

Physical Activity in Adults

Resource Pack



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL



Contents

Introduction

Key Points

Current Trend - Percentage of physically active adults

Local Authorities comparison - Percentage of physically active adults

Current Trend- Percentage physically inactive adults

Utilisation of outdoor space for exercise or health reasons

Related conditions – Obesity, Hypertension, CHD, Stroke, Depression, Killed and seriously injured (KSI) casualties

Introduction

Physical inactivity is the fourth leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-35% lower risk of cardiovascular disease, coronary heart disease and stroke compared to those who have a sedentary lifestyle. Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis and colon/breast cancer and with improved mental health.

1 in 6

UK deaths are due
to physical
inactivity

40%

of long-term health
conditions could be
prevented by reducing
inactivity

Physical activity can help
manage more than

20

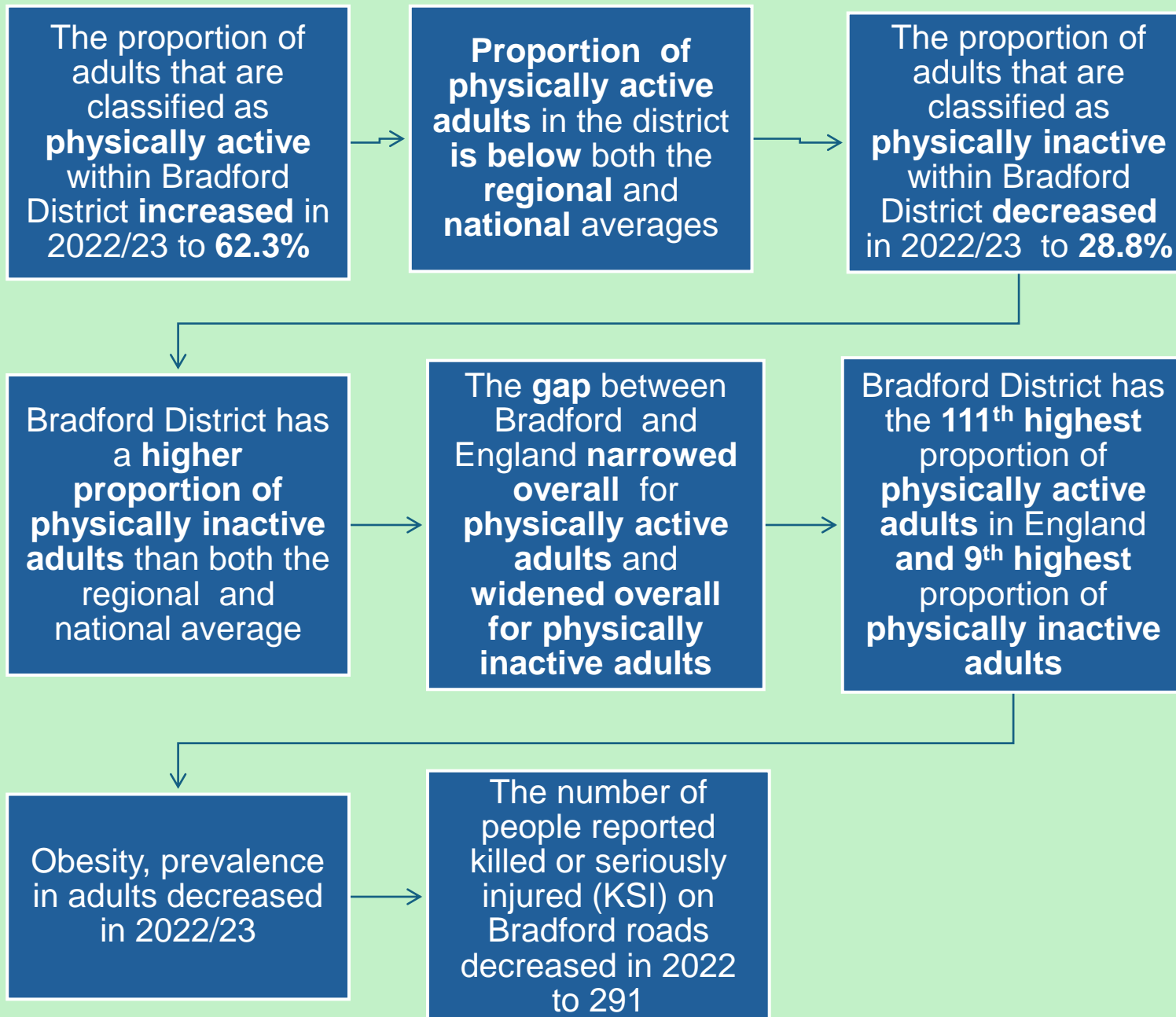
common physical and mental
health conditions

