

Key Facts: Activity

Headlines

Regular physical activity has a critical role in preventing the onset of cardiovascular disease, coronary heart disease, overweight and obesity, as well as managing conditions such as type II diabetes and reducing reliance on medication

On current trends, 90% of men, 80% of women and 66% of children will be obese or overweight by 2050

With regards children, obesity has risen by almost 50% in England since 1997, and the country has the third highest proportion of 13 year olds who are obese out of 35 developed countries

Currently only 40% of men (70% of boys) and 28% of women (59% of girls) meet exercise guidelines

Fitness industry capacity: currently 1m visits per day, 7.8m consumers, 5,700 facilities, 27,000 registered, regulated, exercise professionals

There are currently 7.8m hours of spare capacity and 1.25bn sq ft of spare space across the fitness sector

Health Costs

The health cost of inactivity to the NHS is estimated at £1.8bn

Obesity has trebled in 20 years, and nearly 25% of adults and 10% of children in England are obese

22% of premature deaths in men and 13% of premature deaths in women are caused by coronary heart disease

1.5m people in the UK suffer from type II diabetes

People who are physically active reduce their risk of developing major chronic diseases – such as coronary heart disease, stroke and type II diabetes – by up to 50% and the risk of premature death by about 20-30%

Physical activity also promotes mental well-being, reducing the risk of depression and anxiety

Economic Costs

The costs of inactivity to the economy as a whole are £8.3bn, breaking down as follows:

- £1.8bn in annual costs to the NHS
- £5.5bn from lost productivity and sickness absence
- £1bn from premature deaths of people of working age

Social Costs

Those most at risk of inactivity are:

- Older people who experience a notable and continuous decline in activity after the age of 55
- Women – 70% of whom do not do enough activity to benefit their health
- Minority ethnic groups (with the exception of Black Caribbean and Irish) have lower adherence to exercise guidelines than the general population. Inequalities are greatest for South Asian woman
- Similarly, black and minority ethnic groups are significantly less likely to participate in regular sport than the general population
- People with disabilities

The barriers to doing more physical activity differ between men and women:

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|------------------------------------|---------|-----------|
| - Work commitments | 45% man | 34% women |
| - Lack of leisure time | 38% men | 37% women |
| - Caring for children/older people | 13% men | 25% women |
| - Lack of money | 13% men | 16% women |