

Active Lives Adult Survey: November 2019/2020

Headline Figures for Leicestershire, Leicester and Rutland

The latest Active Lives data for the period November 2019 to November 2020 has been released by Sport England and provides an update on sport and physical activity levels and rates of volunteering among adults (aged 16 or above) at a local level. The period covered includes the eight months of restrictions imposed in response to the coronavirus pandemic, including the full national lockdown from March-May 2020, the easing of restrictions in the summer and the start of the second national lockdown in November 2020.

This is the fifth year of 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. The volunteering measure has been updated and instead of focusing on a twice-a-year threshold, a wider question about how often (the frequency) someone gives their time to support sport and physical activity is asked.

For the first time, loneliness data has been published at a local level and has been included within this report as additional data. Although this hasn't been compared with physical activity levels (only available nationally), this data can be useful in the planning of physical activity and sport programmes focused on reducing loneliness.

The available local data has been summarised into a series of tables and charts for Leicestershire, Leicester and Rutland (LLR) and includes a combination of national and regional comparisons. Where applicable, LRS 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 amongst 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

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

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

Moderate activity is defined as activity where you raise your breathing rate and 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).

Key

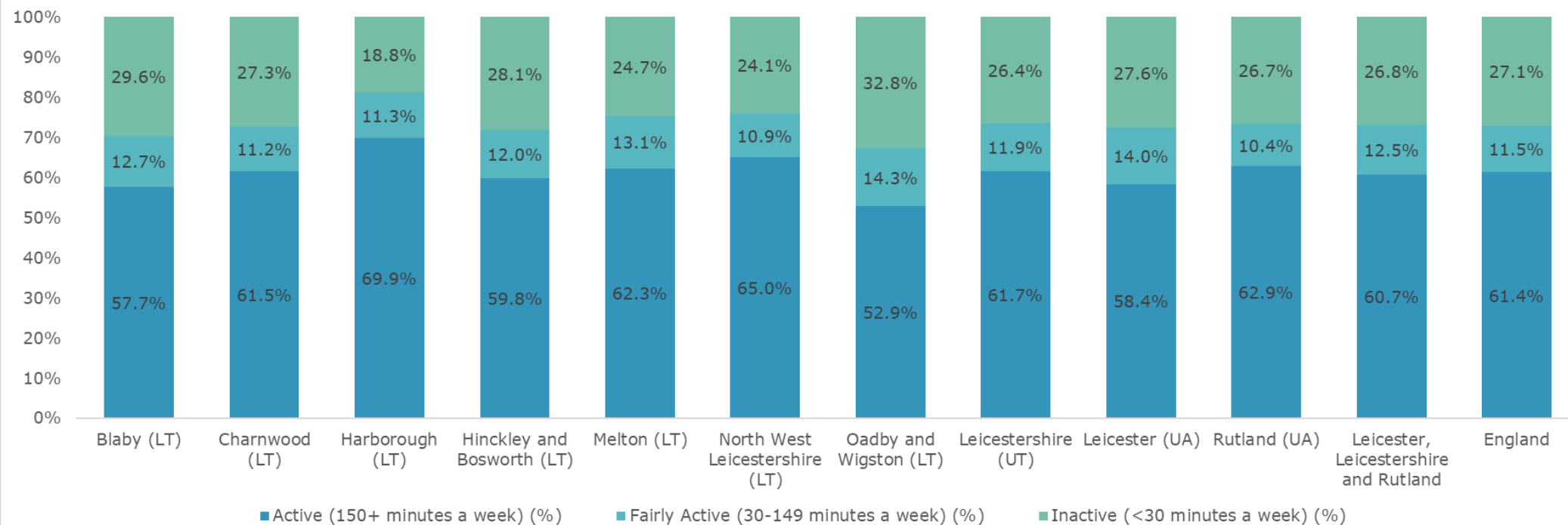
LT = Lower Tier Local Authority

UT = Upper Tier Local Authority

UA = Unitary Authority

November 2019/20	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
Blaby (LT)	57.7%	12.7%	29.6%
Charnwood (LT)	61.5%	11.2%	27.3%
Harborough (LT)	69.9%	11.3%	18.8%
Hinckley and Bosworth (LT)	59.8%	12.0%	28.1%
Melton (LT)	62.3%	13.1%	24.7%
North West Leicestershire (LT)	65.0%	10.9%	24.1%
Oadby and Wigston (LT)	52.9%	14.3%	32.8%
Leicestershire (UT)	61.7%	11.9%	26.4%
Leicester (UA)	58.4%	14.0%	27.6%
Rutland (UA)	62.9%	10.4%	26.7%
Leicester, Leicestershire and Rutland	60.7%	12.5%	26.8%
England	61.4%	11.5%	27.1%

Sport and Physical Activity Levels (Adults Aged 16 or Above): November 2019/20



[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 November 2018/19).