This data pack contains information on the most recent data available for physical activity levels of Adults in Bradford District

Sources: Office for Health Improvement and Disparities. Public health profiles 2024

<https://www.richmondgroupofcharities.org.uk/areas-of-work/physical-activity/>

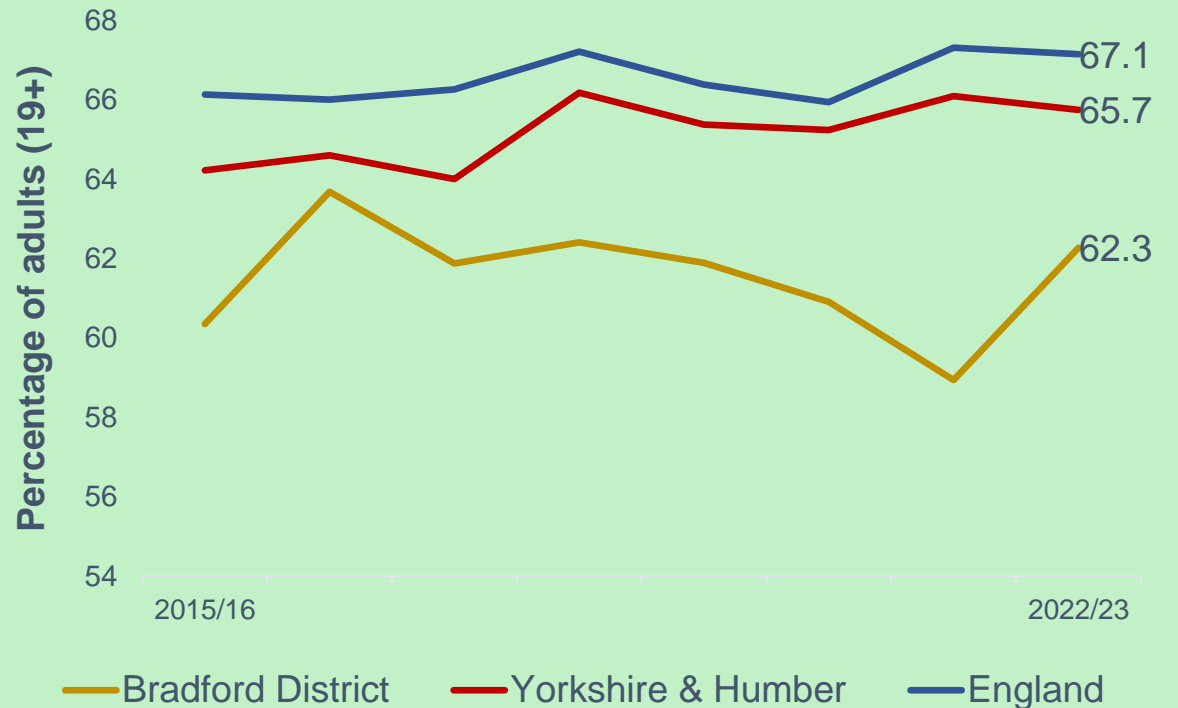
Key Points



Percentage of physically active adults

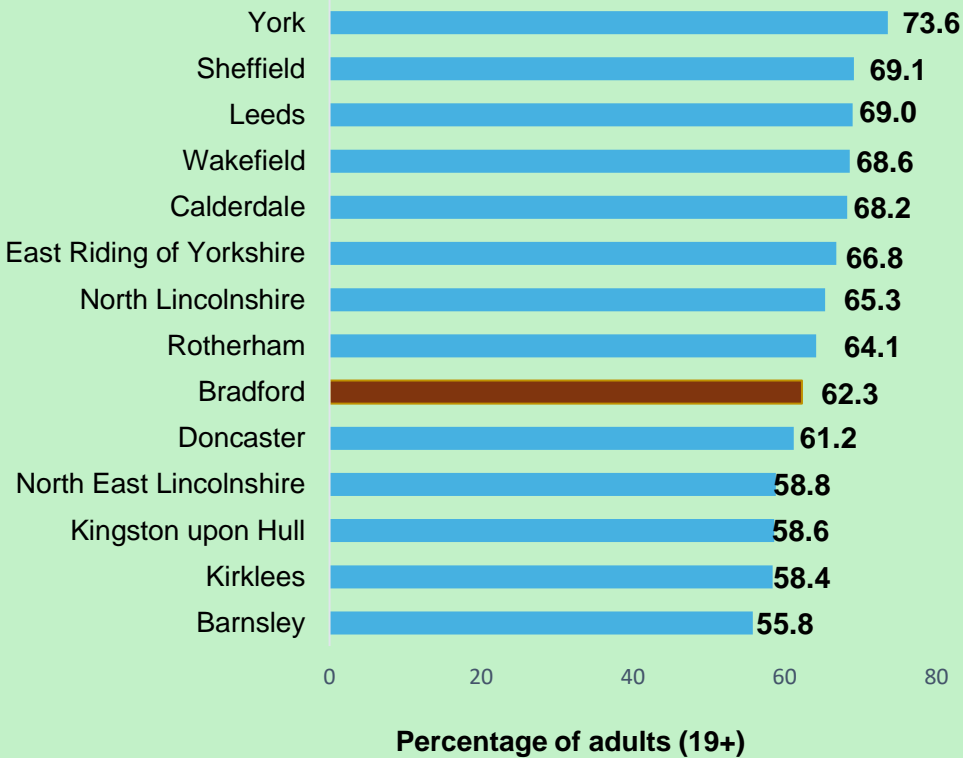
Definition : Adults age 19 or over doing at least 150 moderate intensity minutes of physical activity per week in bouts of 10 minutes or more

