

The importance of tackling physical inactivity in Doncaster

Physical activity and sport contributes to healthier individuals. But it is about more than just health. Physical activity and sport should be fun and enjoyable, bringing people together to achieve their own aspirations. Get Doncaster Moving is seeking to address this.

Physical inactivity levels continue to be high across Doncaster

Only 58% of residents are active. This means that they take part in the recommended amount of physical activity. Physical activity levels have remained relatively unchanged over the last four years.

30% are inactive. This is higher than the national average of 25%.

Activity levels as defined by the Sport England Active Lives Survey

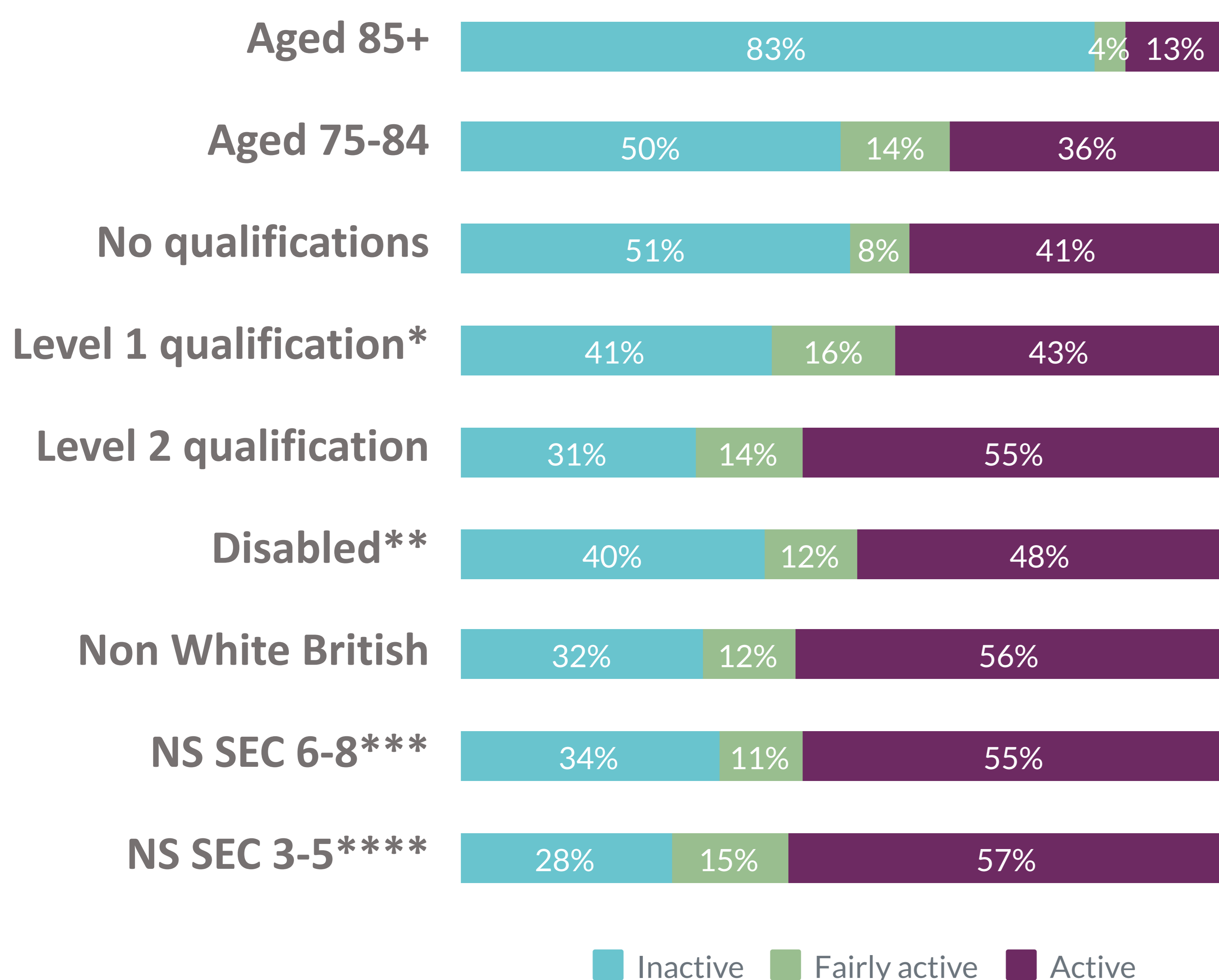


- Inactive (less than 30 minutes a week)
- Fairly active (an average of 30-149 minutes a week)
- Active (at least 150 minutes a week)

Only activity which is classed as 'moderate intensity' is counted.

