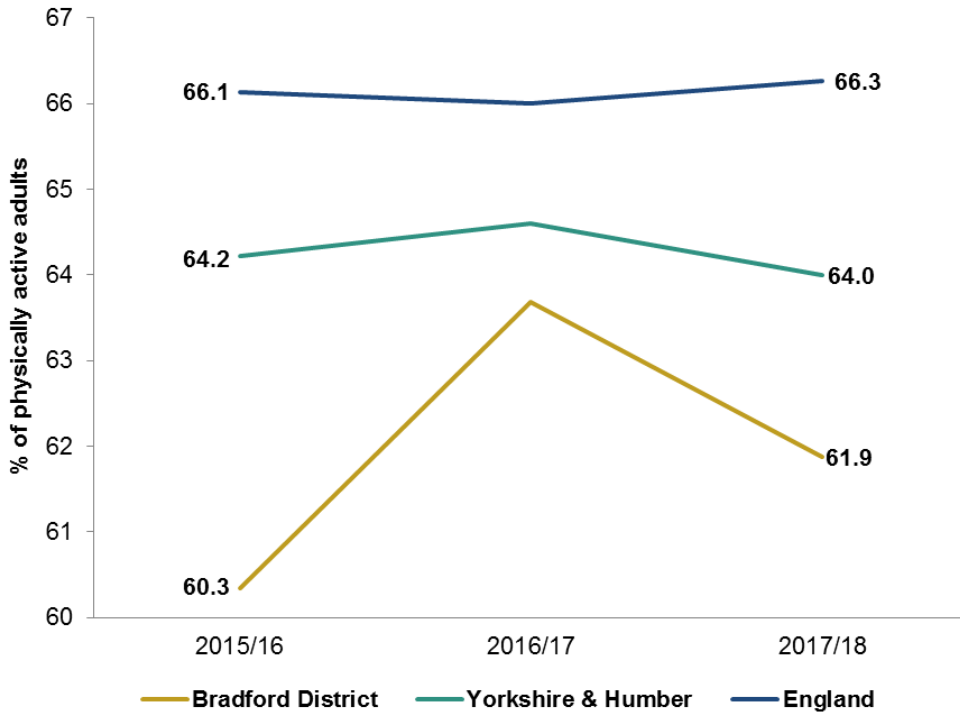


Physical Activity in Adults

Current Trends – Physically Active Adults

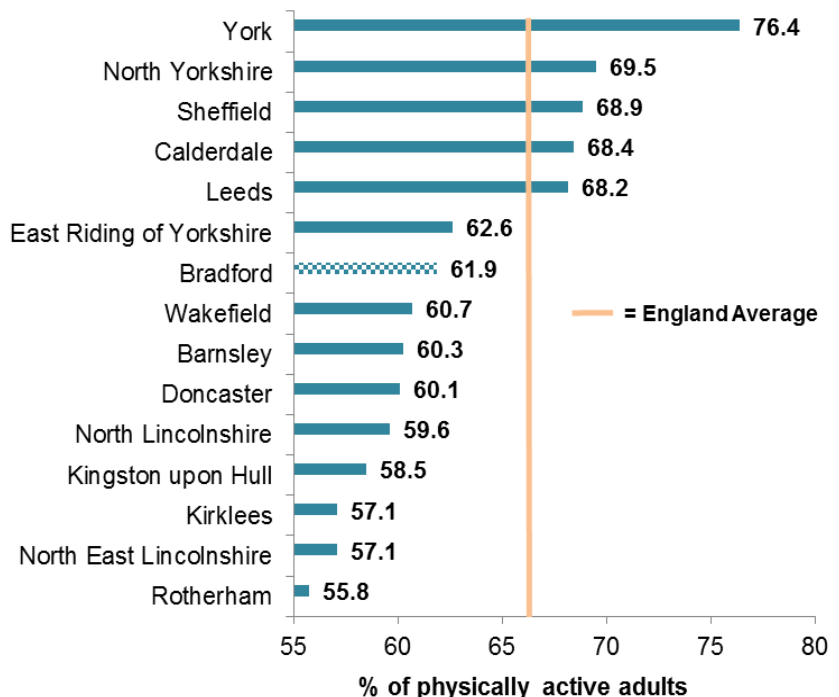
Definition: Adults age 19 or over doing at least 150 moderate intensity minutes of physical activity per week in bouts of 10 minutes or more



- The proportion of adults that are classified as physically active within Bradford District **decreased** in 2017/18 to **61.9%**
- Bradford District continues to have a **lower** proportion of physically active adults than both the **regional and national average**
- The gap between Bradford District and England **decreased slightly** overall since 2015/16 from **5.8 to 4.4 percentage points**

Yorkshire & Humber

- The percentage of physically active adults within **Yorkshire & Humber** ranges from **55.8% to 76.4%**
- Bradford District has the **7th highest** proportion of physically active adults in the **region**
- **York** has the **highest** proportion of adults that are classed as physically active and **Rotherham** has the **lowest**