- The proportion of adults that are classified as physically active within Bradford District **increased** in 2022/3 to **62.3%** .
- 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 **narrowed** overall since 2015/16 from **5.8 to 4.8 percentage points**
- Bradford District has the **111th highest** proportion of physically active adults in England compared to 153 local authorities



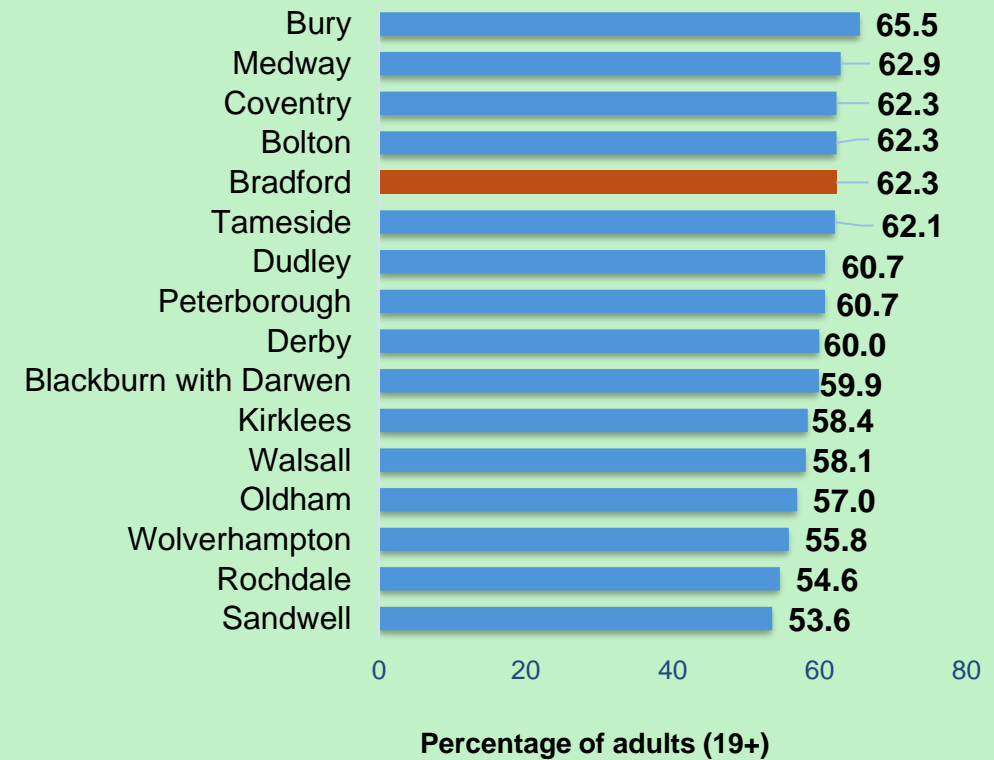
Percentage of physically active children and young people

