

Sunderland Adult Health & Lifestyle Survey 2017

Topic Profile: Physical Activity

About Physical Activity and Weight

Obesity is one of the most significant and complex public health challenges of our time. It can undermine individual and family health and wellbeing, impact on business and education, and contribute to significant costs across health, social care and a wide range of services. In 2016, it is estimated that there were 176 deaths in persons of all ages in Sunderland that were attributable to obesity; on average, each of these was associated with 9 years of life lost. Obesity increases the risk of developing a range of diseases including: certain cancers, high blood pressure, and type 2 diabetes.

Promoting physical activity is a key part of the strategy to tackle obesity and help people to achieve and maintain a healthy weight. However, it is also a lifestyle risk factor in its own right.

Physical activity contributes to a wide range of health benefits, including reducing the incidence of some long term conditions. It also has benefits for mental wellbeing including improved self-esteem, mood, sleep quality and energy, as well as reducing the risk of stress, depression, dementia and Alzheimer's disease. Regular physical activity can improve health outcomes irrespective of whether individuals lose weight.

Latest guidance about physical activity

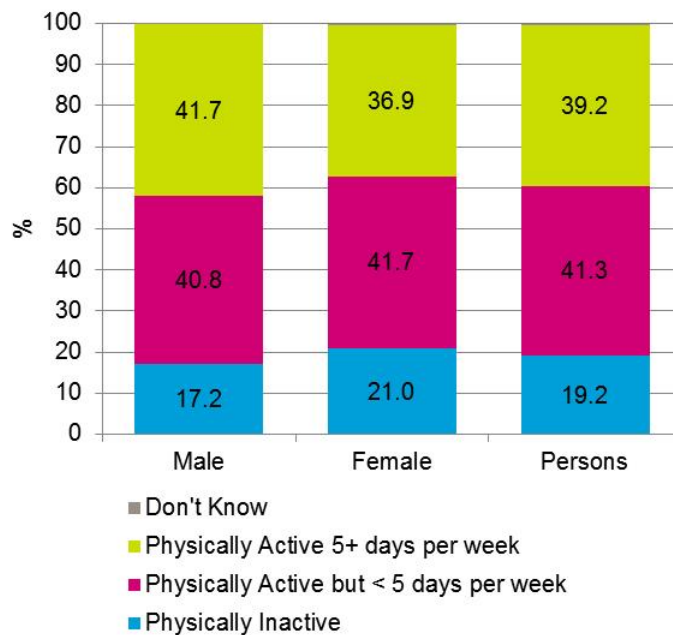
Latest guidance for adults in relation to physical activity advises that:

- Adults should aim to be active every day;
- Over a week, activity should add up to at least 150 minutes of moderate intensity activity (activity can be done in bouts of 10 minutes or more);
- One way to achieve this is to aim to do at least 30 minutes of moderate intensity activity on at least 5 days per week;
- Adults should also undertake activity to improve muscle strength on at least two days a week.
- All adults should aim to minimise the amount of time spent being sedentary for extended periods.

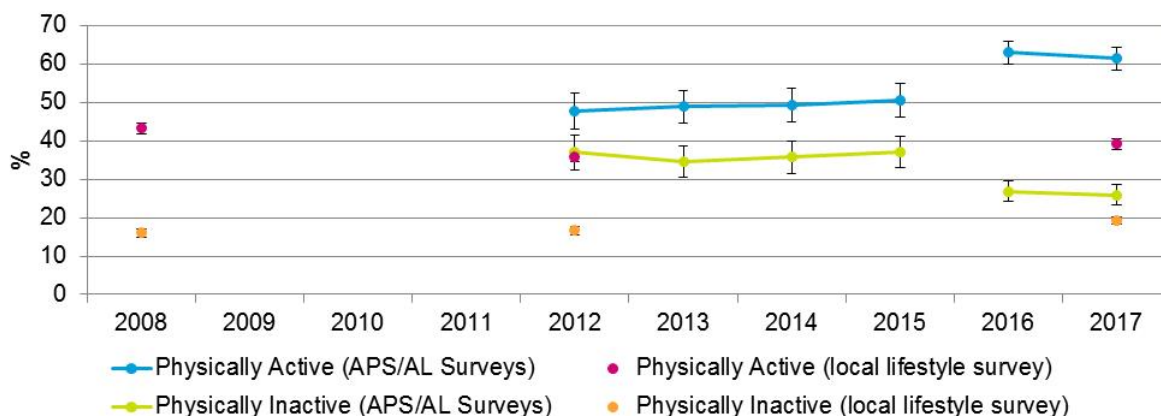
Being Physically Active in Sunderland

Based on our survey of 5,571 adults aged 18 and over (a 2.5% sample of the Sunderland adult population) responses were as follows:

- 19.2% of Sunderland adults say they are physically inactive (they report doing at least 30 minutes of moderate intensity activity on no days in a typical week).
- 41.3% of Sunderland adults say they are physically active but report doing at least 30 minutes of moderate intensity activity on 1-4 days in a typical week.
- 39.2% of Sunderland adults say they are physically active and report doing at least 30 minutes of moderate intensity activity on 5 or more days in a typical week.
- Females (21.0%) were significantly more likely than males (17.2%) to be physically inactive, whilst males (41.7%) were significantly more likely than females (36.9%) to be achieving the recommended level of physical activity in a typical week.



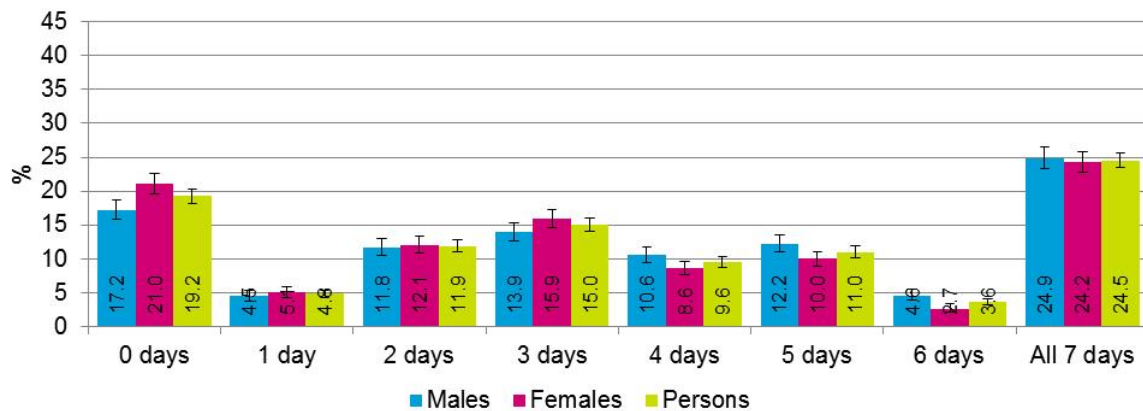
Comparing the results of our local survey with the results for Sunderland from the Active People Survey (2012-2015) and the Active Lives Survey (2016-2017) conducted by Sport England shows that overall prevalence of being physically active and being physically inactive have been relatively stable over time. The shift in prevalence is due to methodological changes in the move from the Active People Survey to the Active Lives Survey, which includes a broader range of activities under the banner of “physical activity”.



Our local survey tends to produce lower prevalence estimates than the national surveys; these estimates have been relatively stable between surveys.

