

# Physical Activity in Adults

## Resource Pack



*City of*  
**BRADFORD**  
METROPOLITAN DISTRICT COUNCIL



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# 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**

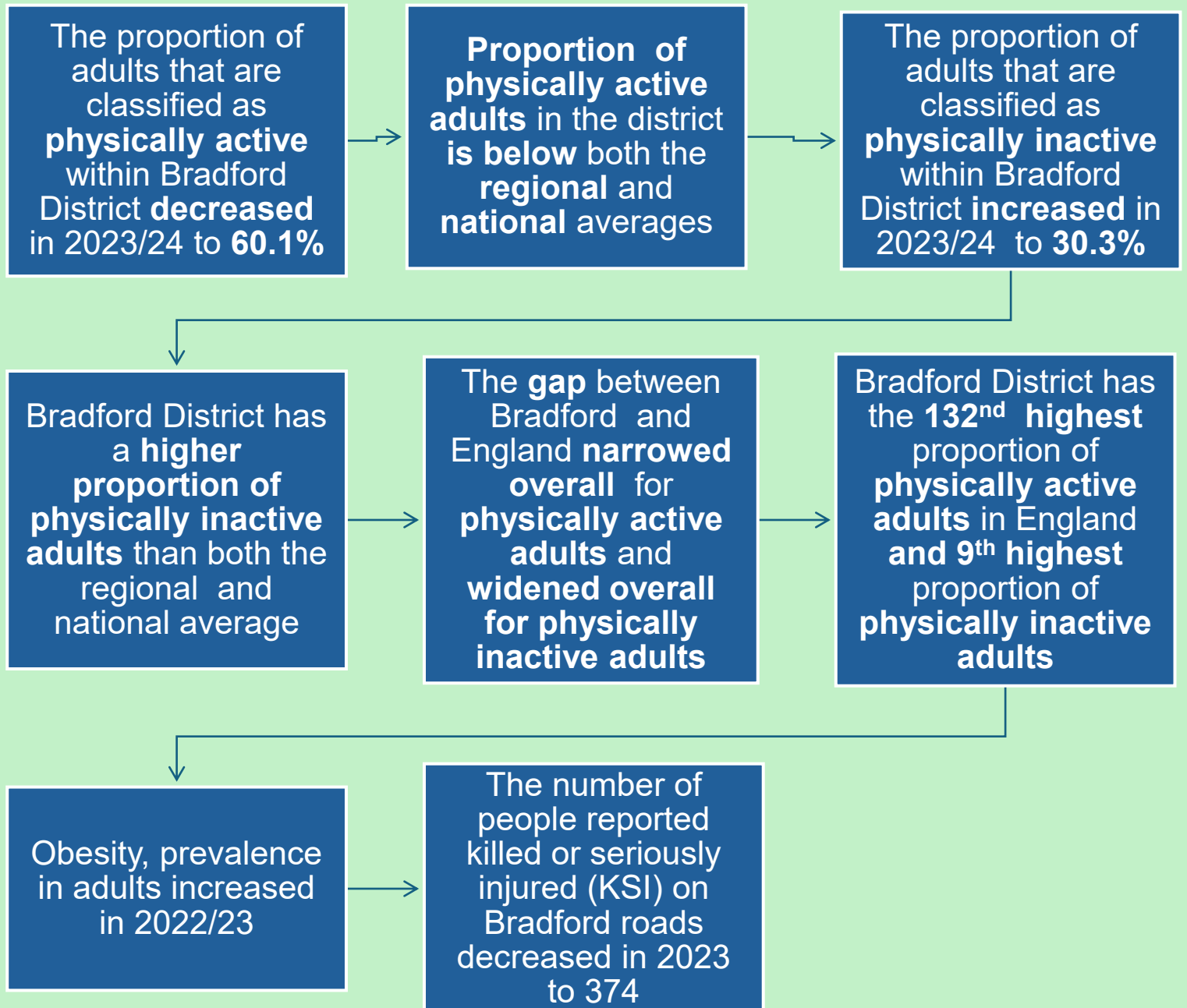
common physical and mental  
health conditions