Yorkshire & The Humber

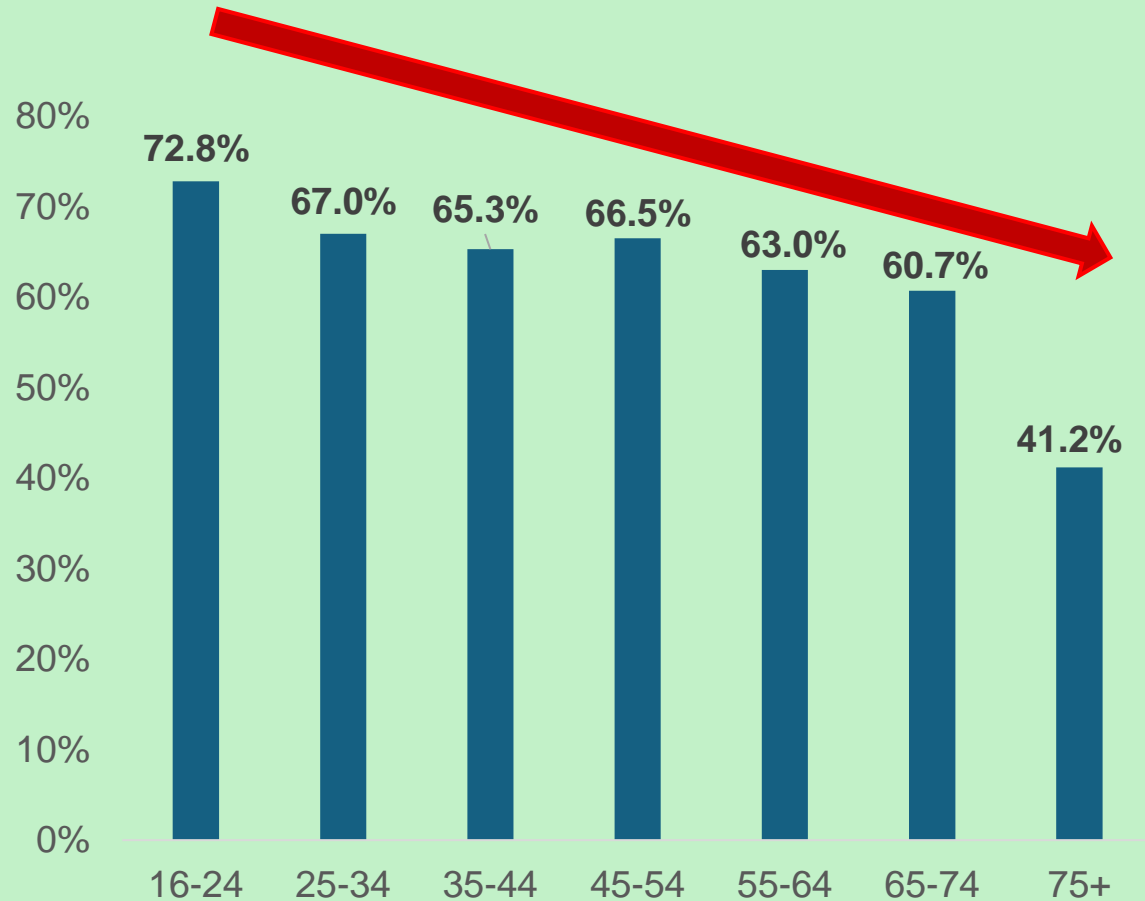


Bradford has the **6th lowest rate** in the region and the **5th highest rate** when compared to similar local authorities

