

PHYSICAL ACTIVITY

Introduction

This report is intended to provide a snapshot of physical activity levels in East Sussex as part of the Joint Strategic Needs and Asset Assessment for the county. This report looks at three key indicators in the Public Health Outcomes Framework (PHOF):

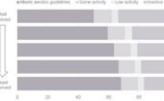
- **Proportion of physically active and inactive adults** (Active Lives Survey)
- **Proportion of 15 year olds physically active for at least 1 hour a day** (What About YOUTH Survey)
- **Use of outdoor space for exercise/health reasons** (Monitor of Engagement with the Natural Environment (MENE) survey)

Why is this important?

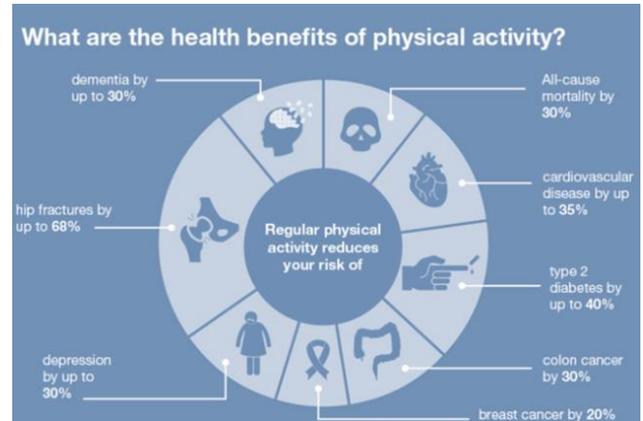
-  1 in 6 UK deaths
-  Estimated £7.4 billion annually
-  20% less active than 1960s
-  35% less active by 2030

Physical inactivity is the fourth leading risk factor for global mortality accounting for one in six deaths in the UK and is as dangerous as smoking. Inactivity and associated costs are estimated to cost the UK £7.4 billion a year, £0.9 billion for the NHS alone.¹ Research suggests we are 20% less active as a nation than in the 1960s, and this will rise to 35% by 2030 if current trends continue. Nationally, 66% men and 58% women meet recommended physical activity levels.²

The national picture

-  nearly ¼ adults inactive
-  ↑ active men than women
-  People with disabilities/LTC are ↑x2 not active enough
-  Activity levels decrease with age
-  Professional advice would motivate to be more active
-  % achieving recommended activity levels ↓ as deprivation ↑

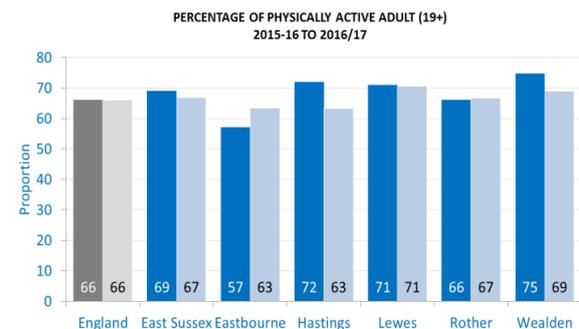
People who are physically active have a 20-35% lower risk of cardiovascular disease, coronary heart disease and stroke, as well as reduced risk of diabetes, obesity, osteoporosis and colon/breast cancer and mental health issues. In older adults physical activity is associated with increased functional capacities.⁴



Within schools increased physical activity is positively linked to concentration, academic attainment, and lower likelihood of developing mental health problems or smoking than those who are more sedentary.⁵ Nationally about 40% of children aged <15 years are physically inactive (boys 36%, girls 45%) and about 20% meet recommended physical activity levels (boys 23%, girls 20%).² Physical activity among boys has decreased from 28% in 2008, but there has been little change among girls (19% in 2008)²

Physical Activity in East Sussex

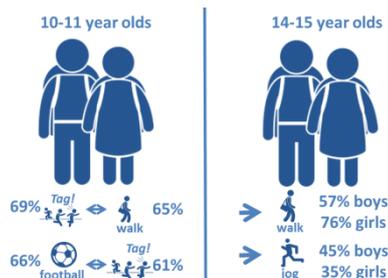
In East Sussex in 2016/17, 67% of adults (19+) were physically active, similar to England (66%). This represents a fall locally from 69% in 2015/16. Almost a quarter (22%) of adults in the county are inactive, an increase from 21% in 2015/16.³



In 2014/15, 15% of 15 year olds were physically active for at least an hour a day, similar to nationally (14%). Of the same age group, 69% are sedentary for an average of 7 hours a day.