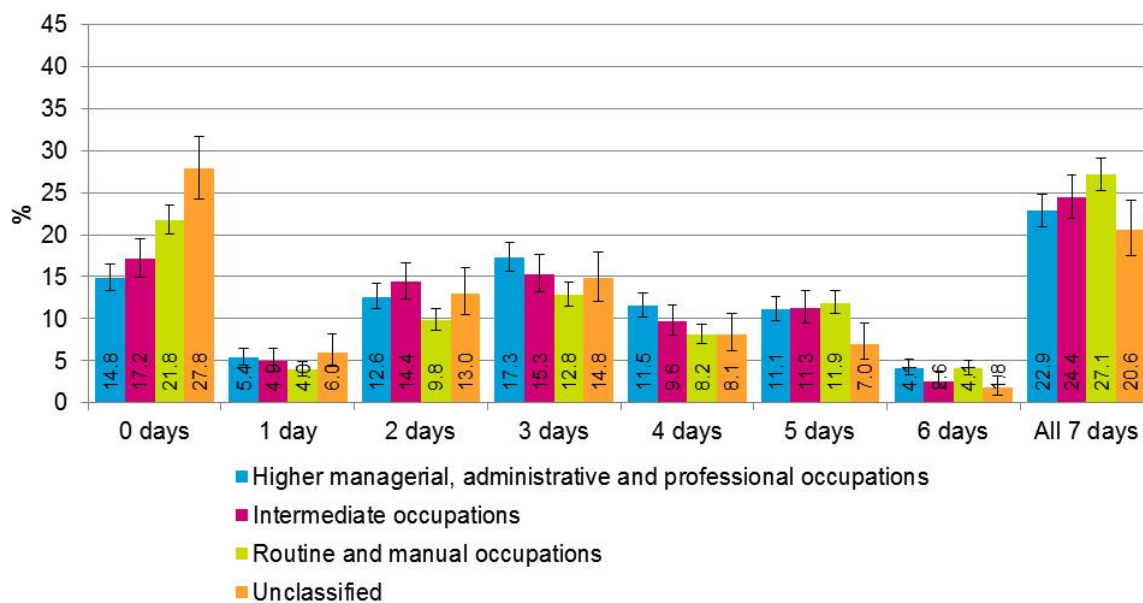
Frequency of achieving 30 or more minutes of physical activity

In our survey we asked how many days during a typical week was moderate physical activity undertaken for at least 30 minutes.



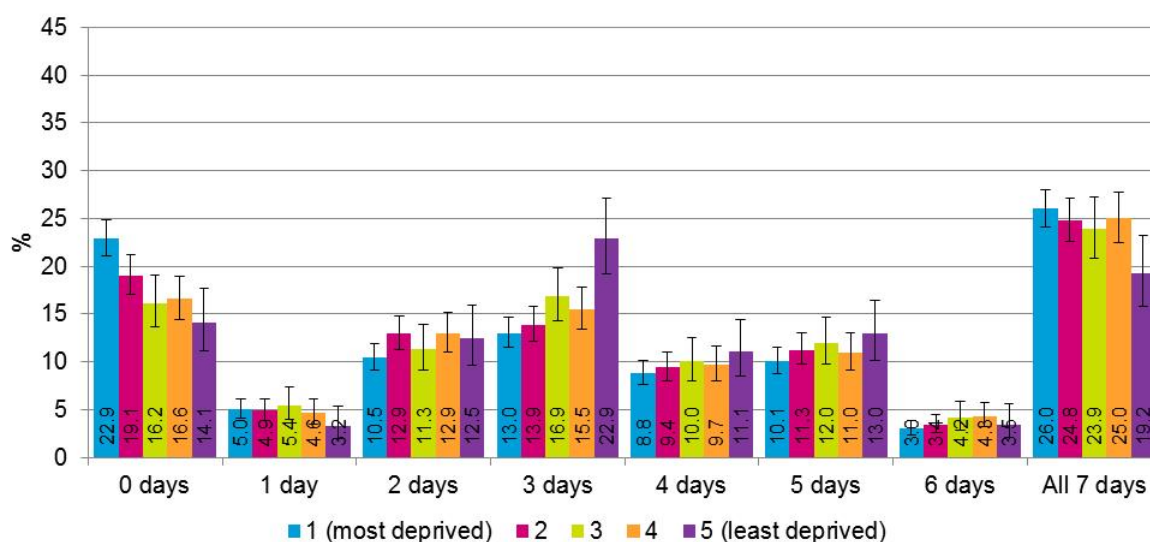
- Females are significantly more likely than males to report doing 30 or more minutes of moderate physical activity on 0 days and 3 days in a typical week, whilst males are significantly more likely than females to report doing 30 or more minutes of moderate physical activity on 4, 5 and 6 days in a typical week.
- Males (24.9%) and females (24.2%) were most likely to report doing 30 or more minutes of moderate physical activity every day in a typical week.
- Overall about 24.5% of Sunderland adults report doing 30 or more minutes of moderate physical activity every day in a typical week.
- There was no significant difference between males and females in the percentage of adults who report doing 30 or more minutes of moderate physical activity on every day in a typical week.

By social class



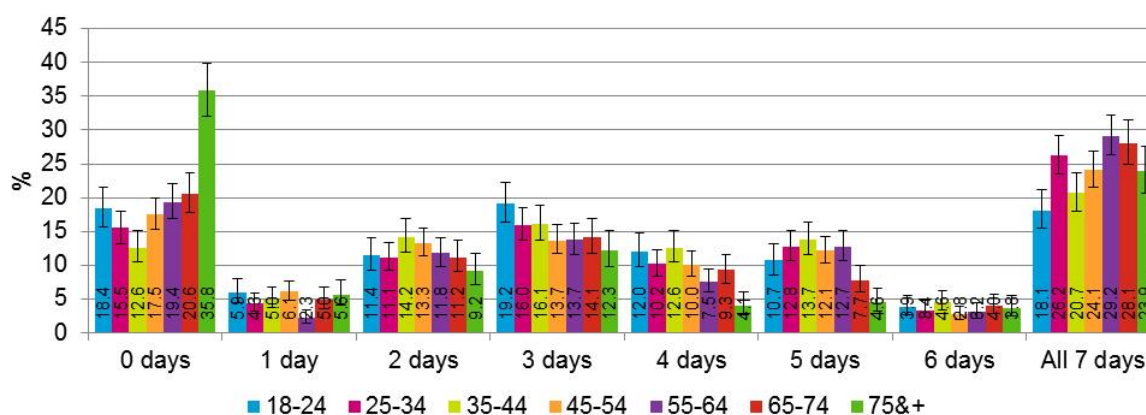
- Adults who have never worked or are long term unemployed (27.8%) are significantly more likely to be physically inactive (i.e., report doing 30 or more minutes of moderate physical activity on 0 days in a typical week) than the Sunderland average (19.2%), whilst adults in higher managerial, administrative and professional occupations (14.8%) were significantly less likely to be physically inactive than the Sunderland average (19.2%).
- Adults who have never worked or are long term unemployed (27.8%) were most likely to report doing 30 or more minutes of moderate physical activity on 0 days in a typical week, whilst adults in routine and manual occupations (27.1%), intermediate occupations (24.4%) and higher managerial, administrative and professional occupations (22.9%) were most likely to report doing 30 or more minutes of moderate physical activity every day in a typical week.
- There were no significant differences between the social class groups in the percentage of adults who report doing 30 or more minutes of moderate physical activity every day in a typical week.

By deprivation status



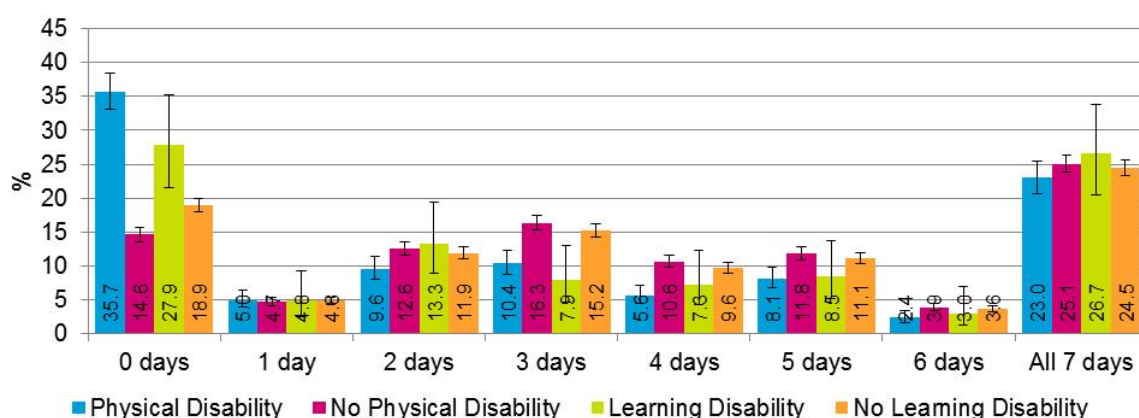
- Adults who live in areas within Sunderland that are among the most disadvantaged fifth of all areas across England (Quintile 1) (22.9%) are significantly more likely to report doing 30 or more minutes of moderate physical activity on 0 days in a typical week than the Sunderland average (19.2%), whilst adults that live in areas of Sunderland that are among the least disadvantaged fifth of all areas across England (Quintile 5) (14.1%) are significantly less likely to report doing 30 or more minutes of moderate physical activity on 0 days in a typical week than the Sunderland average (19.2%).
- Adults who live in areas of Sunderland that fall into Quintile 5 (22.9%) were most likely to report doing 30 or more minutes of moderate physical activity on 3 days in a typical week, whilst adults who live in areas of Sunderland that fall into Quintile 1 (26.0%), Quintile 2 (24.8%), Quintile 3 (23.9%) and Quintile 4 (25.0%) were most likely to report doing 30 or more minutes of moderate physical activity every day in a typical week.
- Adults living in areas of Sunderland that fall into Quintile 5 (19.2%) were significantly less likely to report doing 30 or more minutes of moderate physical activity on every day in a typical week than the Sunderland average (24.5%).