Similar Local Authorities



Physical Activity in England by Age Groups

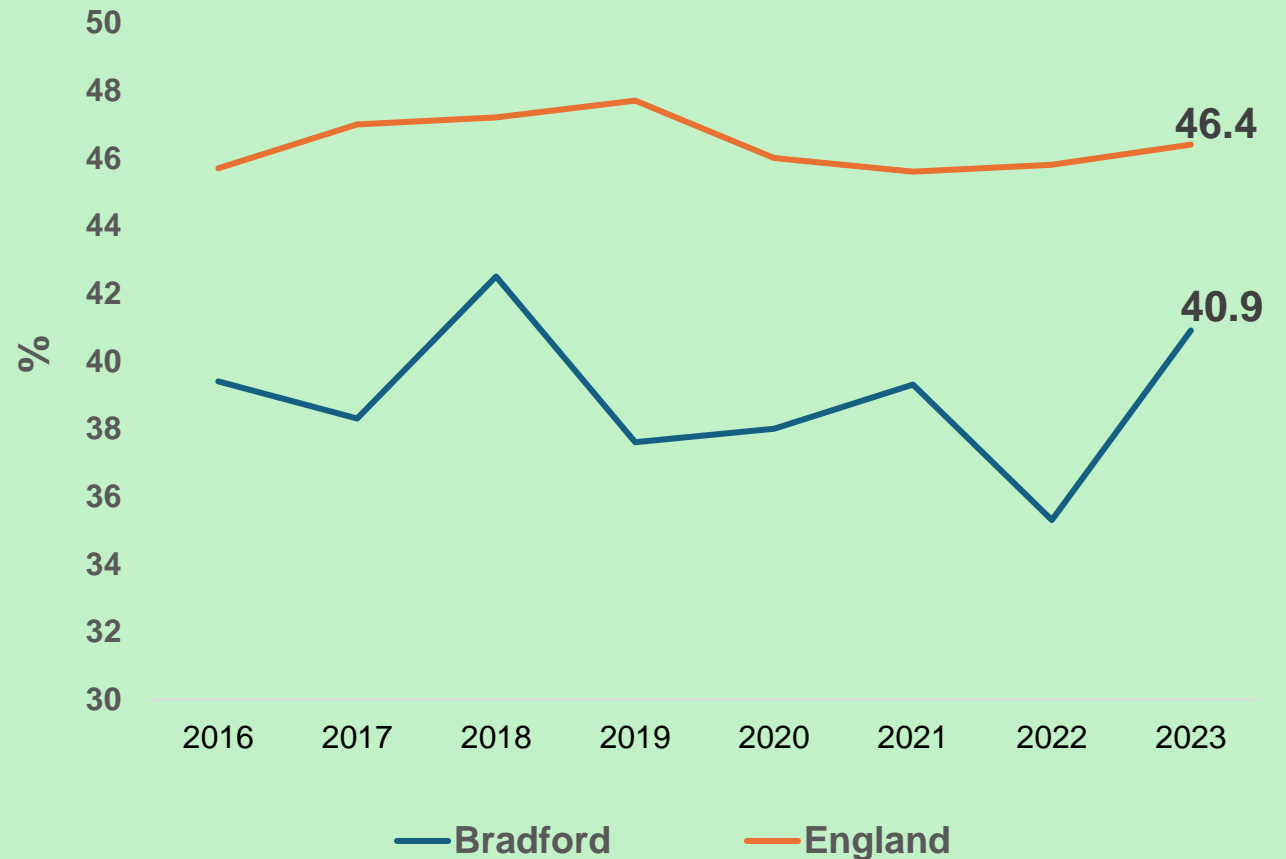


- Data shows that in England physical activity **decreases** with age.
- 72.8% of people aged 16 to 24 were physically active, compared with 41.2% of people aged 75 years and over

Source: Active Lives Survey, 2024

Proportion of adults who do any walking or cycling, for either leisure or travel 3 times a week

- The proportion of adults walking or cycling at least 3 times a week for either leisure increased in 2023 to 40.9%.
- Bradford's rate has remained consistently lower than England's rate (46.4%) since 2016