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/>

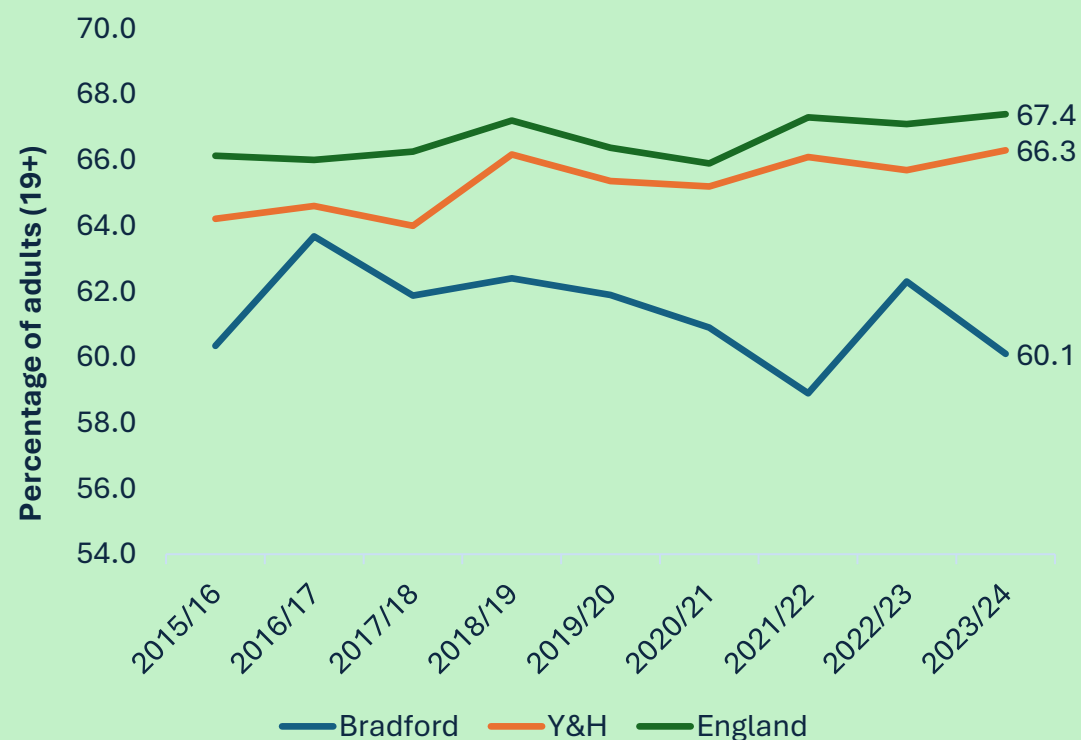
# Key Points



# Percentage of physically active adults

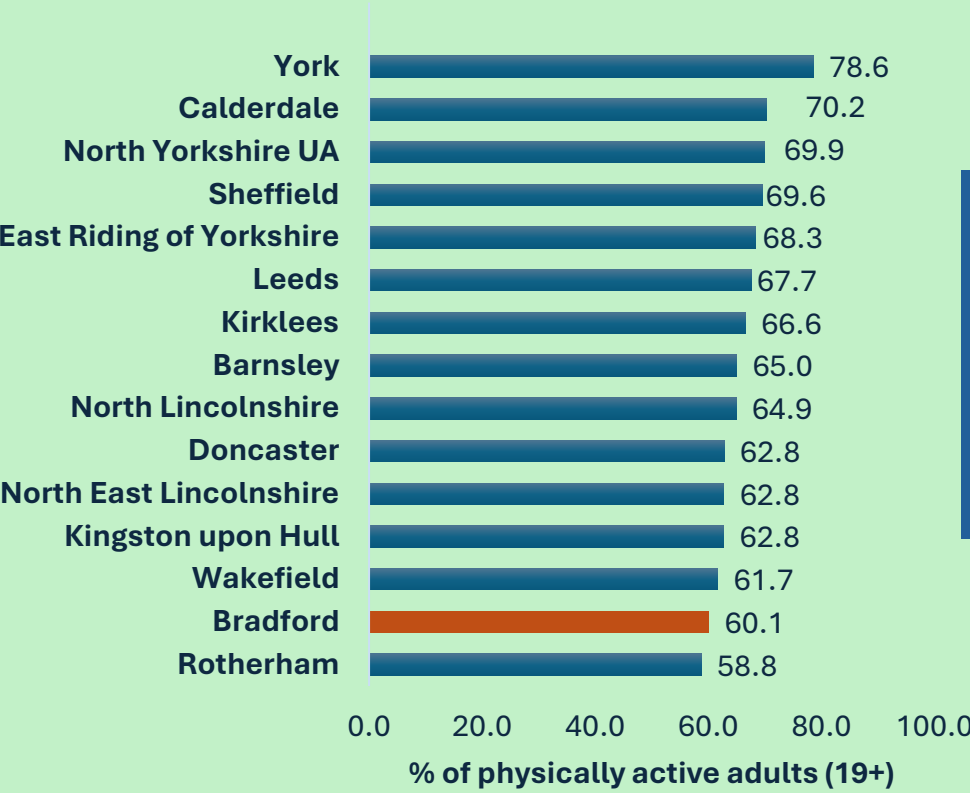
**Definition :** Adults age 19 or over doing at least 150 moderate intensity minutes of physical activity per week in bouts of 10 minutes or more

- The proportion of adults that are classified as physically active within Bradford District **decreased** in 2023/24 to **60.1%** .
