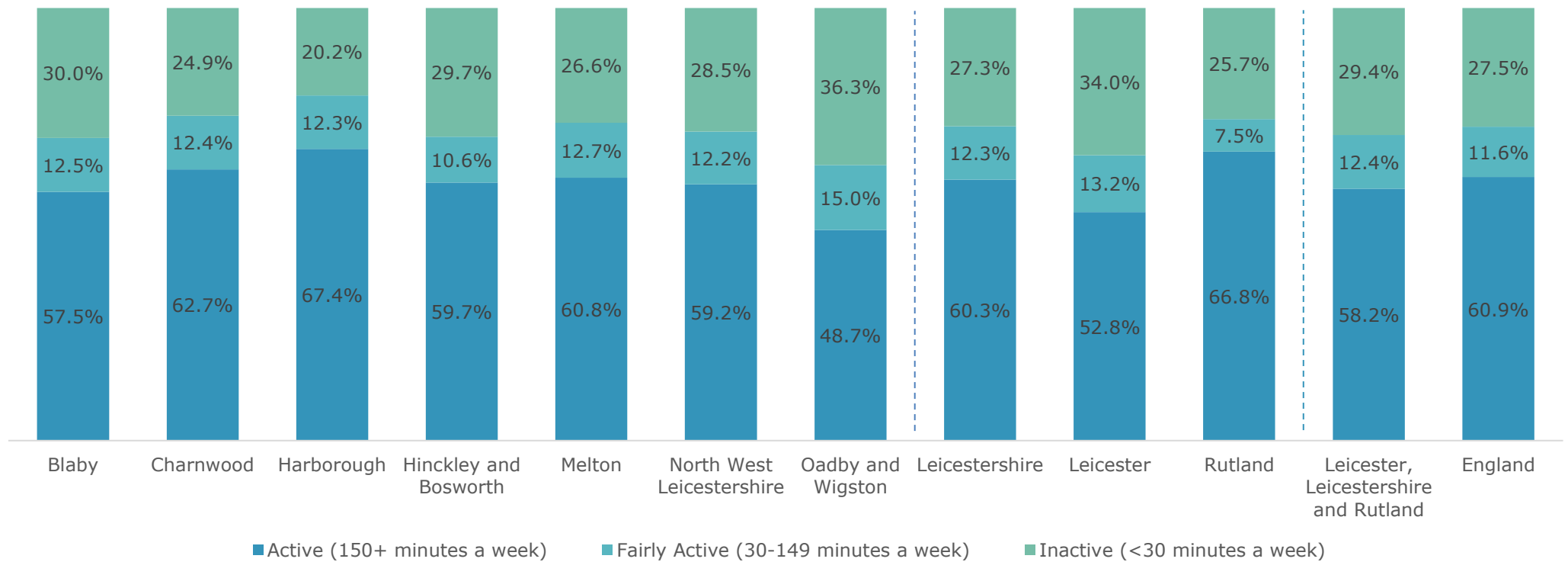
#### Key

LT = Lower Tier Local Authority  
UT = Upper Tier Local Authority  
UA = Unitary Authority

| May 2020/21                           | Active (150+ mins a week) | Fairly Active (30-149 mins a week) | Inactive (<30 mins a week) |
|---------------------------------------|---------------------------|------------------------------------|----------------------------|
| Blaby (LT)                            | 57.5%                     | 12.5%                              | 30.0%                      |
| Charnwood (LT)                        | 62.7%                     | 12.4%                              | 24.9%                      |
| Harborough (LT)                       | 67.4%                     | 12.3%                              | 20.2%                      |
| Hinckley and Bosworth (LT)            | 59.7%                     | 10.6%                              | 29.7%                      |
| Melton (LT)                           | 60.8%                     | 12.7%                              | 26.6%                      |
| North West Leicestershire (LT)        | 59.2%                     | 12.2%                              | 28.5%                      |
| Oadby and Wigston (LT)                | 48.7%                     | 15.0%                              | 36.3%                      |
| Leicestershire (UT)                   | 60.3%                     | 12.3%                              | 27.3%                      |
| Leicester (UA)                        | 52.8%                     | 13.2%                              | 34.0%                      |
| Rutland (UA)                          | 66.8%                     | 7.5%*                              | 25.7%                      |
| Leicester, Leicestershire and Rutland | 58.2%                     | 12.4%                              | 29.4%                      |
| England                               | 60.9%                     | 11.6%                              | 27.5%                      |

\*This figure is significantly lower than the national average and has been assigned a green rating score (significantly better) due to the positive shift in higher levels of activity and lower levels of inactivity.