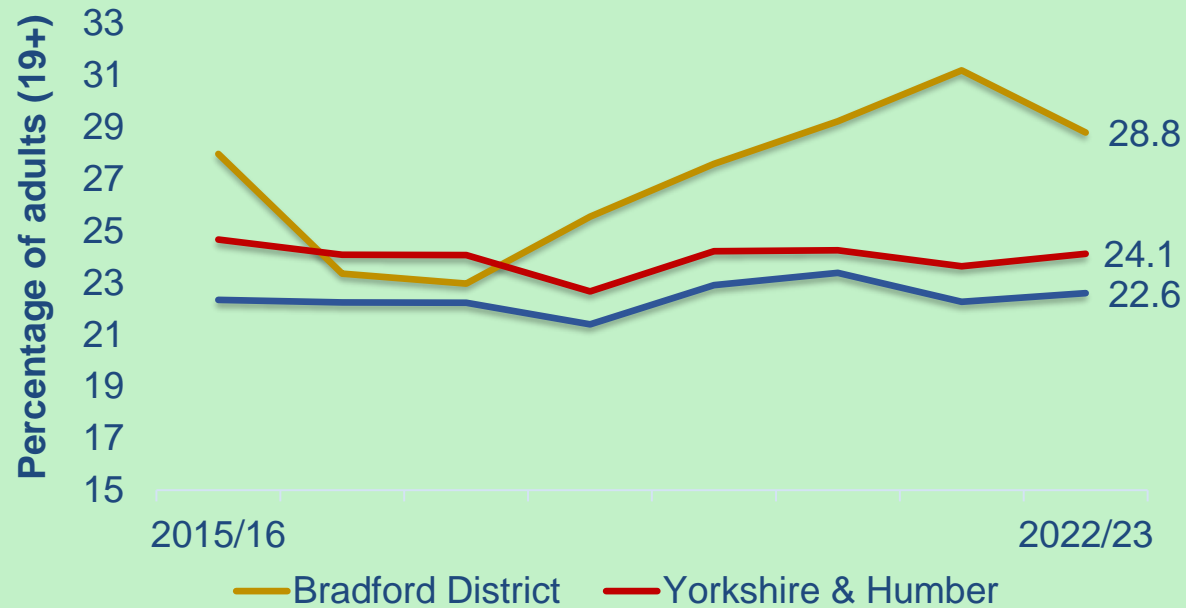


Source: Active Lives Survey, 2024



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 2022/23 to **28.8%**
- Bradford District has the **9th highest proportion** of physically inactive adults in England compared to 153 local authorities
- Bradford District has a higher proportion of physically inactive adults than both the regional and national average

Source : OHID

Utilisation of outdoor space for exercise or health reasons

Definition : The weighted estimate of the proportion of residents in each area taking a visit to the natural environment for health or exercise purposes.

Bradford

12.4%

**Yorkshire &
The Humber**

17.5%

England

17.9%

- Latest data available shows 12.4% of 16+ years olds in Bradford District taking a visit to the natural environment for health or exercise purposes.
- Bradford's rate is lower than both regional (17.5%) and national (17.9%) averages



Killed and seriously injured (KSI) casualties on England's roads

Definition : Number of people reported killed or seriously injured (KSI) on the roads, all ages, per 1 billion vehicle miles travelled

- Motor vehicle traffic accidents are a major cause of preventable deaths and vast majority of road traffic collisions are preventable and can be avoided through improved education, awareness, road infrastructure and vehicle safety.
- The need for safer roads is also linked to public health strategy, and existing government backed initiatives, to increase "active travel" and physical activity
- In 2022, the **number of people reported killed or seriously injured (KSI)** on Bradford roads **decreased** to 291, a rate of 199.6 per billion vehicle miles
- Bradford's rate is **significantly worse** lower than both **regional** (114.1 per billion vehicle miles) and **national** (94.5 per billion vehicle miles) averages



Overweight (including obesity) prevalence in adults

Bradford

65.7%

**Yorkshire and
the Humber**

66.6%

England

64.0%

Percentage of adults aged 18 and over classified as overweight or obese in Bradford district **decreased** to **65.7%** in 2022-23

The district's rate is **statistically similar** to the England average of 64.7% and regional average of 66.6%.