By age



- Persons aged 75 and over (35.8%) were significantly more likely to report doing 30 or more minutes of moderate physical activity on 0 days in a typical week than the Sunderland average (19.2%), whilst persons aged 35-44 (12.6%) and persons aged 25-34 (15.5%) were significantly less likely to report doing 30 or more minutes of moderate physical activity on 0 days in a typical week than the Sunderland average (19.2%).
- Persons aged 75 and over (35.8%) were most likely to report doing 30 or more minutes of moderate physical activity on 0 days in a typical week, persons aged 18-24 (19.2%) were most likely to report doing 30 or more minutes of moderate physical activity on 3 days in a typical week, whilst persons aged 25-34 (26.2%), 35-44 (20.7%), 45-54 (24.1%), 55-64 (29.2%) and 65-74 (28.1%) were most likely to report doing 30 or more minutes of moderate physical activity every day in a typical week.
- Persons aged 55-64 (29.2%) were significantly more likely to report doing 30 or more minutes of moderate physical activity every day in a typical week than the Sunderland average (24.5%), whilst persons aged 18-24 (18.1%) were significantly less likely to report doing 30 or more minutes of moderate physical activity every day in a typical week than the Sunderland average (24.5%).

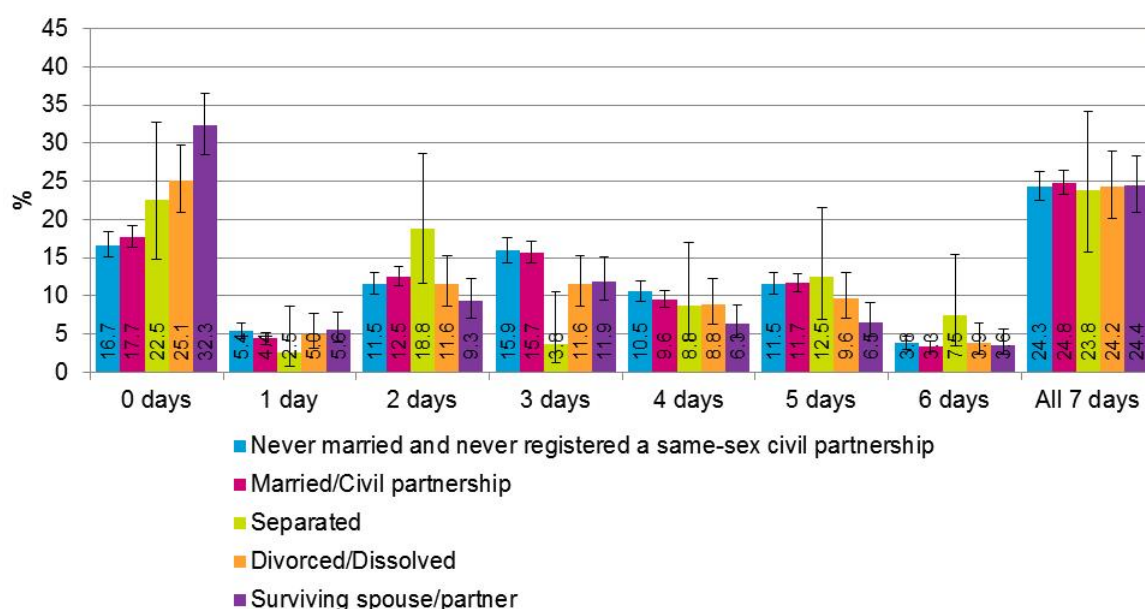
By disability status



- Adults with a physical disability (35.7%) were significantly more likely than those without a physical disability (14.6%) to report doing 30 or more minutes of moderate physical activity on 0 days in a typical week.

- Adults without a physical disability were significantly more likely than those with a physical disability to report doing 30 or more minutes of moderate activity on 2, 3, 4, 5 or 6 days in a typical week.
- Adults with a learning disability (27.9%) were significantly more likely than those without a learning disability (18.9%) to report doing 30 or more minutes of moderate physical activity on 0 days in a typical week.
- Adults without a learning disability were significantly more likely than those with a learning disability to report doing 30 or more minutes of moderate activity on 3 days in a typical week.
- Adults with a physical disability (35.7%) and adults with a learning disability (27.9%) were most likely to report doing 30 or more minutes of moderate physical activity on 0 days in a typical week, whilst adults without a physical disability (25.1%) and adults without a learning disability (24.5%) were most likely to report doing 30 or more minutes of moderate physical activity every day in a typical week.

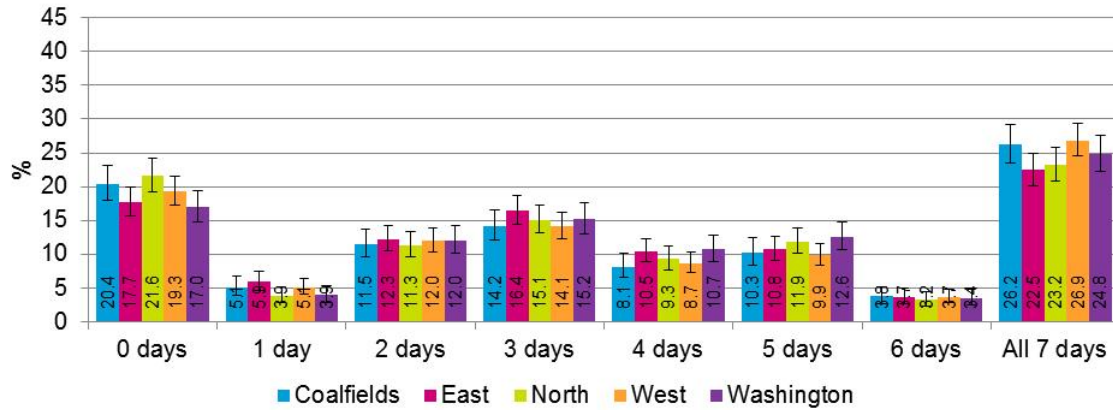
By partnership status



- Adults who are a surviving spouse (widow or widower) or civil partner (32.3%) and adults who are divorced or have had their civil partnership dissolved (25.1%) were significantly more likely to report doing 30 or more minutes of moderate physical activity on 0 days in a typical week than the Sunderland average (19.2%).
- Adults who are separated (3.8%) were significantly less likely to report doing 30 or more minutes of moderate physical activity on 3 days in a typical week than the Sunderland average (15.0%).
- Adults who are a surviving spouse (widow or widower) or civil partner (6.5%) were significantly less likely to report doing 30 or more minutes of moderate physical activity on 5 days in a typical week than the Sunderland average (11.0%).
- Adults who are a surviving spouse (widow or widower) or civil partner (32.3%) and adults who are divorced or have had their civil partnership dissolved (25.1%) were most likely to report doing 30 or more minutes of moderate physical activity

on 0 days in a typical week, whilst adults who are married or in a registered civil partnership (24.8%), adults who have never been married or in a registered civil partnership (24.3%) and adults who are separated (23.8%) were most likely to report doing 30 or more minutes of moderate physical activity every day in a typical week.