Local data from the 2017 East Sussex Health Related Behaviour Survey (HRBS) shows that 85% of 10-11 year olds and 77% 14-15 year olds were active for at least 60 minutes on three or more days in the week before the survey, while 3% 10-11 year olds and 4% 14-15 year olds didn't reach this activity level on any day.⁶ The proportion exercising has fallen since the 2012 survey, but this may in part be due to a change in question wording in the survey.

The survey showed that in their own time, school pupils are most likely to:



Health Inequalities

Nationally, adults significantly less likely to be active (150+minutes of activity a week) are: unemployed, have a disability, female, of Asian, Black, Chinese or Other ethnicities, aged 65 years or over and in the most deprived deciles.³

The groups less likely to be active are also significantly more likely to be inactive (<30 minutes of activity a week).³

According to national data⁷ children significantly less likely to be active include: those in the most deprived deciles, of Asian, Black and Other ethnicities, and females who are two times less likely to be active (9%) than males (18%). Those meeting the recommended physical activity guidelines decrease with age, from 28% of 5-7 year olds to 12% 13-15 year olds in 2014/15.

The 2017 East Sussex HRBS showed that 14-15 year olds from single parent families were significantly less likely than the county overall to have exercised >3 days in the last week. This analysis is not shown for 10-11 year olds.⁶

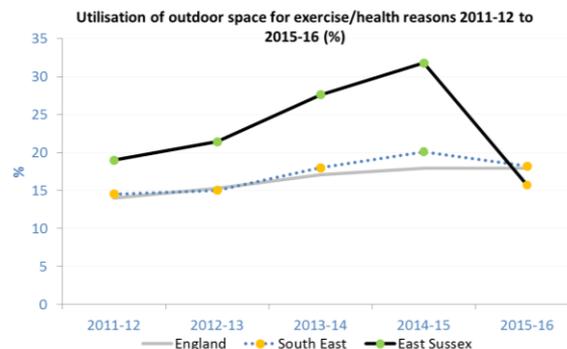
USE OF OUTDOOR SPACE

Use of outdoor space in East Sussex

The landscape of East Sussex is varied with 14% designated as South Downs National Park and 51% as High Weald Area of Outstanding Natural Beauty. The county has 40 Registered Historic

Parks, some publically accessible and some privately owned. It also has a wide range of outdoor informal recreation assets.⁸

In 2016/17 there was a significant decrease in use of outdoor space for health/exercise reasons in East Sussex (32% to 16%), and while this is now similar to England (18%), East Sussex was previously significantly better than nationally.⁹



Results from a local Community Survey in 2017 show that 61% adults use a local (within 15-20 minute walk) park or open space at least once a month (63% women and 60% men), and 21% use a sports club (23% men and 20% women).¹⁰ There is no local information for children.

Health Inequalities

Evidence from the local Community Survey¹⁰ suggests those least likely to use a local park, open space or sports club are aged >65 years, retired or unemployed, disabled, or live in single households or households with no children.¹⁰

Links to relevant evidence

- [Healthy-eating-physical-activity---data-briefing-Apr-2018.pdf](#)
- <https://fingertips.phe.org.uk/>
- <https://fingertips.phe.org.uk/profile/physical-activity>

Miranda Scambler, Public Health Practitioner, May 2018

Infographic images are from: <https://thenounproject.com/>

- 1 PHE (2018) Physical activity: applying All Our Health.
- 2 ONS, (2017) Health Survey for England 2016
- 3 Sport England (2018) Active Lives Adults survey
- 4 PHE (accessed May 2018) Physical Activity Fingertips Tool
- 5 UK Active 'Start Young Stay Active: Childhood Physical Literacy Report 2014
- 6 Schools Health Education Unit (2018) Improving the health and wellbeing of children and young people in East Sussex: A report of the 2017 Health Related Behaviour Survey. To be published
- 7 What About YOUth Survey, 2014/15
- 8 ESCC (2014) East Sussex Green Infrastructure study
- 9 Natural England: (2017) Monitor of Engagement with the Natural Environment survey
- 10 ES Public Health (2018) Community Survey To be published