Bradford has the **6th lowest** prevalence in Yorkshire and the Humber region



Source: OHID, based on Sport England data

Coronary Heart Diseases: QOF prevalence

Bradford

3.1%

**Yorkshire and
the Humber**

3.4%

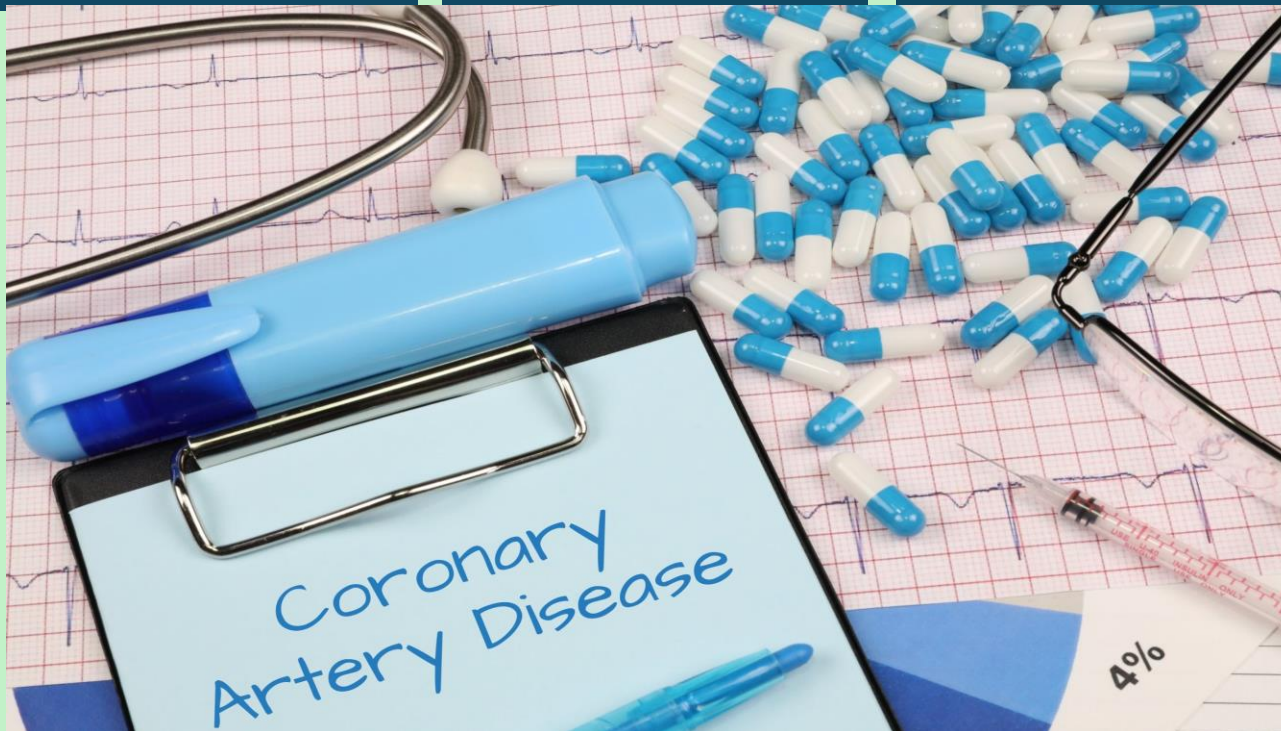
England

3.0%

Percentage of patients with Coronary Heart Disease in Bradford district has **remained 3.1%** since 2017/18

The district's rate is **statistically similar** to the England average of 3.0% and regional average of 3.4%.

Bradford has the **3rd lowest** prevalence in Yorkshire and the Humber region



Hypertension: QOF Prevalence

Bradford

13.9%



88,406 people in Bradford District had hypertension in the period 2022/23

England

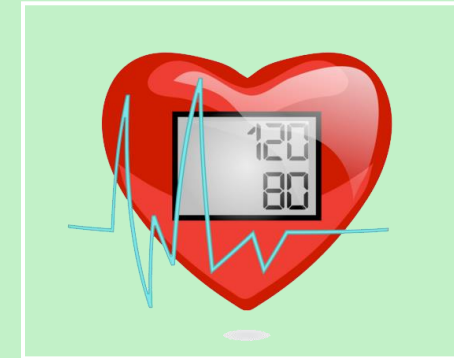
14.4%



The percentage of patients with established hypertension in Bradford district **increased** in 2022-23 to 13.9%

Yorkshire and the Humber

15.2%



The district's rate is **lower** than both national (14.4%) and regional (15.2%) averages.

Depression: QOF Prevalence

Bradford

13.7%

**Yorkshire and
the Humber**

13.7%

England

13.2%

Percentage of adults aged 18 and over with depression in Bradford district **increased** to **65.7% (66,012)** in 2022-23

The district's rate is **similar** to the England average of 13.2% and regional average of 13.7%.

Bradford has the **7th lowest** prevalence in Yorkshire and the Humber region



Source: OHID, based on Sport England data

Stroke Prevalence

Bradford

1.8%



11,169 people in Bradford District had stroke or transient ischaemic attack (TIA) in the period 2022/23

England

1.8%



The percentage of patients with stroke or transient ischaemic attack (TIA) in Bradford district **increased** in 2022-23 to 1.8%

Yorkshire and the Humber

2.1%



The district's rate is **same as England's average (1.8%)** and **lower than regional average (2.1 %)**.