

Bolton Overview (Nov 2017-18)



MORE PEOPLE ACTIVE



Overall inactivity levels have stayed the same since 2015-16, but there has been an increase of +1.2% and 3,600 more adults that are achieving 150 minutes or more of physical activity a week.

1/3 OF ADULTS INACTIVE

There are still almost one third of adults (29.1%) that are inactive (not achieving 30 minutes of activity a week), which is above both the GM average of 26.8% and the national average of 25.1%. This equates to 65,200 adults in Bolton.

4/10 ADULTS & 5/10 CYP

There are still 4/10 (42.1%) adults (16+ years) and 5/10 (51.5%) CYP (Children and Young People, between 5-15 years) not reaching Chief Medical Officers Guidelines, to benefit their health. This is higher than the GM average for adults at 39.4% and lower than 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 **Bolton**, the gender, SES and age gaps have narrowed, but the disability gap has increased.

The **gender** gap has narrowed slightly by **-0.2%** to 5.2% and is double the GM average gap of 2.4%.

The **SES** gap has narrowed by **-3.1%**.



The **disability** gap has increased considerably by **+4.9%**, the third biggest increase in GM since 2015-16.

The **age** gap has narrowed by **-5.3%**.