Tackling differences in physical activity levels is important and a key focus of Get Doncaster Moving

Activity rates are lower for certain groups in Doncaster:

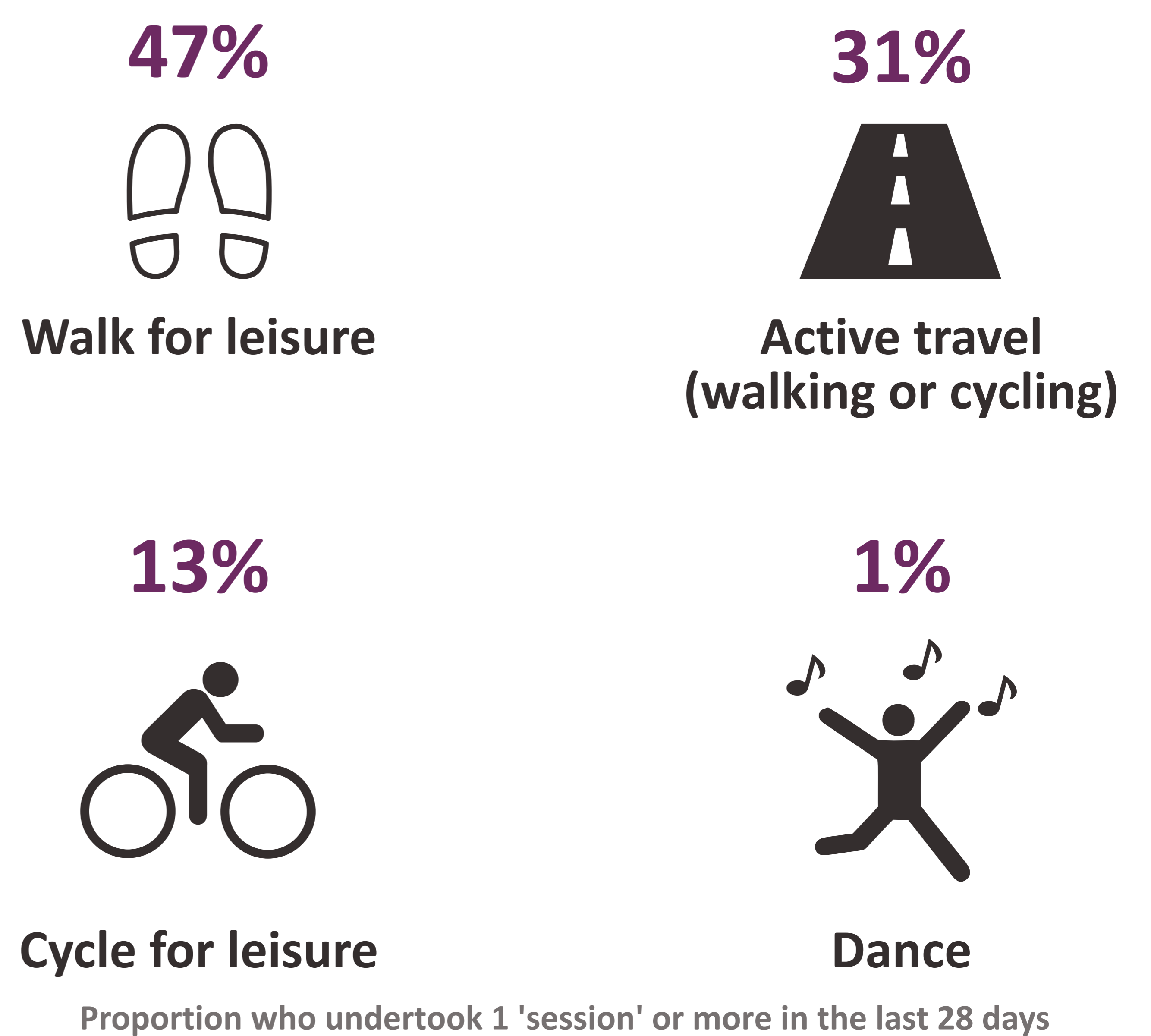


* Level 1 qualification and below
 ** Individuals with a disability, mental health condition or illness which has a substantial impact on daily life
 *** National statistics socio-economic classification 6-8: Lower social groups which includes semi-routine occupations, routine occupations and never work and long-term unemployed
 **** National statistics socio-economic classification 3-5: Middle social groups which includes lower supervisory and technical occupations, small employers and own account workers and intermediate occupations

Get Doncaster Moving want to ensure that everyone has the chance to take part in sport and physical activity in a way that is suitable for them

This includes walking and cycling (for both leisure and travel) and taking part in activities in local parks and dance.

Activity rates in Doncaster:



Proportion who undertook 1 'session' or more in the last 28 days

Visit: <https://getdoncastermoving.org/about-the-gdm-partnership> to find out more