

Physical activity

Overview



The UK population is **~20% less active than the 1960s**. Following current trends, it will be **35% less active by 2030**¹



62% of Bolton adults are **active** enough for their health – **worse** than England²



Bolton's **active lives strategy** aims to create an **environment** where people are **more active in their daily lives**³

Physical activity guidance for adults⁴

Move each week with a mix between:



- **150+ mins moderate** activity
e.g. brisk walk



- **75+ mins vigorous** activity
e.g. sport



- **Build strength** on **2+ days**
e.g. carry heavy bags



- **Break up stretches of sitting**

Health links



Physical activity can help to **prevent and manage** over 20 chronic conditions and diseases¹



49% of Bolton residents with a **disability or health condition** are physically active (65% without)⁵



Physically inactive workers **lose** up to **4½ work days a year** compared to those who are active, through sickness absence and presenteeism⁶

Regular physical activity reduces the risk of¹:



- **Hip fractures** by up to **68%**
- **Dementia** by up to **30%**
- **Type 2 diabetes** by up to **40%**
- **Depression** by up to **30%**
- **Breast cancer** by **20%**



Active travel



Bolton adults' active travel levels are worse than England but still^{2,5}

- **52%** walk for travel in the past year
- **5%** cycle for travel in the past year



Many residents' journeys are short⁷

- **47%** are no more than **2km**
25 mins walk or **10 mins cycle**



20% of residents' journeys are commutes⁷

Workplaces can support their staff on **active commutes** all or part of the way⁸



Safety (road safety and personal safety) is the **single largest barrier to transport cycling**⁹



59% of GM residents agree **cycle paths protected from motor traffic and walkers** would help them **cycle more**⁹

Sport & leisure



Bolton has a range of sport and leisure facilities



- **58 sports halls**¹⁰
- **36 health & fitness gyms**¹⁰
- **17 golf courses**¹⁰
- **6 squash courts**¹⁰
- **~200 miles of footpaths**¹¹



Bolton adults did range of sport and leisure activities in the past year⁵



- **72% walked** for leisure
- **21% cycled** for leisure
- **14%** played **team sports**
- **8%** played **racquet sports**
- **10%** played **football**



Physical activity

Children & young people



58% of Bolton young people are **active enough** for their health – **better** than England²



95% of Bolton young people agreed they **enjoyed** taking part in **exercise and sports**¹²



Bolton young people did a range of activities in the previous week:¹²



- **75%** did **team sports**
- **70%** did **active play**
- **59%** **walked** for leisure/ transport

Physical activity guidance for young people⁴



- Aged 1-5 – average of **180+ mins a day** of activity across the week
- Aged 5-18 – average of **60+ mins a day** of activity across the week

Older people

Levels of inactivity increase with age

Bolton adults who are active for less than 30 mins a week:⁵



- **20%** at age **35-54**
- **28%** at age **55-74**
- **51%** at age **75+**



People aged 55+ across England did a range of activities in the previous year:⁵



- **84%** **walked** for leisure/ transport
- **73%** **gardened**
- **22%** **cycled** for leisure/ transport
- **18%** did **adventure sports**
- **14%** **danced**



To stay healthy older adults should be **as active as younger adults** plus⁴:

- **Improve balance 2 days** a week e.g. dance, bowls, tai chi

Women & girls



Overall levels of physical activity are similar among men and women⁵



Women are less likely to **feel safe** using **streets and public space – especially after dark**¹³



Half of women **aged 16 to 34** experienced **harassment** in the past year. Most often **catcalls, unwanted sexual comments and whistles**¹³



In Greater Manchester **6%** of women **cycle once a week** compared to 14% of men. **29%** don't now but **would like to**⁹



82% of women felt **unsafe walking alone after dark** in a **park** or other open space compared to 42% of men¹³

- Inequalities where traffic free active travel routes run through these spaces

References

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