- 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 **widened** overall since 2015/16 from **5.8 to 7.3 percentage points**
- Bradford District has the **132<sup>rd</sup> highest** proportion of physically active adults in England compared to 153 local authorities



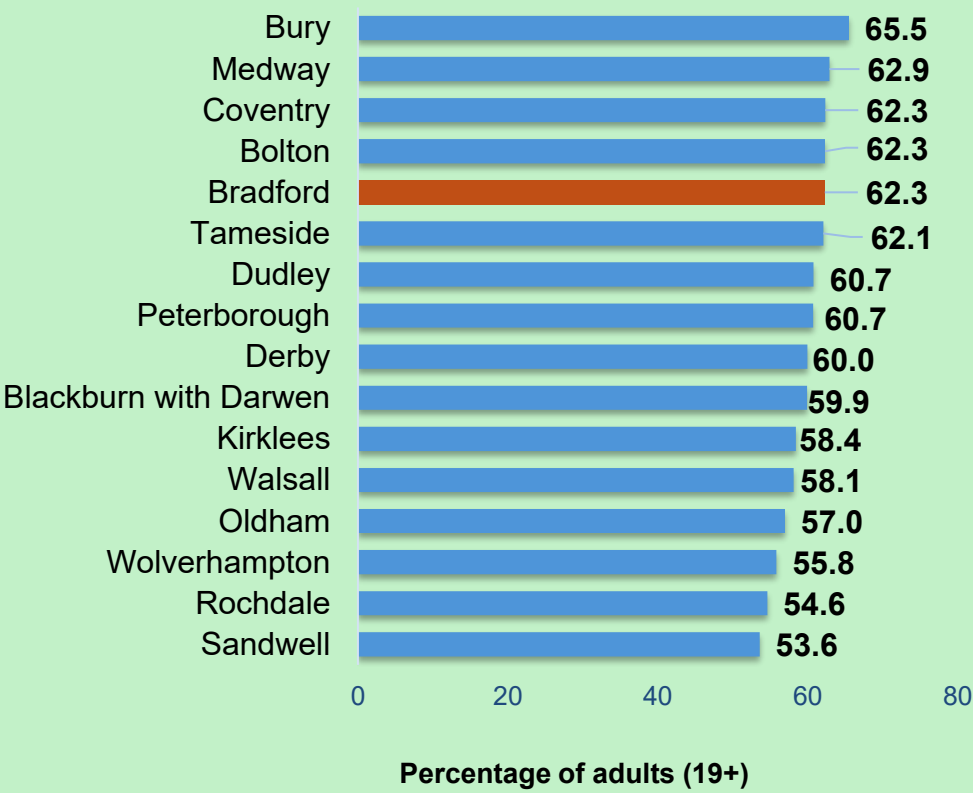
# Percentage of physically active adults