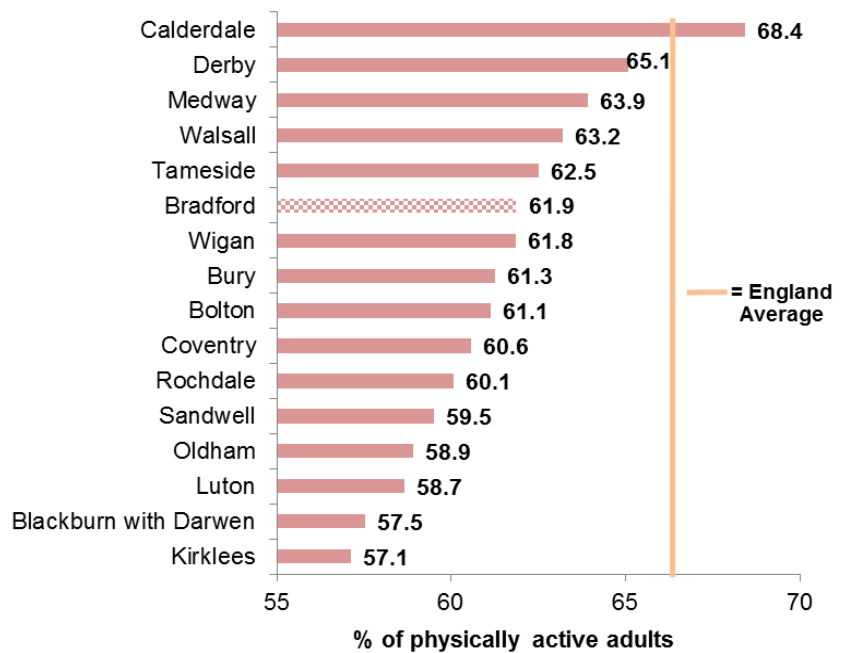
National Rank

Year	Rank (where 1 = highest proportion)
2016/17	96
2017/18	111

- In 2017/18 Bradford District has the **111th highest** proportion of physically active adults compared to 150 local authorities
- This is a **fall since 2016/17** when Bradford District ranked **96th** out of 150 local authorities

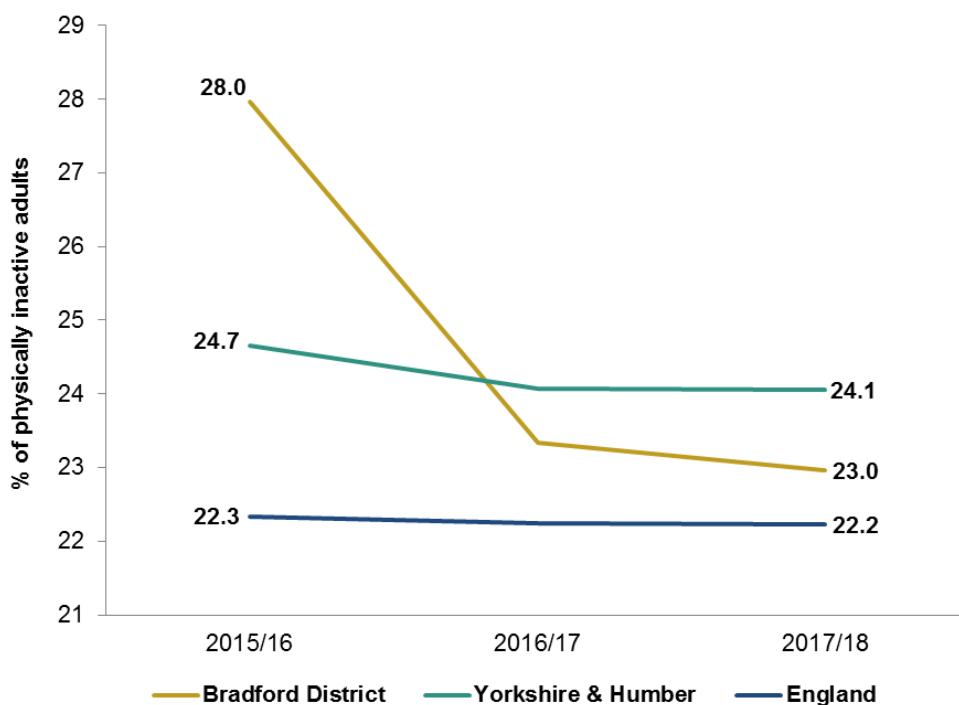
Similar Local Authorities

- The percentage of physically active adults in statistically similar local authorities ranges from **57.1% to 68.4%**
- Bradford District has the **6^h highest** proportion of physically active adults in comparison to similar local authorities
- **Calderdale** has the **highest** proportion of adults that are classed as physically active and **Kirklees** has the **lowest**



