Cumbria County Council | active Cumbria | The Sport & Physical Activity Partnership

Cumbria Headline Statistics for Sport & Physical Activity 2017

The cost of inactivity to Cumbria is £9,100,000 every year

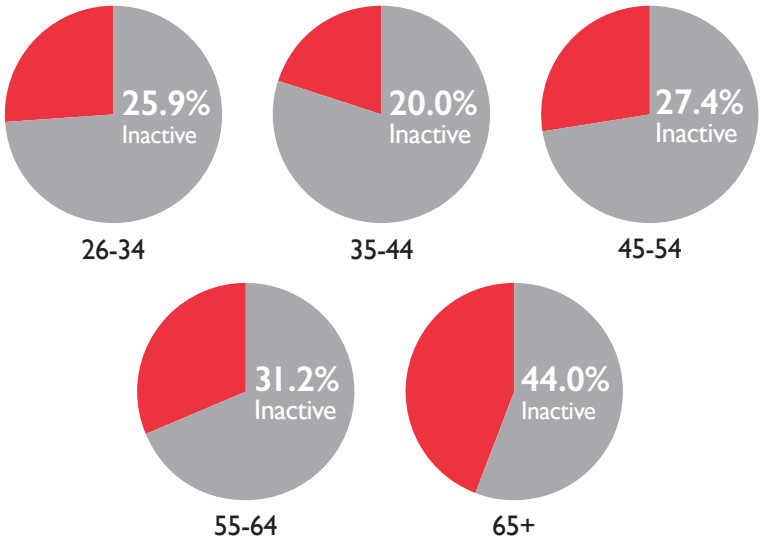
24.5% of people in Cumbria are **inactive** = **101,800** people

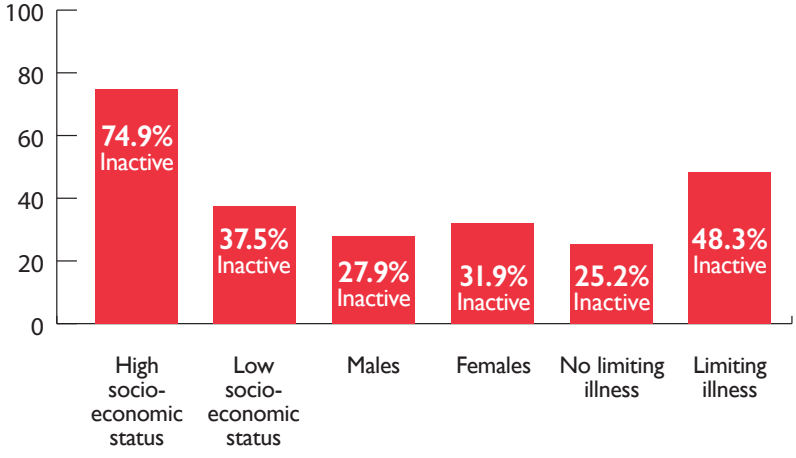
(Active Lives 2017)

62.8% of people in Cumbria are **active** = **261,200** people are happier, healthier and stronger

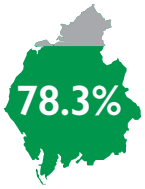
(Active Lives 2017)

Inequalities in Cumbria





(Active People Survey, 2014)



of Cumbrians have taken part **in sport and physical activity** at least **twice** in the last 28 days

(Active Lives 2017)

17% of premature deaths every year in the UK are caused by inactivity

(The Lancet, 2012)

287 **deaths** could be prevented each year if 75% of the adult population aged 40-75 in Cumbria met Chief Medical Officer Guidelines

(Public Health England's Health Impact of Physical Inactivity (HIPI) tool)

1 in 4 **will experience a mental health problem this year**

(Mental Health Foundation, 2017)

Walking for leisure is the most **popular activity** in England

(Active Lives 2017)

Physical inactivity is the **4th largest** cause of **disease** and **disability** in the UK

People who **volunteered** to support sport & physical activity **at least twice** in the past year

North West **15.0%** Cumbria **17.3%** England **14.9%**

(Active Lives 2017)

28.2% of children aged 4-5

35.5% of children aged 10-11

60% of adults 18+

are overweight or obese in Cumbria

(NHS Digital, NCMP and Sport England)