## Yorkshire & The Humber

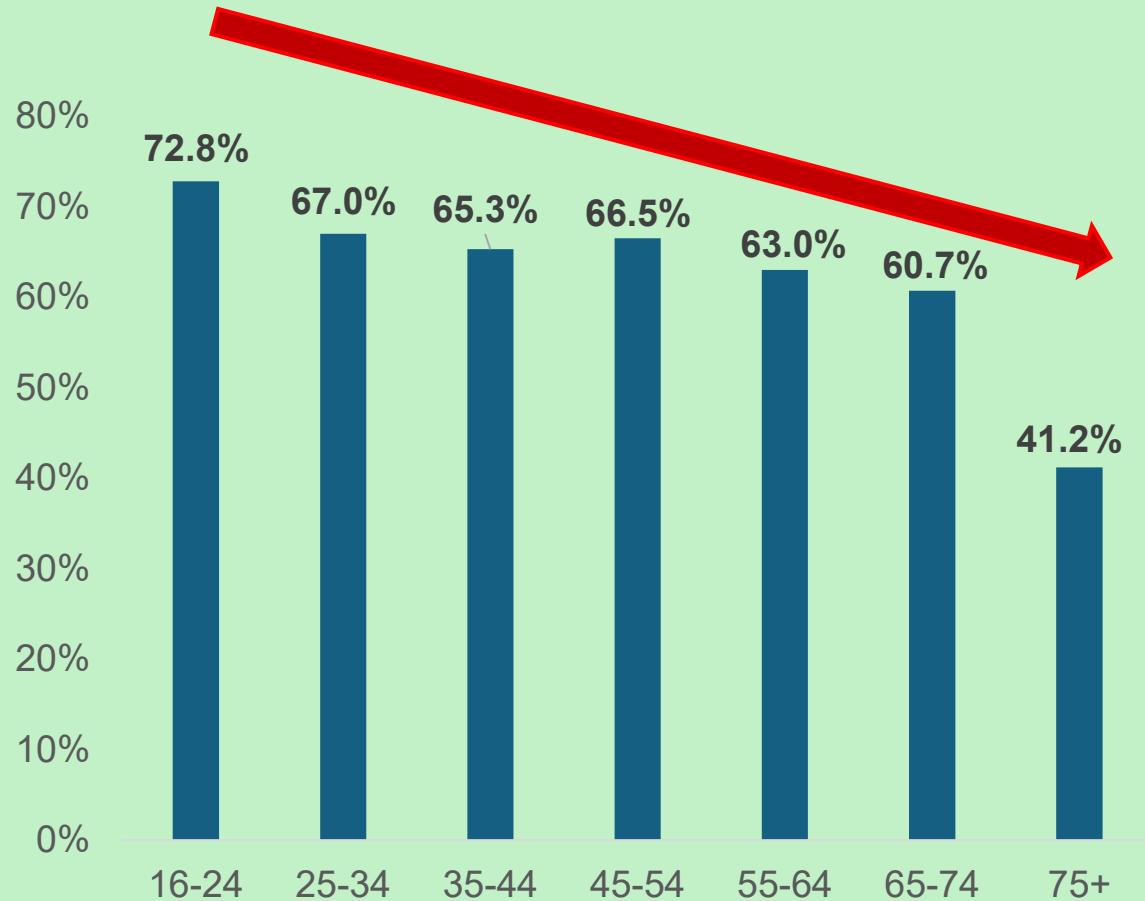


Bradford has the **2<sup>nd</sup> lowest rate** in the region and the **5<sup>th</sup> highest rate** when compared to similar local authorities

