



Physical activity report and resources

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Physical activity

Physical inactivity is the fourth leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-35% lower risk of cardiovascular disease, coronary heart disease and stroke compared to those who have a sedentary lifestyle. Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis, colon/breast cancer, improved mental health and a lower risk of developing dementia. In older adults physical activity is associated with increased functional capacities. The estimated direct cost of physical inactivity to the NHS across the UK is over £0.9 billion per year.

The Lancashire picture

Estimated figures from the [Active People Survey](#) (ASP 2014), based on the percentage of adults achieving at least 150 "equivalent" minutes of at least moderate intensity physical activity per week in accordance with [UK CMO recommended guidelines](#) on physical activity provide data at a district and county level. They show that just 55.6% of the Lancashire-12 adult (16+) population are thought to be physically active, significantly below the national figure of 57% with 28.5% believed to be physically inactive, slightly above the national figure of 27.7%. At a district level Burnley (32.7%), Hyndburn (32.6%) and Pendle (35.2%) all have significantly higher levels of estimated physical inactivity than England.

Physically active children

The PE and Sport Survey 2009/10 found that across the North West region 58% of responders indicated that they had participated in at least three hours of PE and school sport within a typical week, significantly better than the England average of 55%. At an upper tier and unitary authority level, the figures revealed that the both the Lancashire-12 area (55%) and Blackpool (55%) are reporting levels in line with the national average, while Blackburn with Darwen has reported a level significantly better than the England national level of 65%.

Looking at the 12 lower tier authorities that make up the Lancashire county area, we found that whilst West Lancashire (62%), Burnley (62%) and Fylde (58%) were reporting levels significantly better than the England average, Chorley (54%), Ribble Valley (53%), Pendle (48%) and Rossendale (48%) were reporting levels significantly worse than the England average.

Census 2011

The Census 2011 asked people to state their primary method of [travel to work](#) and of the 859,130 respondents from Lancashire-12, just 8.4% stated that they either cycled or walked to work.

The cost of physical inactivity

In April 2013, Sport England estimated that the [cost of physical inactivity](#) in Lancashire to be £22,613,330. In Blackburn with Darwen it was estimated at £3,206,550 and Blackpool £3,462,810.

Access to physical activity

The [Lancashire Sport Partnership](#) aims to increase participation and development in sport throughout the county. It works with other services including youth offending team group intervention panels, Lancashire Constabulary and Lancashire Drug Action Team to encourage involvement in sport and a healthy lifestyle.

Sport England provide [local sport profiles](#) for each local authority in England. GP exercise referral schemes are now available within all 12 Lancashire county districts, while the Blackburn with Darwen [Re:Refresh](#) initiative provides free and/or discounted access to leisure opportunities.

A report commissioned by [British Cycling](#) from Cambridge University, concludes that if people replaced 5 minutes of the 36 minutes they spend each day in the car with cycling, there would be an almost 5% annual reduction in the health burden from inactivity-related illnesses. The county council's sustainable travel team offers a wide range of online cycling information including local cycle clubs, events and cycle route maps available [here](#). They also provide a range of information around [walking](#) including local groups, route maps and events.

During 2013, a number of Sky Ride events were held throughout Preston, South Ribble and Blackburn with Darwen. This scheme provides free to access cycling events. As of May 2014 there will be five free to access weekly [ParkRun](#) events in the county, after combination of funding from Pendle Borough Council and Lancashire County Council helped establish the Pendle ParkRun in Colne. The county's other ParkRun events are Edge Hill ParkRun (funded by West Lancashire CCG, Lancashire County Council and Edge Hill University); Preston ParkRun; Cuerden Valley ParkRun (funding provided by South Ribble Borough Council) and Burnley ParkRun.

A [public health study](#) based on people participating in ParkRun run events found that a quarter of participants surveyed did not undertake any recreational running at all before registering. This quarter were most likely to be female and people who were overweight or had a limiting disability or health problem.

In March 2013, the UK government announced an extra £150 million pounds worth of additional funding for the provision of sports within primary schools as part of the Olympic legacy.

Full report on activity for Lancashire

The [full report on physical activity](#) in Lancashire details the importance of remaining physically active throughout life, the cost of physical inactivity to Lancashire, the latest government guidelines around physical activity and the estimated levels of physical activity & inactivity in adults and children from Lancashire. The report also outlines some of the national and local government as well as the private sector initiated schemes, providing people with accessible and affordable physical activity programmes.

Other sources of information

<http://primarycareknowledgealerts.wordpress.com/> - Primary care current awareness for Public Health Lancashire produced by the Library Service at Lancashire Teaching Hospitals NHS Foundation Trust.

[The built environment and physical activity](#) - Faculty of Public Health (FPH) briefing statement.

[The Sports England small area estimates map](#)

The latest Active People survey data can be found [here](#)

[Sport England economic modelling](#)

An interactive toolkit giving local authority economic values and figures around participation, volunteering, sports education/equipment etc.