By area

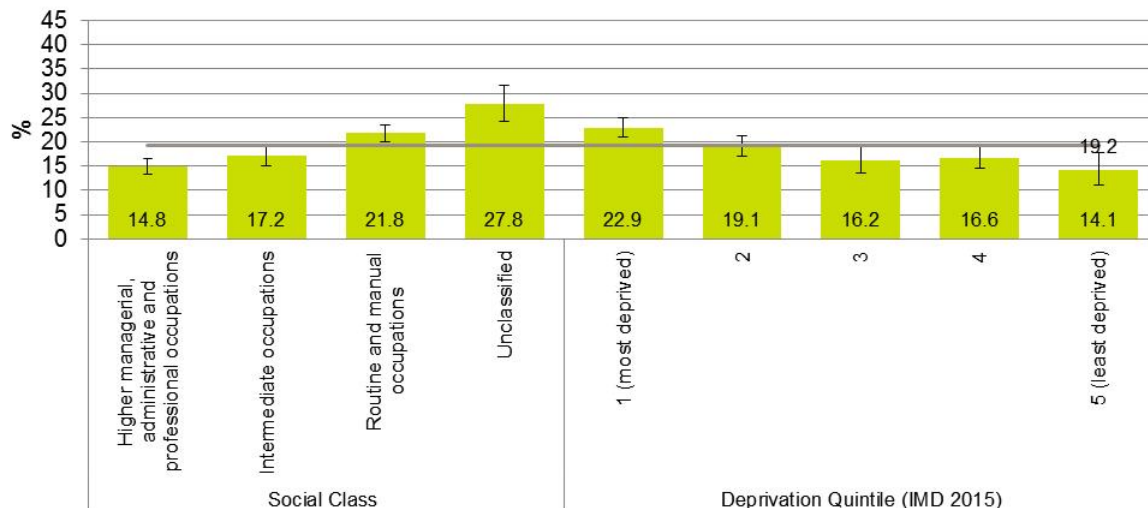


- When summarised at area level, there is no statistically significant variation in the percentage of adults who report doing 30 or more minutes of moderate physical activity on 0, 1, 2, 3, 4, 5, 6 or 7 days in a typical week, compared to the Sunderland averages.
- Adults in all five areas of Sunderland were most likely to reporting doing 30 or more minutes of moderate physical activity every day in a typical week.

Patterns of Physical Inactivity in Sunderland

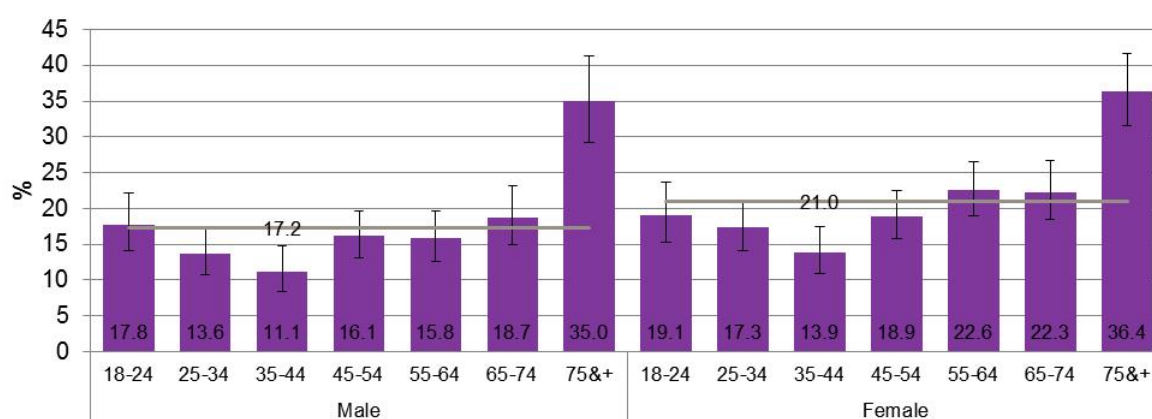
In our survey, 19.2% of adults aged 18 and over are physically inactive, i.e., they report doing at least 30 minutes of moderate physical activity on 0 days in a typical week; based on 2016 mid-year population estimates this would mean that in Sunderland we have around 43,000 adults aged 18 and over who are physically inactive.

By social class and deprivation status



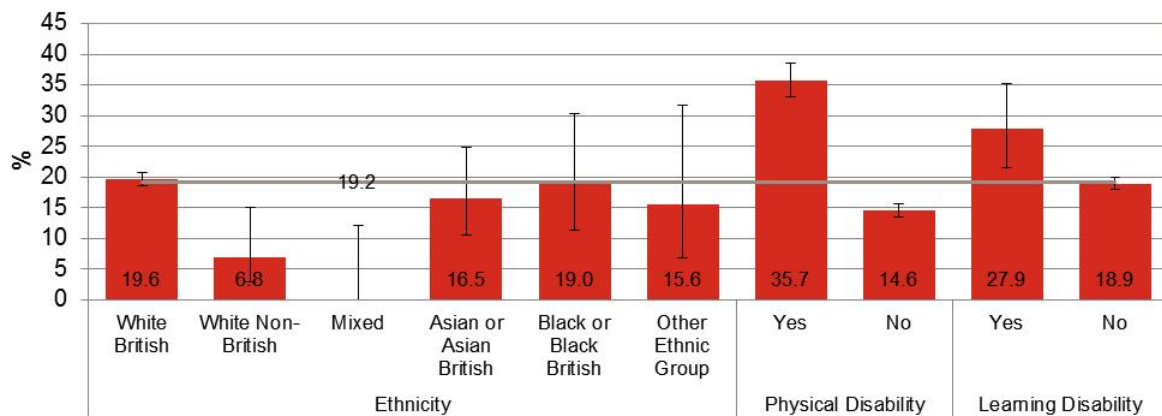
- Generally the prevalence of physical activity increases as social class decreases and deprivation increases.
- Adults in higher managerial, administrative and professional occupations (14.8%) reported significantly lower prevalence of physical inactivity than the Sunderland average (19.2%), whilst adults who have never worked or are long term unemployed (27.8%) reported significantly higher prevalence of physical inactivity than the Sunderland average (19.2%).
- Adults who live in areas within Sunderland that are among the most disadvantaged fifth of all areas across England (Quintile 1) (22.9%) reported significantly higher prevalence of physical inactivity than the Sunderland average (19.2%); 38% of the Sunderland population lives within these areas.
- Adults who live in areas of Sunderland that are amongst the least disadvantaged fifth of all areas across England (Quintile 5) (14.1%) report significantly lower prevalence of physical inactivity than the Sunderland average (19.2%).

By age and gender



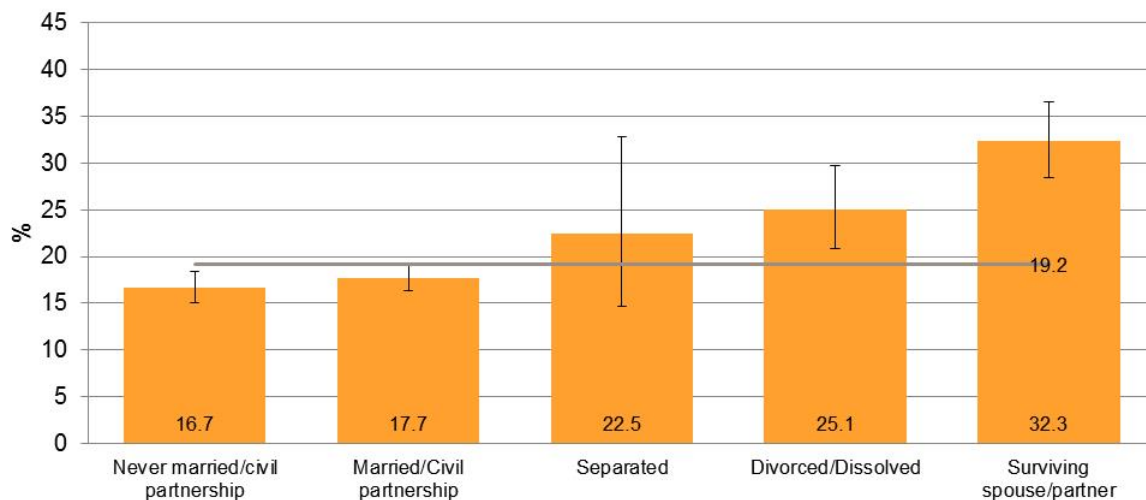
- Generally the prevalence of physical inactivity is higher for females than for males across all age groups.
- In males and females prevalence of physical inactivity is highest in the 75 and over age group and lowest in the 35-44 age group.
- Males aged 75 and over (35.0%) reported significantly higher prevalence of physical inactivity than the average for Sunderland males (17.2%), whilst males aged 35-44 (11.1%) reported significantly lower prevalence of physical inactivity than the average for Sunderland males (17.2%).
- Females aged 75 and over (36.4%) reported significantly higher prevalence of physical inactivity than the average for Sunderland females (21.0%), whilst females aged 35-44 (13.9%) reported significantly lower prevalence than the average for Sunderland females (21.0%).

