

Active Lives Adult Survey: November 2022/23 (Released April 2024)

Headline Figures for Leicestershire, Leicester and Rutland

The latest Active Lives data for the period mid-November 2022 to mid-November 2023 has been released by Sport England and provides an update on sport and physical activity behaviours of adults (aged 16 or above) at a national and local level.

The November 2020/21 figures are based on 172,968 responses, which Sport England has scaled up based on ONS population measures to provide an England-wide picture.

Data for local areas (regions, Active Partnerships and local authorities) is available for levels of activity and volunteering. Comparisons with baseline data and over the last 12 months are presented where available. Please note that Sport England exclude gardening within their sport and physical activity data. However, the Office for Health Improvement and Disparities (OHID) does include gardening in its local level physical activity data.

In this report, the available local data has been summarised into a series of tables and charts for the areas of Leicestershire, Leicester and Rutland (LLR) and includes a combination of national and regional comparisons.

The data from Sport England's data tables has been used to write this report and you can view and download these here:
<https://www.sportengland.org/know-your-audience/data/active-lives/active-lives-data-tables>

If you would like to run your own analysis of the data, the Active Lives Online Tool will shortly be updated with the latest data:
<https://activelives.sportengland.org/>

[Sport and Physical Activity Levels](#)

The table below presents the sport and physical activity levels of adults in the last 12 months. Activity is counted in moderate intensity equivalent minutes whereby each moderate minute counts as one minute and each vigorous minute counts as two moderate minutes. Moderate activity is defined as activity where you raise your heart rate. Vigorous activity is where you're out of breath or are sweating (you may not be able to say more than a few words without pausing for breath).

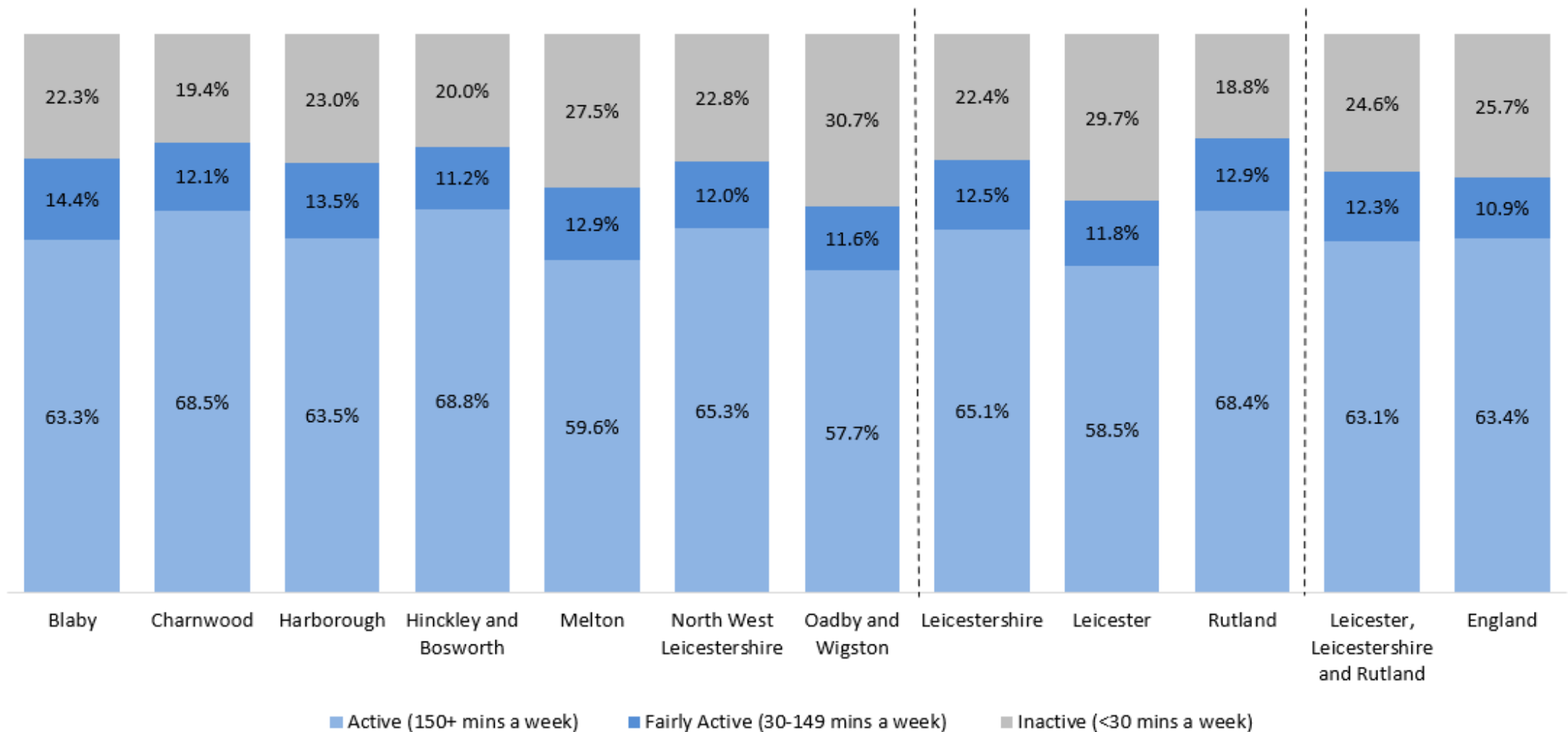
Depending on the number of minutes of moderate intensity equivalent (MIE) physical activity, people are described as being:

- Active – at least 150 minutes a week
- Fairly Active – 30-149 minutes a week
- Inactive – less than 30 minutes a week

Key
 LT = Lower Tier Local Authority
 UT = Upper Tier Local Authority
 UA = Unitary Authority

November 2021/22	Active (150+ mins a week)	Fairly Active (30-149 mins a week)	Inactive (<30 mins a week)
Blaby (LT)	63.3%	14.4%	22.3%
Charnwood (LT)	68.5%	12.1%	19.4%
Harborough (LT)	63.5%	13.5%	23.0%
Hinckley and Bosworth (LT)	68.8%	11.2%	20.0%
Melton (LT)	59.6%	12.9%	27.5%
North West Leicestershire (LT)	65.3%	12.0%	22.8%
Oadby and Wigston (LT)	57.7%	11.6%	30.7%
Leicestershire (UT)	65.1%	12.5%	22.4%
Leicester (UA)	58.5%	11.8%	29.7%
Rutland (UA)	68.4%	12.9%	18.8%
Leicester, Leicestershire and Rutland	63.1%	12.3%	24.6%
England	63.4%	10.9%	25.7%

Sport and Physical Activity Levels (Adults aged 16+) November 2022/23



[Changes in Sport and Physical Activity Levels](#)

The tables below present changes to sport and physical activity levels among adults when compared to November 2021/22 figures and baseline data collected in November 2015/16.

[Active \(150+ Minutes a Week\)](#)

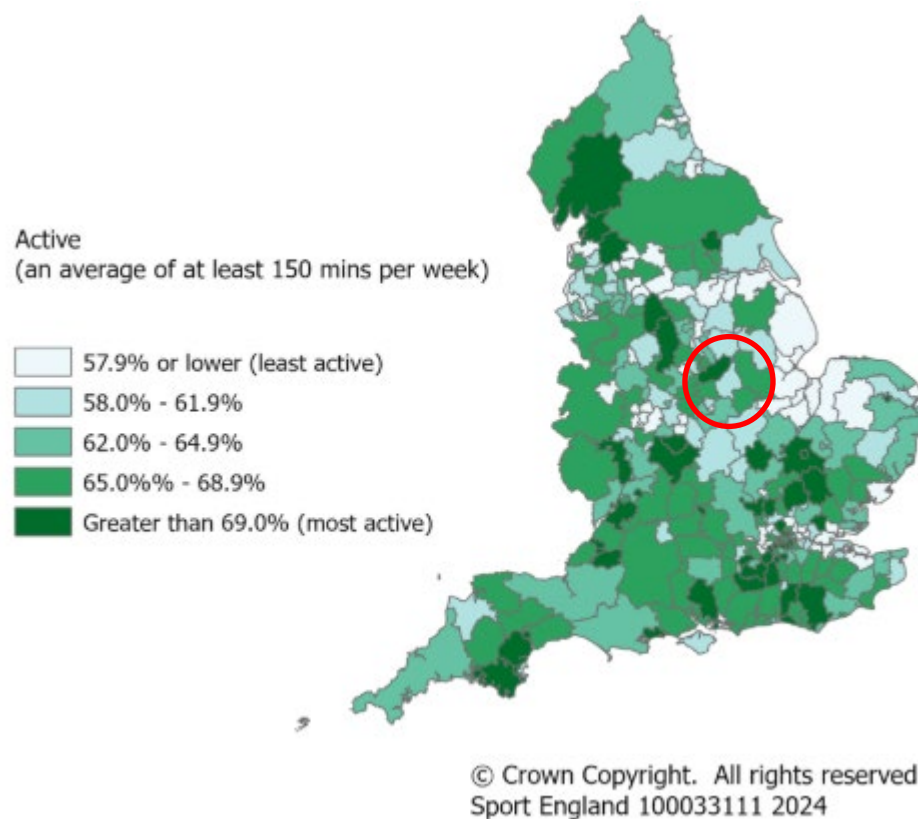
November 2021/22	Active (November 2022/23)	Change in the last 12 months (Compared to November 2021/22)	Change from baseline (compared to Nov 2015/16)
Blaby (LT)	63.3%	+ 1.7%	+ 4.8%
Charnwood (LT)	68.5%	+ 6.4%	+ 0.8%
Harborough (LT)	63.5%	+ 1.9%	+ 3.4%
Hinckley and Bosworth (LT)	68.8%	+ 5.8%	+ 7.0%
Melton (LT)	59.6%	- 4.2%	- 0.4%
North West Leicestershire (LT)	65.3%	+ 3.5%	- 0.3%
Oadby and Wigston (LT)	57.7%	+ 4.4%	- 2.2%
Leicestershire (UT)	65.1%	+ 3.7%	+ 2.2%
Leicester (UA)	58.5%	+ 5.6%	+ 3.1%
Rutland (UA)	68.4%	+ 5.1%	+ 6.9%
Leicester, Leicestershire and Rutland	63.1%	+ 4.3%	+ 2.6%
England	63.4%	+ 0.3%	+ 1.3%

