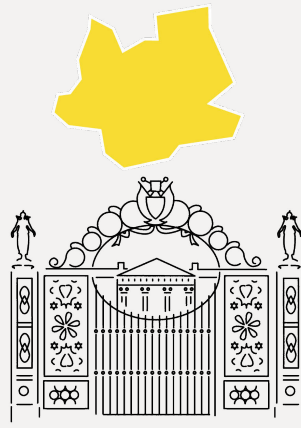


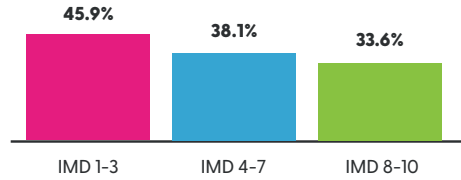
# Warrington

Place physical activity profile:  
May 2023

Issue date: 18/05/23



**% adults (England) who do not meet the Chief Medical Officer (CMO) guidelines by deprivation levels.**



The chart above shows that there is a clear link between deprivation and physical activity levels.

**27.3% Warrington residents live within IMD1-3,** and are therefore more likely to be physically inactive. (MHCLG, 2019)

## Marmot Beacon Indicators for Physical Activity

Inactivity levels in adults (Active Lives, 2021/22)

**60,000**

Warrington adults 16+ (35%) don't meet the CMO guidelines for 150 mins physical activity per week (England average = 36.9% Cheshire & Merseyside av = 38.4%)



Inactivity levels in young people (Active Lives, 2021/22)

**14,200**

Warrington 5-16 y/os (51.7%) don't meet the CMO guidelines for 60 mins physical activity per day (England average = 52.8% CM average = 50.1%)



**58.4%** Warrington residents also don't meet the CMO guidelines for muscle strength building activity per week (Active Lives, 2020/21)

## Active Travel

At least three days per week (OHID, 2019/20)



Walking for travel:

**13.8%**



Cycling for travel:

**4.1%**

## Tackling Inequalities

Data shows that people within these groups are more likely to be physically inactive. Figures shown below are population numbers in each group (ONS, 2021)

Women and girls: 106,529

People from ethnically diverse communities: 13,668

People with disabilities/long-term health conditions: 52,841



Attitudes towards physical activity (Active Lives, 2020/21)

**72.8%**

Feel it's important to do sport/exercise regularly

**79.1%**

Feel that they have the ability to be physically active

**69.8%**

Feel like they have the opportunity to be physically active

## Physical Activity as a standalone...



Target within the Health and Wellbeing Board Strategy

Target within the Place-based Partnership Board Plan

Specific Physical Activity Strategy

## Connected Strategies

Place-based strategies that physical activity outcomes could contribute towards

- Warrington Children and Young People's Strategy
- Live Wire Strategy
- SEND Strategy
- Warrington Playing Pitch Strategy
- Indoor Built Facilities Strategy
- Open Space Strategy

Warrington's Health and Wellbeing Strategy for 2019-23 includes physically active adults as an indicator. At the time of writing, the Health and Wellbeing Strategy for 2024 onwards is in development.