Sport and Physical Activity Levels (Adults Aged 16 or Above): May 2020/21



### [Changes in Sport and Physical Activity Levels](#)

The tables below present changes to sport and physical activity levels among adults when compared to baseline data (November 2015/16) and within the last 12 months (compared to May 2019/20).

#### [Active \(150+ Minutes a Week\)](#)

| May 2020/21                           | Active (May 2020/21) | Change from baseline<br>(compared to Nov 2015/16) | Change in the last 12 months<br>(compared to May 2019/20) |
|---------------------------------------|----------------------|---|---|
| Blaby (LT)                            | 57.5%                | -0.9%   | -4.0%   |
| Charnwood (LT)                        | 62.7%                | -5.0%   | -1.9%   |
| Harborough (LT)                       | 67.4%                | 7.3%  | 1.7%  |
| Hinckley and Bosworth (LT)            | 59.7%                | -2.1%   | -4.3%   |
| Melton (LT)                           | 60.8%                | 0.8%  | -5.7%   |
| North West Leicestershire (LT)        | 59.2%                | -6.3%   | -5.6%   |
| Oadby and Wigston (LT)                | 48.7%                | -11.2% (↓)  | -6.2%   |
| Leicestershire (UT)                   | 60.3%                | -2.6%   | -3.3% (↓)   |
| Leicester (UA)                        | 52.8%                | -2.6%   | -4.1%   |
| Rutland (UA)                          | 66.8%                | 5.3%  | 1.2%  |
| Leicester, Leicestershire and Rutland | 58.2%                | -2.3%   | -3.3% (↓)   |
| England                               | 60.9%                | -1.1% (↓)   | -1.9% (↓)   |

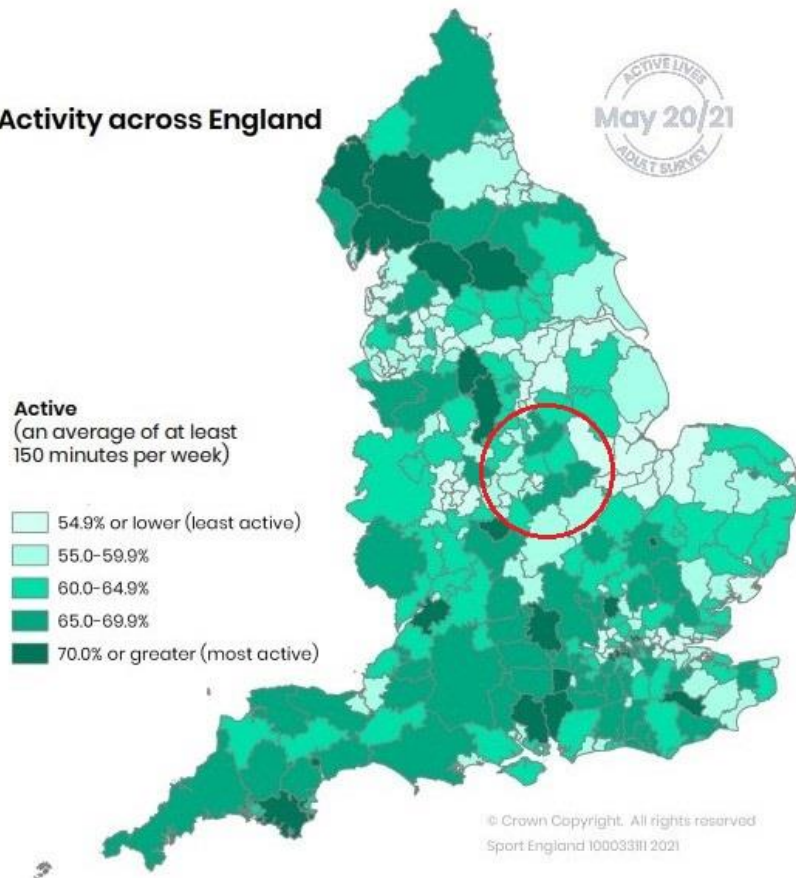
[Fairly Active \(30-149 Minutes a Week\)](#)