[Fairly Active \(30-149 Minutes a Week\)](#)

November 2021/22	Fairly Active (2022/23)	Change in the last 12 months (compared to November 2021/22)	Change from baseline (compared to Nov 2015/16)
Blaby (LT)	14.4%	+ 3.8%	+ 1.8%
Charnwood (LT)	12.1%	- 3.3%	+ 1.4%
Harborough (LT)	13.5%	- 0.3%	+ 0.4%
Hinckley and Bosworth (LT)	11.2%	+ 0.7%	- 1.8%
Melton (LT)	12.9%	+ 3.4%	+ 0.4%
North West Leicestershire (LT)	12.0%	+ 1.2%	+ 2.1%
Oadby and Wigston (LT)	11.6%	- 2.3%	- 2.5%
Leicestershire (UT)	12.5%	No change	+ 0.5%
Leicester (UA)	11.8%	No change	No change
Rutland (UA)	12.9%	+ 0.7%	- 3.4%
Leicester, Leicestershire and Rutland	12.3%	No change	+ 0.1%
England	10.9%	- 0.2%	- 2.8%

[Inactive \(<30 Minutes a Week\)](#)

November 2021/22	Inactive (2022/23)	Change in the last 12 months (compared to November 2021/22)	Change from baseline (compared to Nov 2015/16)
Blaby (LT)	22.3%	- 5.5%	- 6.6%
Charnwood (LT)	19.4%	- 3.1%	- 2.2%
Harborough (LT)	23.0%	- 1.6%	- 3.7%
Hinckley and Bosworth (LT)	20.0%	- 6.6%	- 5.2%
Melton (LT)	27.5%	+ 0.8%	No change
North West Leicestershire (LT)	22.8%	- 4.7%	- 1.8%
Oadby and Wigston (LT)	30.7%	- 2.1%	+ 4.7%
Leicestershire (UT)	22.4%	- 3.7%	- 2.7%
Leicester (UA)	29.7%	- 5.6%	- 3.1%
Rutland (UA)	18.8%	- 5.8%	- 3.4%
Leicester, Leicestershire and Rutland	24.6%	- 4.3%	- 2.8%
England	25.7%	- 0.1%	+ 0.1%



Sport England has published a heat map showing the percentages of active adults across local authority areas in England. The areas of Leicestershire, Leicester and Rutland are indicated by the red circle.

[Additional Data- Volunteering](#)

The table below presents volunteering at an Active Partnership, regional and national level. A person is counted as having volunteered if they have taken part in any volunteering role to support sport or physical activity twice in the last 12 months (Adults aged 16+).

November 2022/23	Has volunteered at least twice in the last 12 months
Leicester, Leicestershire, and Rutland	23.4%
East Midlands	21.4%
England	21.5%

END