By ethnicity or disability status



- Adults from Mixed and White Non British (6.8%) groups reported significantly lower prevalence of physical inactivity than the Sunderland average (19.2%), though it should be noted that sample sizes are relatively small for some ethnic groups.
- Adults with a physical disability (35.7%) reported significantly higher prevalence of physical inactivity than those without a physical disability (14.6%).
- Adults with a learning disability (27.9%) reported significantly higher prevalence of physical inactivity than those without a learning disability (18.9%).

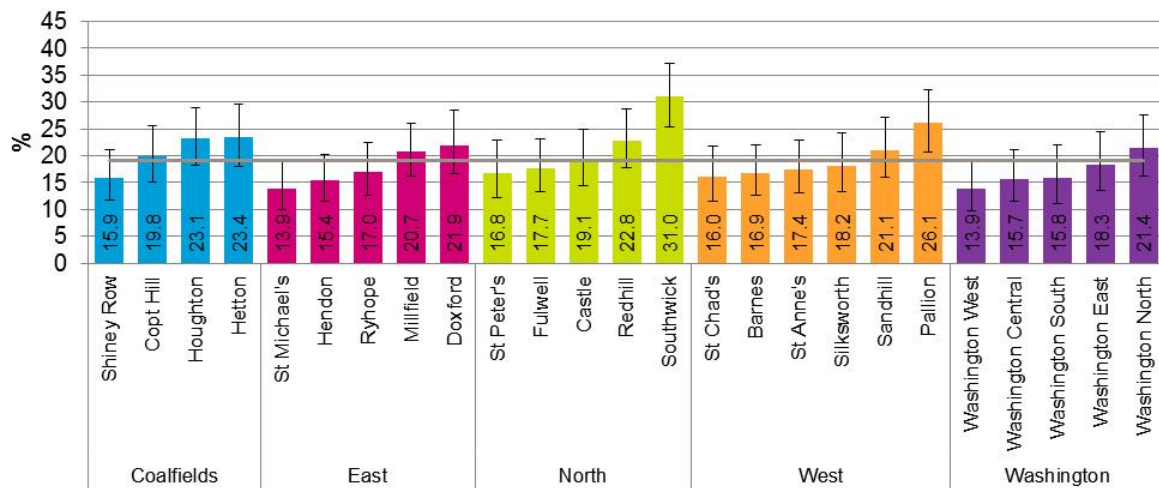
By partnership status



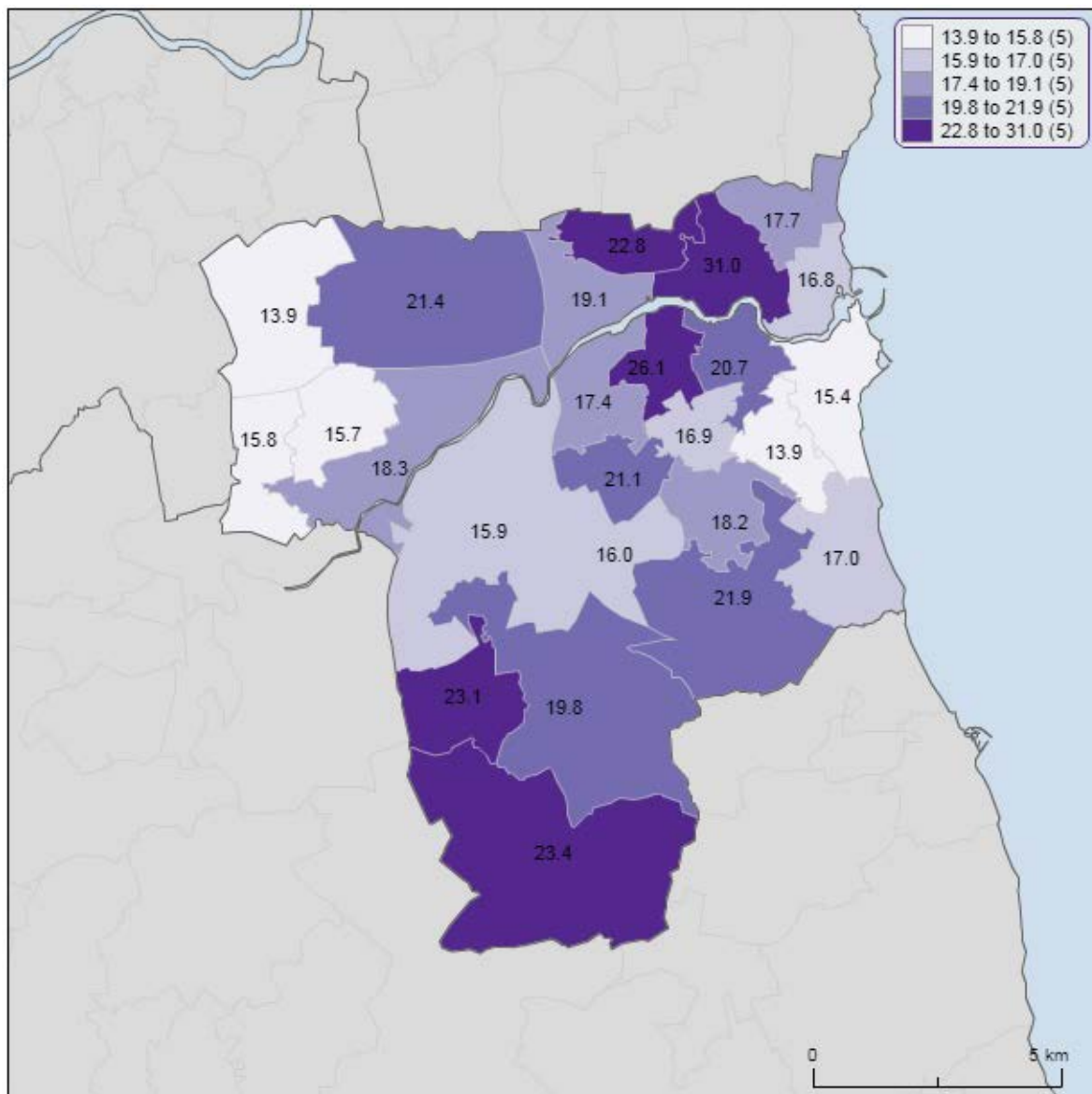
- Adults who are a surviving spouse (widow or widower) or civil partner (32.3%) or who are divorced or have had their civil partnership dissolved (25.1%) reported significantly higher prevalence of physical inactivity than the Sunderland average (19.2%).

By ward

- Whilst there is variation by ward, only Southwick (31.0%) and Pallion (26.1%) report significantly higher prevalence of physical inactivity than the Sunderland average (19.2%).
- No wards have significantly lower prevalence of physical inactivity than the Sunderland average.



