

Active Lives Survey Data Tables (May 2020 – May 2021)

Bedfordshire and the East Region (comparisons against the last report)

Bedfordshire, East Region and England						
	November 2019 to November 2020			May 2020 to May 2021		
	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
Bedfordshire	58.5%	13.4%	28.1%	58.6%	12.3%	29.1%
East Region	61.5%	11.8%	26.7%	60.2%	11.6%	28.2%
England	61.4%	11.5%	27.1%	60.9%	11.6%	27.5%

Bedford

Bedford						
	November 2019 to November 2020			May 2020 to May 2021		
	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
Bedford	62.5%	10.0%	27.5%	65.4%	9.8%	24.8%

Central Bedfordshire

Central Bedfordshire						
	November 2019 to November 2020			May 2020 to May 2021		
	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
Central Bedfordshire	61.2%	14.3%	24.5%	62.0%	12.9%	25.1%

Luton

Luton						
	November 2019 to November 2020			May 2020 to May 2021		
	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
Luton	51.5%	14.9%	33.6%	47.5%	13.6%	38.6%

National Results

The following tables provide a further breakdown of the national results:

Gender						
	November 2019 to November 2020			May 2020 to May 2021		
	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
Male	63.0%	10.6%	26.4%	62.3%	10.8%	26.8%
Female	60.1%	12.3%	27.6%	59.5%	12.3%	27.8%
Other	48.5%	10.9%	40.6%	52.2%	10.4%	37.4%

Age Bands						
	November 2019 to November 2020			May 2020 to May 2021		
	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
16-24	70.1%	9.7%	20.2%	68.2%	10.6%	21.2%
25-34	65.7%	11.6%	22.7%	64.8%	12.1%	23.1%
35-44	64.3%	12.4%	23.3%	63.6%	12.5%	24.0%
45-54	65.5%	11.4%	23.1%	64.9%	11.6%	23.5%
55-64	61.8%	11.6%	26.6%	61.9%	11.5%	26.6%
65-74	57.3%	11.6%	31.1%	58.6%	11.0%	30.5%
75-84	41.5%	12.3%	46.2%	41.4%	11.9%	46.6%
85+	18.5%	12.1%	69.5%	19.5%	11.4%	69.2%

Disability (Long-Term, Limiting)						
	November 2019 to November 2020			May 2020 to May 2021		
	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
Disability	45.4%	12.1%	42.5%	44.9%	12.1%	43.0%
No Disability	65.7%	11.4%	22.9%	65.5%	11.5%	23.0%

Ethnicity						
	November 2019 to November 2020			May 2020 to May 2021		
	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
White British	63.1%	11.3%	25.7%	62.7%	11.3%	26.0%
White Other	63.4%	11.2%	25.4%	63.1%	11.1%	25.9%
Asian (excl. Chinese)	49.5%	13.7%	36.8%	48.2%	14.4%	37.5%
Chinese	53.3%	15.0%	31.7%	52.3%	14.4%	33.3%
Mixed	56.7%	13.8%	29.5%	55.9%	13.4%	30.7%
Other Ethnic Group	67.9%	10.1%	22.1%	67.9%	10.4%	21.7%

Social Status						
	November 2019 to November 2020			May 2020 to May 2021		
	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
NS SEC 1-2: Higher Social Groups	71.0%	11.3%	17.7%	70.7%	11.3%	18.1%
NS SEC 3-5: Middle Social Groups	61.4%	12.1%	26.5%	60.9%	12.5%	26.6%
NS SEC 6-8: Lower Social Groups	51.9%	11.8%	36.4%	52.1%	11.8%	36.0%
NS SEC 9: Students and Other/Unclassified	65.0%	10.1%	24.9%	62.8%	10.4%	26.8%