## Similar Local Authorities



# Physical Activity in England by Age Groups

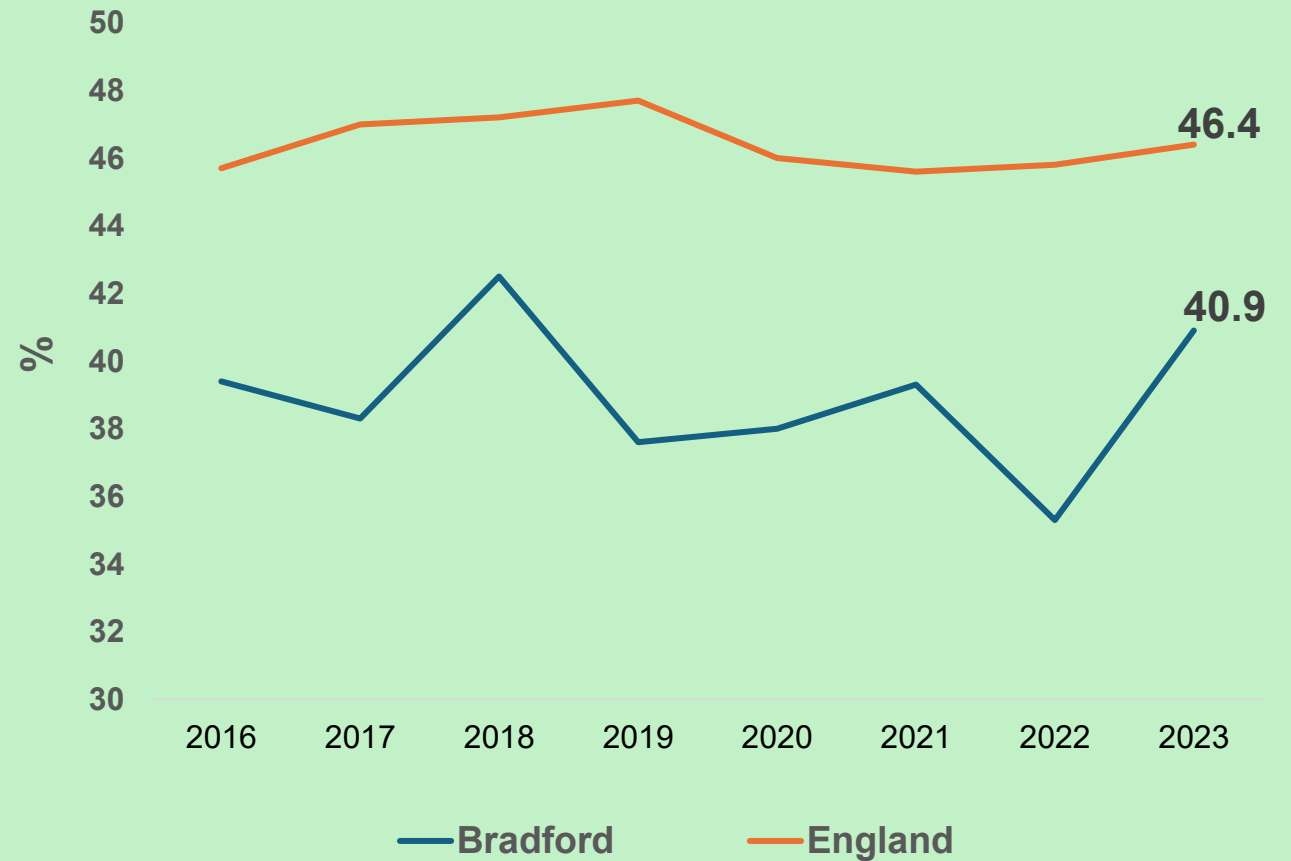


- Data shows that in England physical activity **decreases** with age.
- 72.8% of people aged 16 to 24 were physically active, compared with 41.2% of people aged 75 years and over