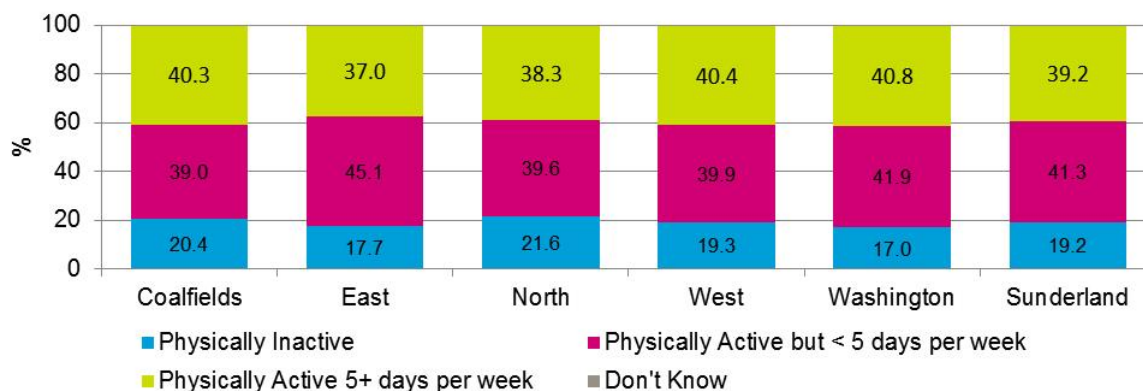
Map showing prevalence (%) of physical inactivity for Sunderland wards



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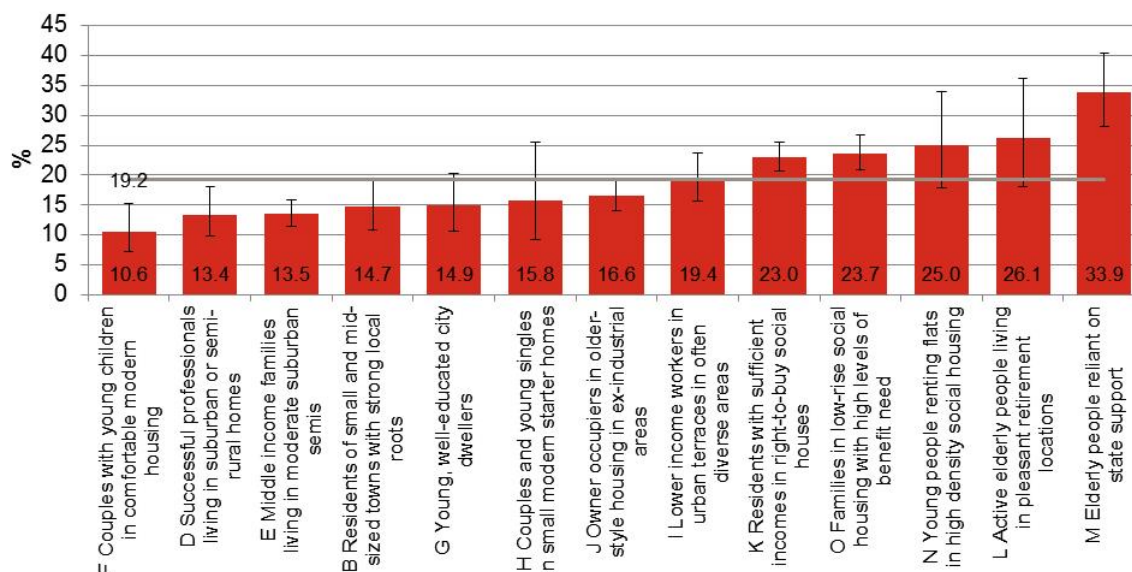
- Wards with the highest prevalence of physical inactivity were: Southwick (31.0%), Pallion (26.1%), Hetton (23.4%), Houghton (23.1%) and Redhill (22.8%).
- Wards with the lowest prevalence of physical inactivity were: St Michael's (13.9%), Washington West (13.9%), Hendon (15.4%), Washington Central (15.7%) and Washington South (15.8%).

By area



- When summarised at area level, there is no statistically significant variation in the prevalence of physical inactivity compared to the Sunderland average (19.2%).

By Mosaic® group

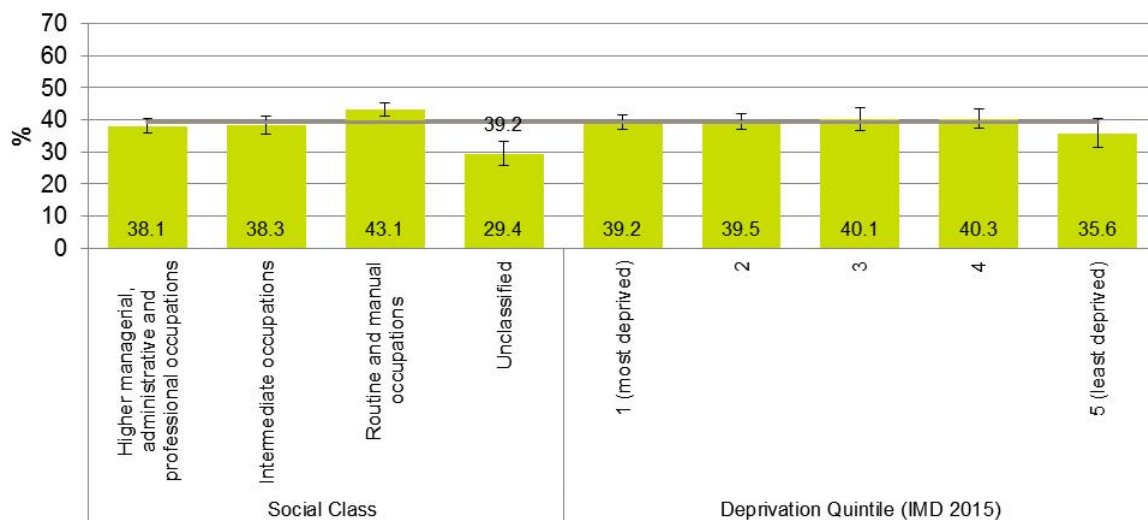


- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group M (33.9%), group O (23.7%) and group K (23.0%) report significantly higher prevalence of physical activity than the Sunderland average (19.2%).
- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group F (10.6%), group D (13.4%) and group E (13.5%) report significantly lower prevalence of physical inactivity than the Sunderland average (19.2%).

Prevalence of doing recommended levels of physical activity in Sunderland

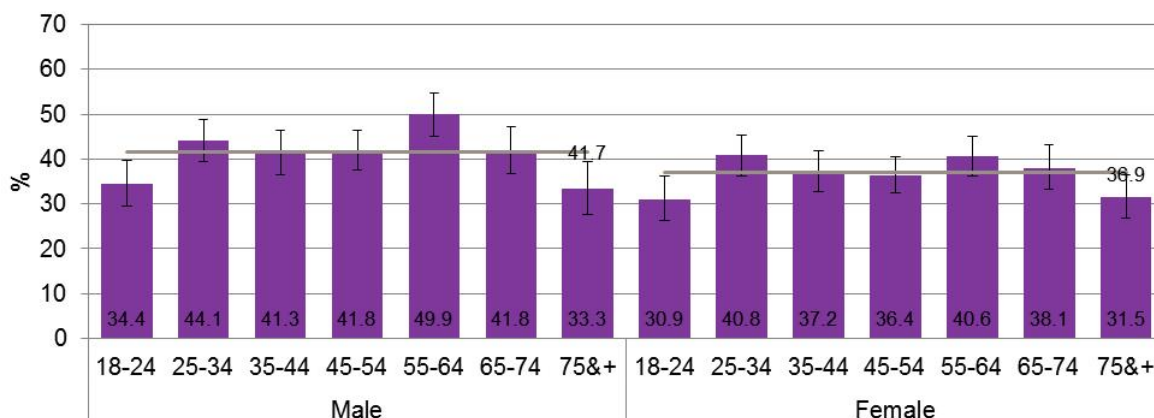
In our survey, 39.2% of adults aged 18 and over reported doing the recommended amounts of physical activity, i.e., at least 30 minutes of moderate intensity activity on at least 5 days per week; based on 2016 mid-year population estimates this would mean that in Sunderland we have around 87,600 adults aged 18 and over who are doing the recommended weekly levels of physical activity.