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

November 2019/20	Active (Nov 2019/20)	Change from baseline (compared to Nov 2015/16)	Change in the last 12 months (compared to Nov 2018/19)
Blaby (LT)	57.7%	-0.8%	-7.0%
Charnwood (LT)	61.5%	-6.2%	-3.5%
Harborough (LT)	69.9%	9.8% (↑)	5.4%
Hinckley and Bosworth (LT)	59.8%	-1.9%	-1.0%
Melton (LT)	62.3%	2.3%	-3.2%
North West Leicestershire (LT)	65.0%	-0.6%	-0.2%
Oadby and Wigston (LT)	52.9%	-7.0%	-2.9%
Leicestershire (UT)	61.7%	-1.2%	-1.9%
Leicester (UA)	58.4%	3.0%	2.5%
Rutland (UA)	62.9%	1.4%	-3.8%
Leicester, Leicestershire and Rutland	60.7%	0.2%	-0.5%
England	61.4%	-0.7% (↓)	-1.9% (↓)

Fairly Active (30-149 Minutes a Week)

November 2019/20	Fairly Active (Nov 2019/20)	Change from baseline (compared to Nov 2015/16)	Change in the last 12 months (compared to Nov 2018/19)
Blaby (LT)	12.7%	0.1%	0.2%
Charnwood (LT)	11.2%	0.5%	-2.9%
Harborough (LT)	11.3%	-1.9%	-0.9%
Hinckley and Bosworth (LT)	12.0%	-1.0%	-4.2%
Melton (LT)	13.1%	0.5%	0.4%
North West Leicestershire (LT)	10.9%	1.1%	-0.5%
Oadby and Wigston (LT)	14.3%	0.2%	1.3%
Leicestershire (UT)	11.9%	-0.1%	-1.5%
Leicester (UA)	14.0%	2.2%	0.6%
Rutland (UA)	10.4%	-5.9%	0.5%
Leicester, Leicestershire and Rutland	12.5%	0.4%	-0.8%
England	11.5%	-0.9% (↓)	-0.7% (↓)

Inactive (<30 Minutes a Week)

November 2019/20	Inactive (Nov 2019/20)	Change from baseline (compared to Nov 2015/16)	Change in the last 12 months (compared to Nov 2018/19)
Blaby (LT)	29.6%	0.7%	6.7%
Charnwood (LT)	27.3%	5.7%	6.4%
Harborough (LT)	18.8%	-7.8% (↓)	-4.5%
Hinckley and Bosworth (LT)	28.1%	2.9%	5.2%
Melton (LT)	24.7%	-2.9%	2.8%
North West Leicestershire (LT)	24.1%	-0.5%	0.6%
Oadby and Wigston (LT)	32.8%	6.8%	1.6%
Leicestershire (UT)	26.4%	1.3%	3.3% (↑)
Leicester (UA)	27.6%	-5.1%	-3.1%
Rutland (UA)	26.7%	4.5%	3.3%
Leicester, Leicestershire and Rutland	26.8%	-0.6%	1.3%
England	27.1%	1.6% (↑)	2.6% (↑)

Volunteering to Support Sport and Physical Activity (Frequency)

The table below presents the frequency with which an adult has volunteered over the previous 12 months to support sport and physical activity across various roles and is split into five frequencies. Areas where the sample size is too small and / or the data is incomplete, have not been included. As this new volunteering measure has only been used from November 2019 onwards, there is currently no historic data to compare against.

November 2019/20	Once or as a one-off activity in the last 12 months	Every few months	Once a month but not once a week throughout the year	Once a week or more throughout the year
Leicestershire (UT)	5.0%	5.1%	7.5%	5.6%
Leicester, Leicestershire and Rutland	4.3%	6.0%	6.0%	4.7%
England	4.6%	5.2%	5.5%	4.9%

Additional Data – Loneliness

The table below presents the levels of loneliness reported by adults in the last 12 months. Respondents were asked 'How often do you feel lonely?' and answered from a five point scale. As this is a new measure, there is currently no historic data to compare against.

November 2019/20	Often / always	Some of the time	Occasionally	Hardly ever	Never
Leicester, Leicestershire and Rutland	7.3%	18.1%	22.3%	26.3%	26.0%
East Midlands	5.8%	17.0%	21.8%	28.1%	27.4%
England	5.3%	16.9%	21.5%	28.8%	27.4%

Data source: Sport England (2021) *Active Lives Data Tables: November 2019-20*. Available at: <https://www.sportengland.org/know-your-audience/data/active-lives/active-lives-data-tables>

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