*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

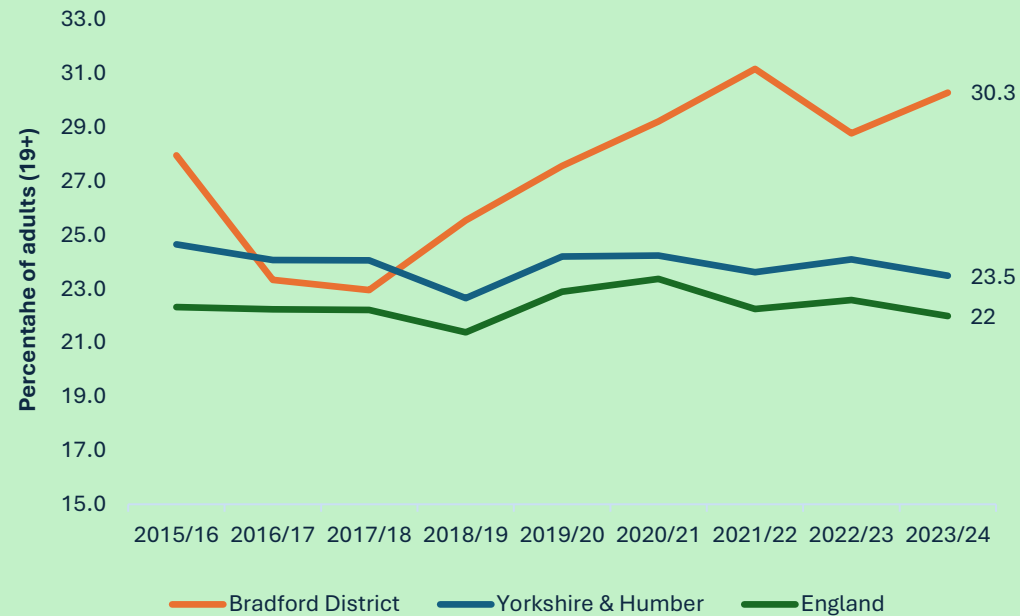


Source: Active Lives Survey, 2024



# 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 **increased** in 2023/24 to **30.3%**
- Bradford District has the **16th 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 2023, the **number of people reported killed or seriously injured (KSI)** on Bradford roads **increased** to 374, a rate of 253.1 per billion vehicle miles
- Bradford's rate is **significantly worse** lower than both **regional** (119.8 per billion vehicle miles) and **national** (91.9 per billion vehicle miles) averages

**Bradford**

**199.6**

Per billion vehicle  
miles

**England**

**94.5**

Per billion vehicle  
miles

**Yorkshire &  
The Humber**

**114.1**

Per billion vehicle  
miles



# Overweight ( including obesity) prevalence in adults

**Bradford**

**69.7%**

**Yorkshire and  
the Humber**

**66.6%**

**England**

**64.5%**

Percentage of adults aged 18 and over classified as overweight or obese in Bradford district **increased** to **69.7%** in 2022-23

The district's rate is higher than to the England average of 64.7% and regional average of 67.2%.

