

# JSNA Health and Wellbeing Profile 2023/24

## Physical Activity

### Summary points

- Just under 64% of people in Bristol are physically active (QoL 2022/23)<sup>1</sup>
- Bristol has the 8th highest rate of regular physical activity of all English local authorities (Active Lives Adult 2021/22)<sup>2</sup>

### Findings

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 and colon/breast cancer and with improved mental health. In older adults physical activity is associated with increased functional capacities<sup>3</sup>.

The Chief Medical Officer (CMO) currently recommends:

- For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still.
- Adults should do activities to develop or maintain strength in the major muscle groups. These could include heavy gardening, carrying heavy shopping, or resistance exercise. Muscle strengthening activities should be done at least two days a week, but any strengthening activity is better than none.
- Each week, adults should accumulate at least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or a combination of moderate, vigorous and very vigorous intensity activity.
- Adults should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with at least light physical activity.

### Local data

Results from Bristol's Quality of Life (QoL) survey 2022/23 found 63.7% of people are physically active<sup>1</sup> (taking at least 150 mins a week of moderate or 75 mins a week of vigorous exercise). Over the last three years physical activity has been decreasing from a starting point of 71.2% in 2019, and the findings from 2022/23 are significantly lower than two years ago.

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<sup>1</sup> Source: Bristol Quality of Life survey 2022/23 [www.bristol.gov.uk/qualityoflife](http://www.bristol.gov.uk/qualityoflife)

<sup>2</sup> Source: Office for Health Improvement and Disparities (based on the Active Lives Adult Survey, Sport England)

<sup>3</sup> Source: Public Health England (PHOF)

Physical activity decreased to 52.3% for people living in the 10% most deprived areas and varies by ward from 40.4% in Hartcliffe & Withywood and Stockwood to 77.2% in Cotham (Figure 1).

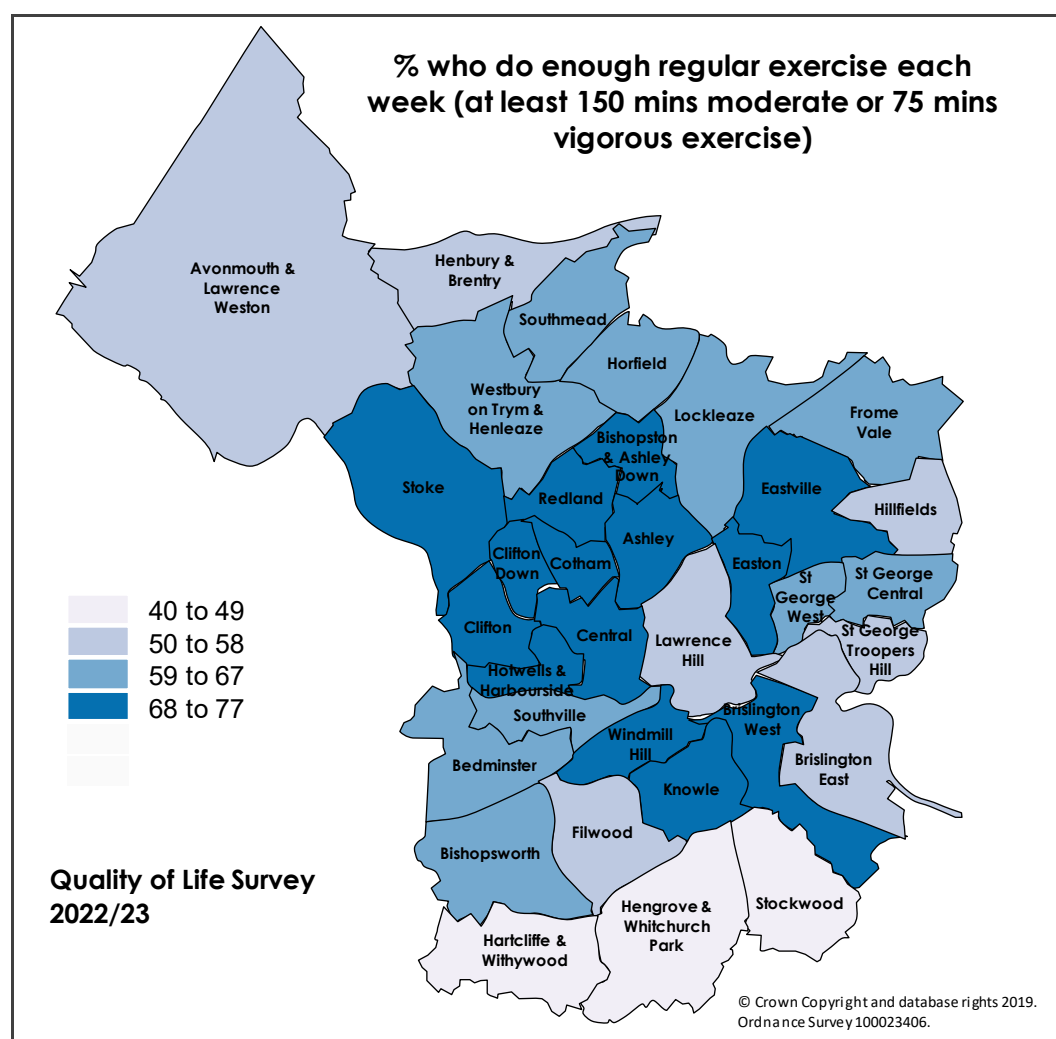


Figure 1: Physically active people. Source: Quality of Life survey 2022/23

### Equalities data:

Further population breakdowns available through the Bristol Quality of Life survey 2022/23 include:

**Gender:** Women (59.8%) are less likely to be physically active than men (67.6%). This gap has increased for the second year running.

**Ethnicity:** Black and Asian Minority Ethnic (BAME) groups (55.5%) are less likely to be physically active than White Minority Ethnic (WME) groups (70.6%), another strand where the gap has increased since last year.

**Age:** 68.9% of young people aged 16 to 24 years old undertake regular exercise, compared to 44.5% of older people aged 65+.

In addition, 53.8% of people in Bristol stated they play sport at least once a week. This ranges from 64.1% for those living in the 10% least deprived areas to 39.1% for those living in the 10% most deprived areas of Bristol, a deprivation gap of 14.7%.

A national 'Active Lives Adult' survey<sup>4</sup> asks a similar question to the QoL survey, but has a different population group and approach to weighting the results which may not be an accurate picture for Bristol. However, it is useful for comparing to other places. For 2021/22, 74.2% of Bristol adults (age 16+) were physically "active", significantly higher than the national average (67.3%) and the 8<sup>th</sup> highest of all English local authorities including Core Cities. Although 17.0% of adults in Bristol are physically inactive (undertaking less than 30 minutes of physical activity per week), this is significantly lower than the national average of 22.3%, and 14<sup>th</sup> lowest of all local authorities in England<sup>5</sup>.

**Further data / links / consultations:**

- Sport England: [Active Lives Survey](#)
- [Public Health Outcomes Framework - Data - OHID \(phe.org.uk\)](#)

**Cost of living impact:**

Social and economic factors could be resulting in some demographic groups seeing a decrease in physical activity, conversely some other groups have seen an increase.

**Date updated:** May 2023**Date of next update:** May 2024**Author:** Guy Fishbourne

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<sup>4</sup> Source: Active Lives Adult survey 2020/21, Sport England.

<sup>5</sup> Source: Public Health England (PHOF)