

# Stockport Overview (Nov 2017-18)



## LESS PEOPLE MOVING



Overall there are 177,000 adults moving in Stockport, a decrease of 2,100 adults since 2015-16. Whilst those achieving 150 minutes a week has decreased by only -0.1% and 800 adults, those who are fairly active has decreased by -1.3% and 2,900 adults.

## 1/4 OF ADULTS INACTIVE

There are just under a quarter of adults (24.6%) that are inactive (not achieving 30 minutes of activity a week). This is the second lowest across GM, and is below both the GM average and national averages of 26.8% and 25.1%. This equates to 57,700 adults in Stockport and an increase of 3,800 adults (+1.5%) since 2015-16.

## 4/10 ADULTS & 5/10 CYP

There are under 4/10 (35.4%) adults (16+ years) and over 5/10 (54.4%) CYP (Children and Young People, between 5-15 years) not reaching Chief Medical Officers Guidelines, to benefit their health. This is less than the GM average for adults at 39.4% and the GM average for CYP at 60.1%.



## GM TARGETS



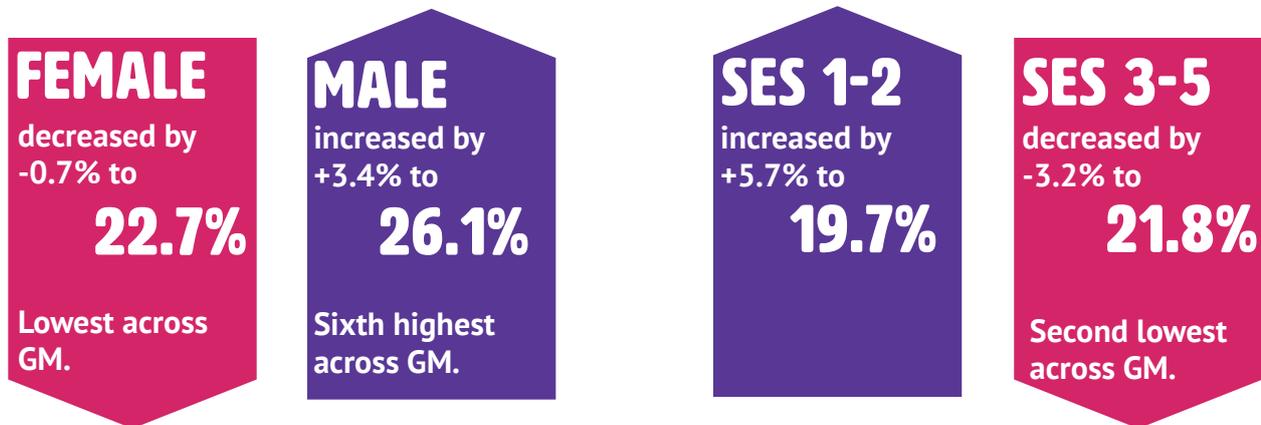
# PEOPLE IN A PLACE

There are significant inequalities in **inactivity** levels across people and place. The trend at a GM and national level since 2015-16 has seen the gender, disability and age (between 16-34 year olds and 75+) inactivity gaps narrow, or improve, but the socio-economic status (SES, between SES 6-8 and SES 1-2) gap has remained the same.

Whereas in **Stockport**, the gender and disability gaps have increased, whilst there were not enough responses to report the SES and age gaps.

The **gender** gap has reversed by **-4.3%**, in that more males are inactive than females.

Inactivity across **SES** groups has improved for SES 3-5, but there are not enough responses in SES 6-8.



The **disability** gap has increased by **+5.4%** to 26.5%, the highest across GM.

Inactivity across **age** groups has increased in all groups. There were not enough responses in 16-34 years.