Current Trends – Physically Inactive Adults

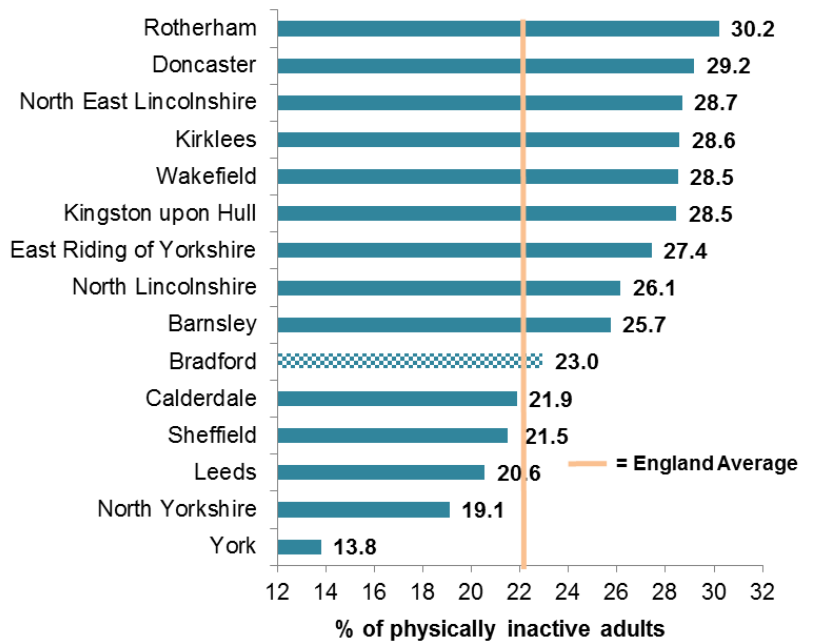
Definition: Adults age 19 or over doing less than 30 moderate intensity minutes of physical activity per week in bouts of 10 minutes or more



- The proportion of adults that are classified as physically inactive within Bradford District **decreased** in 2017/18 to **23.0%**
- Bradford District has a lower proportion of physically inactive adults than the regional average but a higher proportion than the national average
- The gap between Bradford District and England **decreased** overall 2015/16 from **5.6 to 0.7 percentage points**

Yorkshire & Humber

- The percentage of physically inactive adults within **Yorkshire & Humber** ranges from **30.2% to 13.8%**
- Bradford District has the **6th lowest** proportion of physically inactive adults in the **region**
- Rotherham** has the **highest** proportion of adults that are classed as physically inactive and **York** has the **lowest**



National Rank

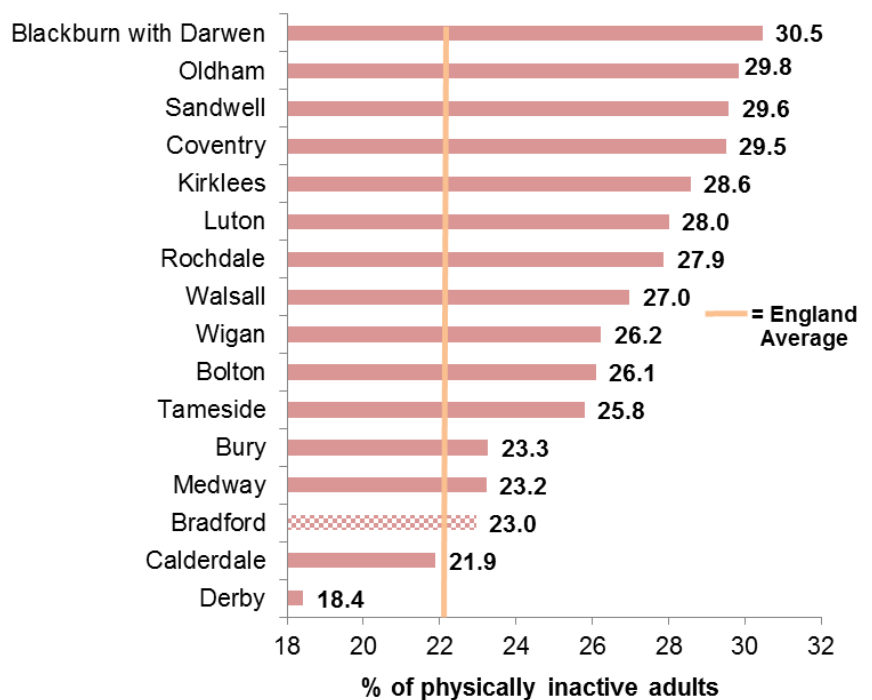
Year	Rank (where 1 = lowest proportion)
2016/17	89
2017/18	84

↑

- In 2017/18 Bradford District has the **84th lowest** proportion of physically inactive adults compared to 150 local authorities
- This is a **rise** since 2016/17 when Bradford District ranked **89th** out of 150 local authorities

Similar Local Authorities

- The percentage of physically inactive adults in statistically similar local authorities ranges from **18.4% to 30.5%**
- Bradford District has the **3rd lowest** proportion of physically inactive adults in comparison to similar local authorities
- Blackburn with Darwen** has the **highest** proportion of adults that are classed as physically inactive and **Derby** has the **lowest**



Source of data – Public Health Outcomes Framework. Data available [here](#)