By social class and deprivation status



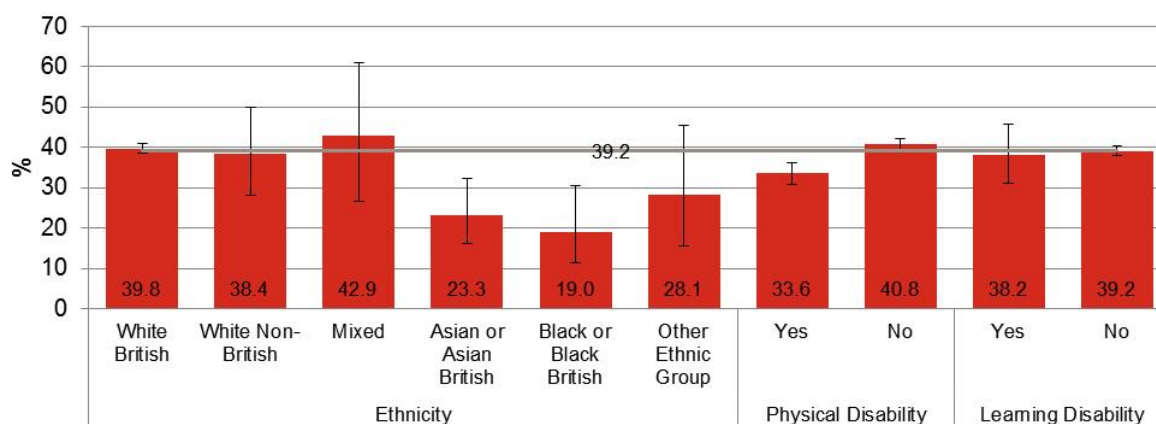
- Adults who have never worked or are long term unemployed (29.4%) are significantly less likely to be doing the recommended amount of physical activity in a typical week than the Sunderland average (39.2%).
- Adults in routine and manual occupations (43.1%) are significantly more likely to be doing the recommended amount of physical activity in a typical week than the Sunderland average (39.2%).
- There is no statistically significant variation in the percentage of adults doing the recommended amount of physical activity in a typical week by deprivation quintile compared to the Sunderland average (39.2%).

By age and gender



- Generally the percentage of adults doing the recommended amount of physical activity in a typical week is higher for males than for females across all age groups.
- Males aged 55-64 (49.9%) were significantly more likely to be doing the recommended amount of physical activity in a typical week than the average for Sunderland males (41.7%), whilst males aged 75 and over (33.3%) and 18-24 (34.4%) were significantly less likely to be doing the recommended amount of physical activity in a typical week than the average for Sunderland males (41.7%).
- There is no statistically significant variation in the percentage of females doing the recommended amount of physical activity in a typical week by age group when compared to the average for Sunderland females (36.9%).
- Generally 55-64 and 25-34 age group are most likely to be doing the recommended weekly levels of physical activity, whilst 75 and over and 18-24 age groups are least likely to be doing the recommended weekly levels of physical activity.

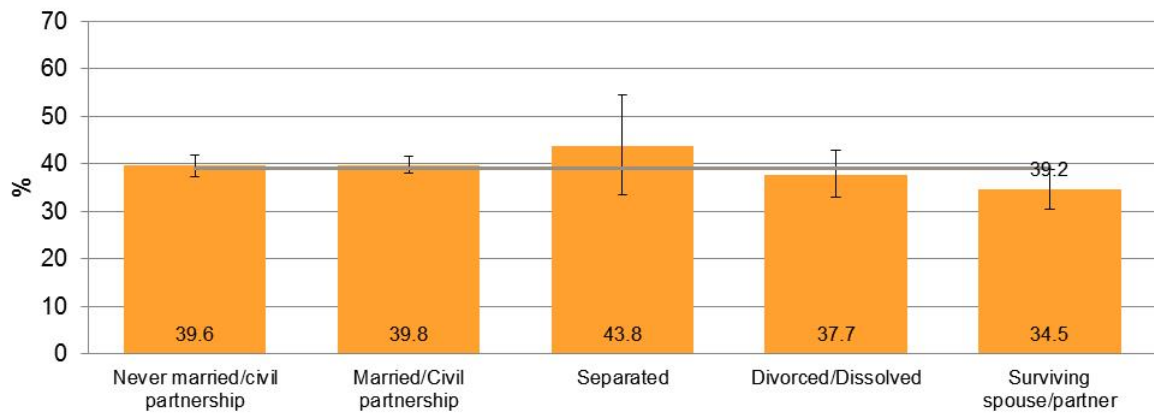
By ethnicity or disability status



- Adults from Black or Black British (19.0%) and Asian or Asian British (23.3%) groups were significantly less likely to be doing the recommended amount of physical activity in a typical week than the Sunderland average (39.2%).
- Adults with a physical disability (33.6%) were significantly less likely than those without a physical disability (40.8%) to be doing the recommended weekly levels of physical activity.
- Adults with a learning disability (38.2%) were not significantly more or less likely than adults without a learning disability (39.2%) to be doing the recommended weekly levels of physical activity.

