

Active Lives Data Summary 2015-2018

	Inactive (%) - doing fewer than 30 mins per week				Fairly Active (%) - doing between 30-149 mins per week				Active (%) - doing at least 150 mins per week			
	Nov 15/16	May 16/17	Nov 16/17	May 17/18	Nov 15/16	May 16/17	Nov 16/17	May 17/18	Nov 15/16	May 16/17	Nov 16/17	May 17/18
National	25.6	25.6	25.7	25.2	12.4	13.8	12.5	12.5	62.1	60.6	61.8	62.3
North East	27.9	27.6	28.1	28.2	11.8	13.6	11.8	11.7	60.2	58.8	60.1	60.1
Northumberland	26.9	27.0	27.0	27.8	11.8	11.5	10.8	12	61.4	61.4	62.2	60.2

	Participation at least 2 times in the last 28 days (%)			Volunteered at least 2 times in the last year (%)		
	Nov 15/16	May 16/17	May 17/18	May 16/17	Nov 16/17	May 17/18
National	77.2	77.2	77.5	14.9	15	13.9
North East	74.7	75.4	74.6	14.9	14.2	14.2
Northumberland	76.5	76.6	76.9	21.6	19.7	18.2

Source - Sport England Active Lives Adults Survey 2015/6 - 2017/18