Bradford has the **8th 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**

**3.3%**

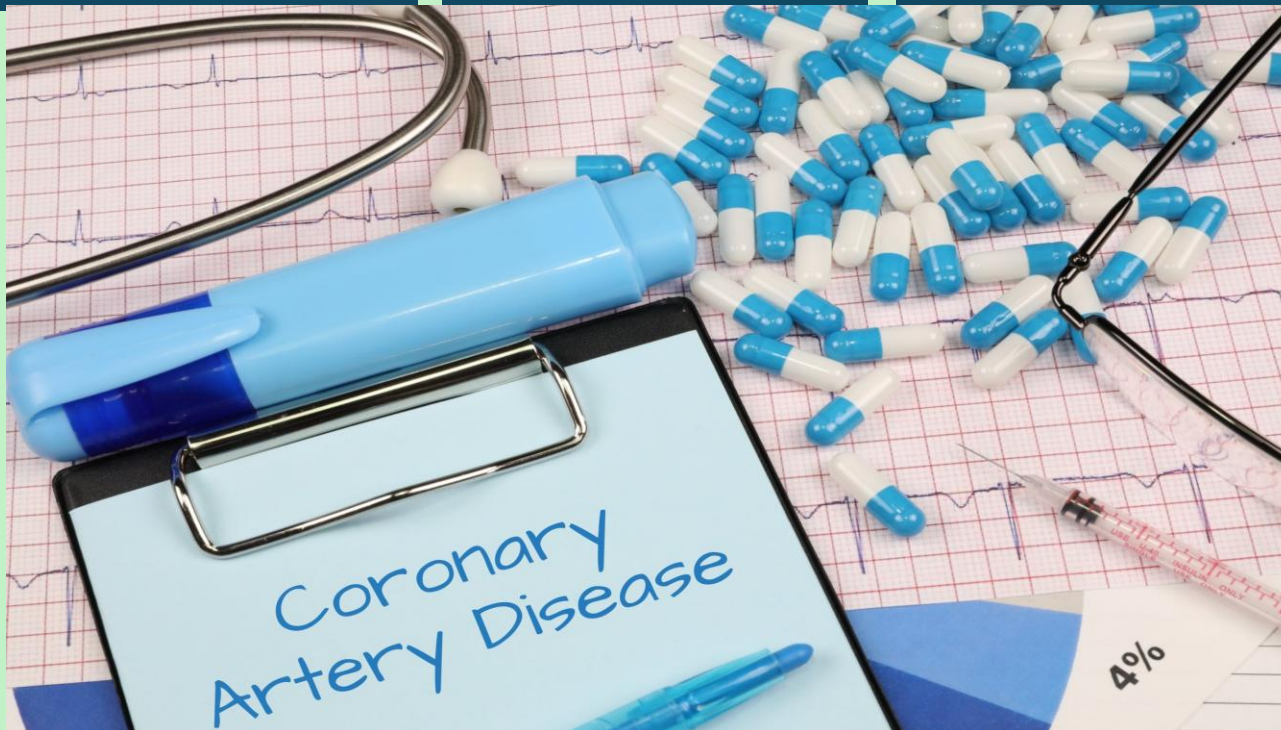
**England**

**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 3.3%.

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



Source: OHID



# Hypertension: QOF Prevalence

**Bradford**

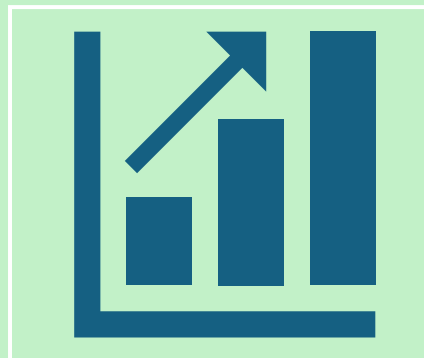
**14.3%**



**91,977** people in Bradford District had hypertension in the period 2023/24

**England**

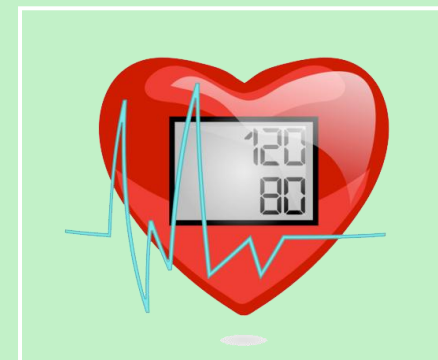
**14.8%**



The percentage of patients with established hypertension in Bradford district **increased** in 2023-24 to 14.3%

**Yorkshire and the Humber**

**15.7%**



The district's rate is **lower** than both national (14.8%) and regional (15.7%) 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%**



**11,269** people in Bradford District had stroke or transient ischaemic attack (TIA) in the period 2023/24

**England**

**1.9%**



The percentage of patients with stroke or transient ischaemic attack (TIA) in Bradford district **remained 1.8%** in 2023/24

**Yorkshire and the Humber**

**2.1%**



The district's rate is **same as England's average (1.9%)** and **lower than regional average (2.1 %)**.