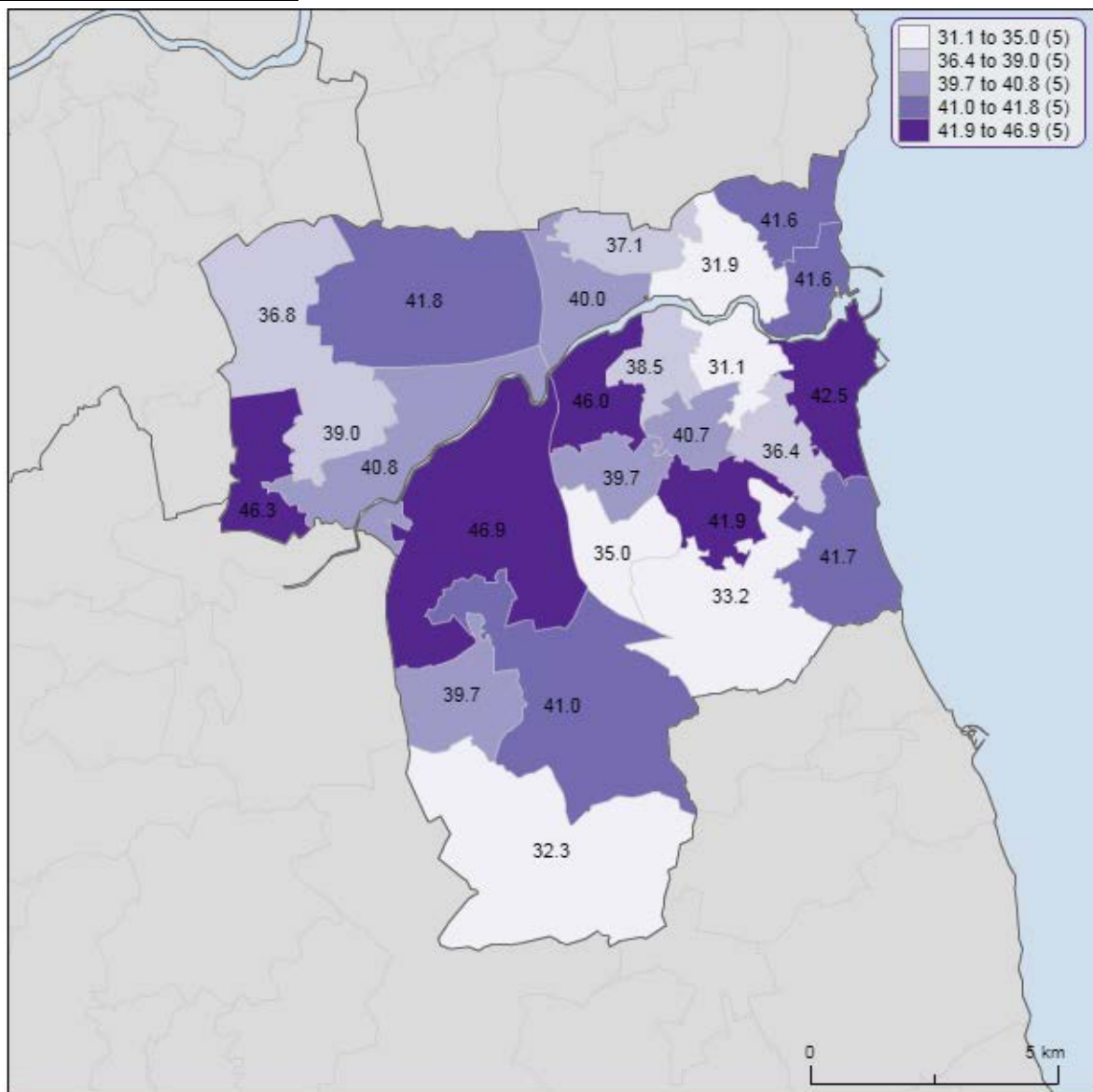
By partnership status

- There is no statistically significant variation in the percentage of adults doing the recommended amount of physical activity in a typical week by partnership status when compared to the Sunderland average (39.2%).
- Adults who are separated (43.8%) were most likely to be doing the recommended amount of physical activity in a typical week, whilst adults who are a surviving spouse (widow or widower) or civil partner (34.5%) were least likely to be doing the recommended amount of physical activity in a typical week.

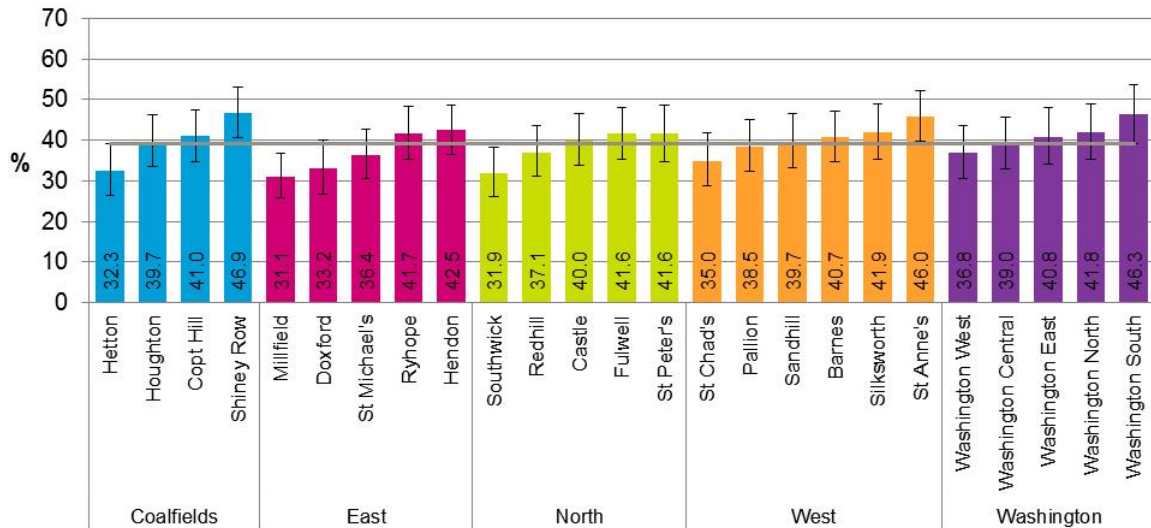


By ward

Map showing prevalence (%) of doing recommended levels of physical activity for Sunderland wards

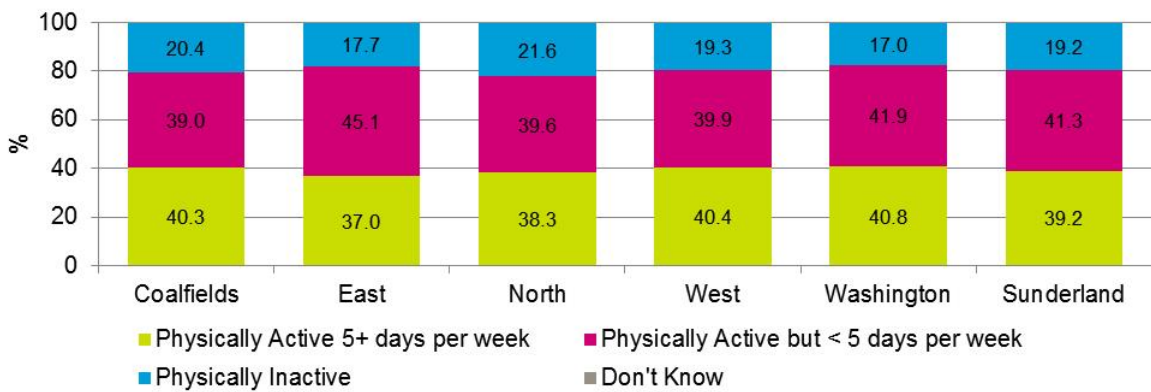


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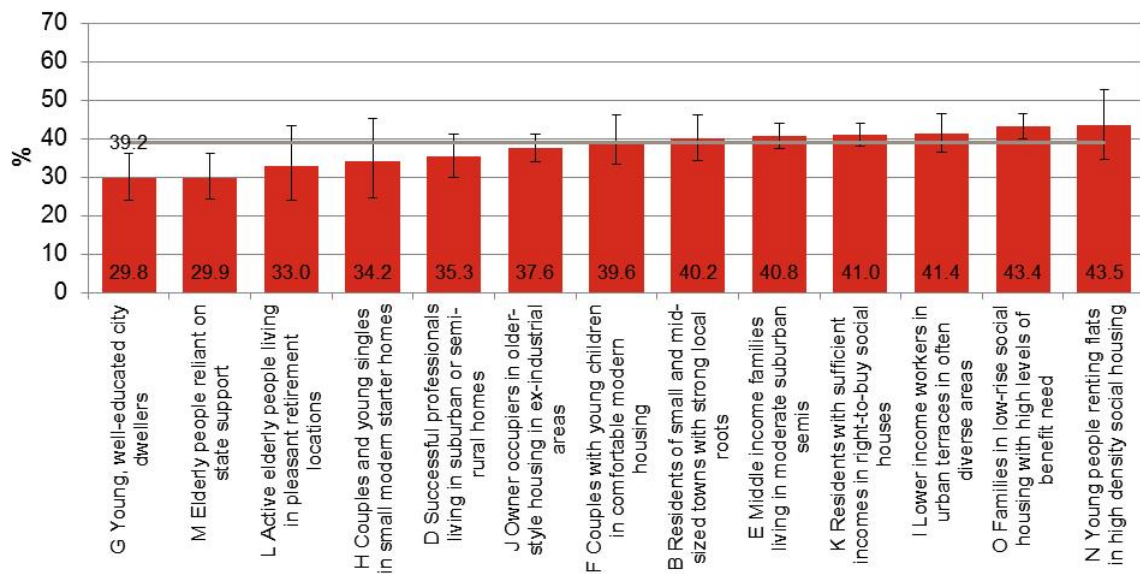
- Whilst there is variation by ward, only Millfield (31.3%) reported significantly lower percentage of adults doing the recommended amount of physical activity in a typical week than the Sunderland average (39.2%) and only Shiney Row (46.9%) reported a significantly higher percentage of adults doing the recommended amount of physical activity in a typical week than the Sunderland average (39.2%).
- Wards with the highest percentage of adults doing the recommended amount of physical activity in a typical week were: Shiney Row (46.9%), Washington South (46.3%), St Anne's (46.0%), Hendon (42.5%) and Silksworth (41.9%).
- Wards with the lowest percentage of adults doing the recommended amount of physical activity in a typical week were: Millfield (31.1%), Southwick (31.9%), Hetton (32.3%), Doxford (33.2%) and St Chad's (35.0%).

By area



- When summarised at area level, there is no statistically significant variation in the percentage of adults doing the recommended amount of physical activity in a typical week.

By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group G (29.8%) and group M (29.9%) reported significantly lower percentages of adults doing the recommended amount of physical activity in a typical week than the Sunderland average (39.2%).
- No Mosaic® groups reported significantly higher percentages of adults doing the recommended amount of physical activity in a typical week than the Sunderland average (39.2%).