| May 2020/21                           | Fairly Active (2020/21) | Change from baseline<br>(compared to Nov 2015/16) | Change in the last 12 months<br>(compared to May 2019/20) |
|---------------------------------------|-------------------------|---|---|
| Blaby (LT)                            | 12.5%                   | -0.1%   | -1.5%   |
| Charnwood (LT)                        | 12.4%                   | 1.6%  | 0.2%  |
| Harborough (LT)                       | 12.3%                   | -0.8%   | -0.3%   |
| Hinckley and Bosworth (LT)            | 10.6%                   | -2.4%   | -2.6%   |
| Melton (LT)                           | 12.7%                   | 0.1%  | -0.2%   |
| North West Leicestershire (LT)        | 12.2%                   | 2.4%  | 2.2%  |
| Oadby and Wigston (LT)                | 15.0%                   | 0.9%  | 2.3%  |
| Leicestershire (UT)                   | 12.3%                   | 0.3%  | -0.1%   |
| Leicester (UA)                        | 13.2%                   | 1.3%  | -1.5%   |
| Rutland (UA)                          | 7.5%                    | -8.8% (↓)   | -3.0%   |
| Leicester, Leicestershire and Rutland | 12.4%                   | 0.3%  | -0.7%   |
| England                               | 11.6%                   | -0.8% (↓)   | -0.1%   |

[Inactive \(<30 Minutes a Week\)](#)

| May 2020/21                           | Inactive (2020/21) | Change from baseline<br>(compared to Nov 2015/16) | Change in the last 12 months<br>(compared to May 2019/20) |
|---------------------------------------|--------------------|---|---|
| Blaby (LT)                            | 30.0%              | 1.1%  | 5.5%  |
| Charnwood (LT)                        | 24.9%              | 3.3%  | 1.7%  |
| Harborough (LT)                       | 20.2%              | -6.5%   | -1.3%   |
| Hinckley and Bosworth (LT)            | 29.7%              | 4.5%  | 6.8%  |
| Melton (LT)                           | 26.6%              | -1.0%   | 5.9%  |
| North West Leicestershire (LT)        | 28.5%              | 4.0%  | 3.4%  |
| Oadby and Wigston (LT)                | 36.3%              | 10.3% (↑)   | 3.9%  |
| Leicestershire (UT)                   | 27.3%              | 2.2%  | 3.4% (↑)  |
| Leicester (UA)                        | 34.0%              | 1.3%  | 5.6%  |
| Rutland (UA)                          | 25.7%              | 3.5%  | 1.9%  |
| Leicester, Leicestershire and Rutland | 29.4%              | 1.9%  | 4.0% (↑)  |
| England                               | 27.5%              | 1.9% (↑)  | 2.0% (↑)  |

## Activity across England



Sport England has published a heat map showing the percentages of active adults across local authority areas in England. The areas of Leicestershire, Leicester and Rutland are indicated by the red circle.

## [Additional Data – Loneliness](#)

The table below presents levels of loneliness at an Active Partnership, regional and national level. Respondents were asked 'How often do you feel lonely?' and answered from a five-point scale.

| May 2020/21                           | Often / always | Some of the time | Occasionally | Hardly ever | Never |
|---------------------------------------|----------------|------------------|--------------|-------------|-------|
| Leicester, Leicestershire and Rutland | 8.0%           | 19.6%            | 23.0%        | 24.4%       | 25.1% |
| East Midlands                         | 6.4%           | 18.3%            | 22.2%        | 27.3%       | 25.7% |
| England                               | 6.2%           | 18.0%            | 22.2%        | 28.1%       | 25.5% |

END