

# JSNA Health and Wellbeing Profile 2024/25

## Physical Activity

### Summary points

- Two-thirds of people living in Bristol are physically active (QoL 2023/24)<sup>1</sup>
- Bristol has the 5th highest rate of regular physical activity of all English local authorities (Active Lives Adult 2022/23)<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 2023/24 found that 66.6% 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). Since 2019 when 71.2% of residents were physically activity, levels have reduced year on year to its lowest rate of 63.7% in 2022, however the latest data for 2023 has shown an upturn in performance.

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<sup>1</sup> Source: Bristol Quality of Life survey 2023/24 [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 57.0% for people living in the 10% most deprived areas and varies by ward from 49.0% in Hillfields to 82.9% in Cotham (Figure 1).

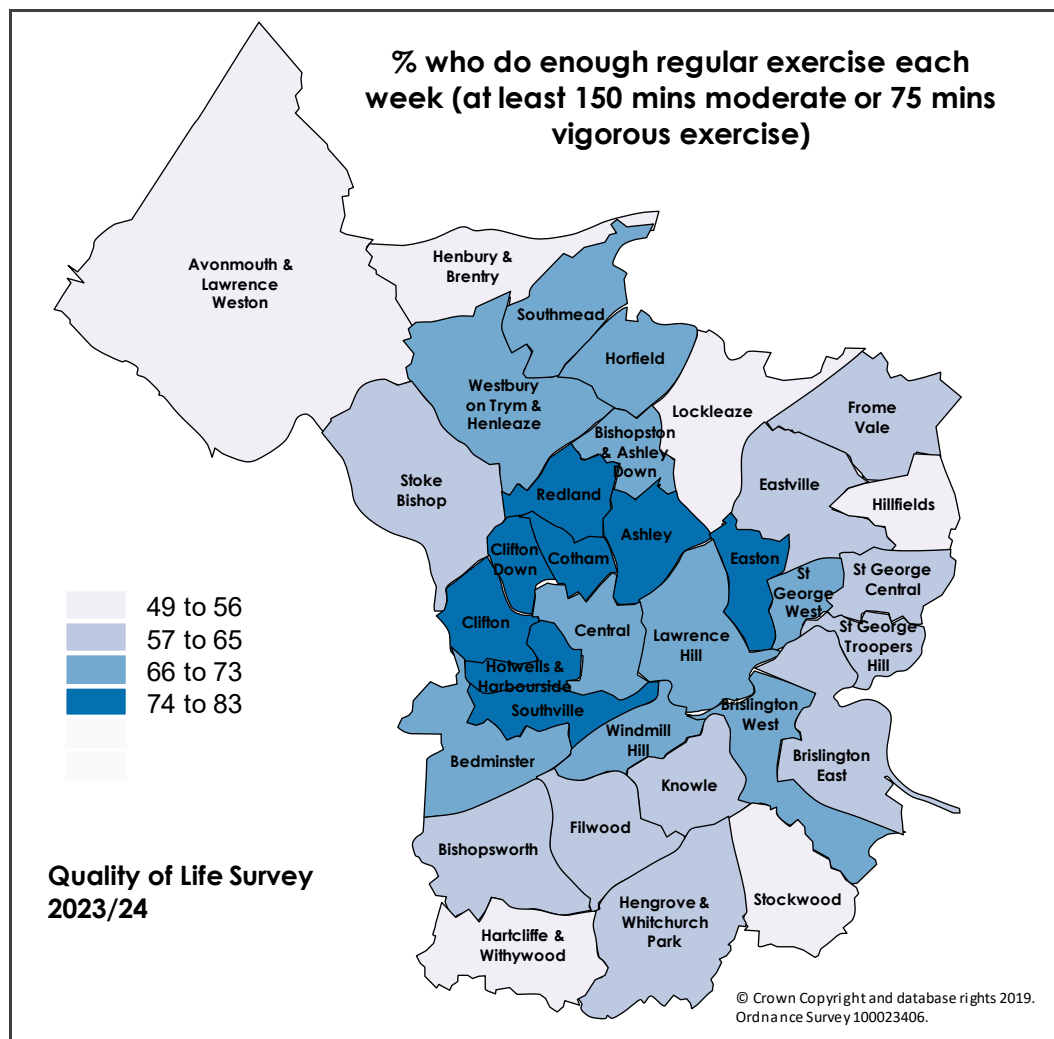


Figure 1: Physically active people. Source: Quality of Life survey 2023/24

**Equalities data:**

Further population breakdowns available through the Bristol Quality of Life survey 2023/24 include:

**Gender:** Women (64.0%) are less likely to be physically active than men (69.6%), although the gap between them has decreased compared with the previous year.

**Ethnicity:** Asian / Asian British residents (47.3%) and Black / Black British residents (48.4%) are significantly less likely to be physically active than the city average whilst White Minority Ethnic (WME) groups (75.1%) are significantly more likely to be physically active.

**Age:** 73.2% of young people aged 16 to 24 years old undertake regular exercise, compared to 46.9% of older people aged 65+.

In addition, 55.5% of people in Bristol stated they play sport at least once a week. This ranges from 67.0% for those living in the 10% least deprived areas to 42.8% for those living in the 10% most deprived areas of Bristol. By ward, nearly three quarters of residents living in Westbury-

on-Trym and Henleaze (73.4%) play sport at least once a week compared to just over one third of residents living in Hartcliffe & Withywood (34.2%).

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 2022/23, 75.9% of Bristol adults (age 16+) were physically "active", significantly higher than the national average (67.4%) and the 5<sup>th</sup> highest of all English local authorities including Core Cities. Although 16.0% 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 22.6%, and 9<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 \(phe.org.uk\)](#)

**Date updated:** May 2024**Date of next update:** May 2025**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)