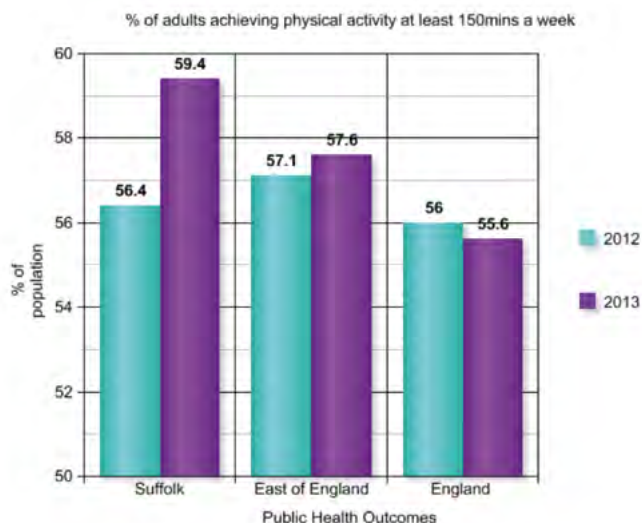


MOST ACTIVE COUNTY PROGRAMME PERFORMANCE DASHBOARD

This purpose of this dashboard is to provide an overview of the key measures of performance associated with the development of physical activity, sport and active recreation in Suffolk.

PHYSICAL ACTIVITY



Measure - Percentage of adults (16yrs +) achieving at least 150mins of physical activity per week in accordance with UK Chief Medical Officer recommended guidelines on physical activity. (Source: Public Health England Health Profiles)

Adult population of Suffolk (mid-2012 estimate) – 598,824

Note: indicators changed prior to 2012 so it is not possible to make comparisons earlier than 2012

WALKING (2012/13)

Measure: The proportion of residents who walk (for at least 10 minutes continuously, irrespective of purpose) a given number of times per week/month. **Source:** Department for Transport, published 29 April 2014, next update Spring 2015.

Area	1 x per month	1 x per week	3 x per week	5 x per week
Suffolk	87.5%	77.7%	53.2%	42.1%
East of England	86.4%	76.5%	53.3%	42.1%
England	86.3%	77.3%	54.7%	43.7%

Note: Previous years' surveys asked about walking for at least 5 minutes. Therefore, the results in this table are not directly comparable with those from previous years.

CYCLING (2012/13)

Measure: The proportion of residents who cycle (for any length or purpose) at a given frequency. **Source:** Department for Transport, published 29 April 2014, next update Spring 2015.

Area	1 x per month	1 x per week	3 x per week	5 x per week
Suffolk	19%	12.6%	5.6%	3.3%
East of England	16.9%	11.0%	5.3%	3.3%
England	14.7%	9.5%	4.3%	2.5%

Note: Previous years' surveys asked about cycling for a minimum of 30 minutes. Therefore, the results in this table are not directly comparable with those from previous years.

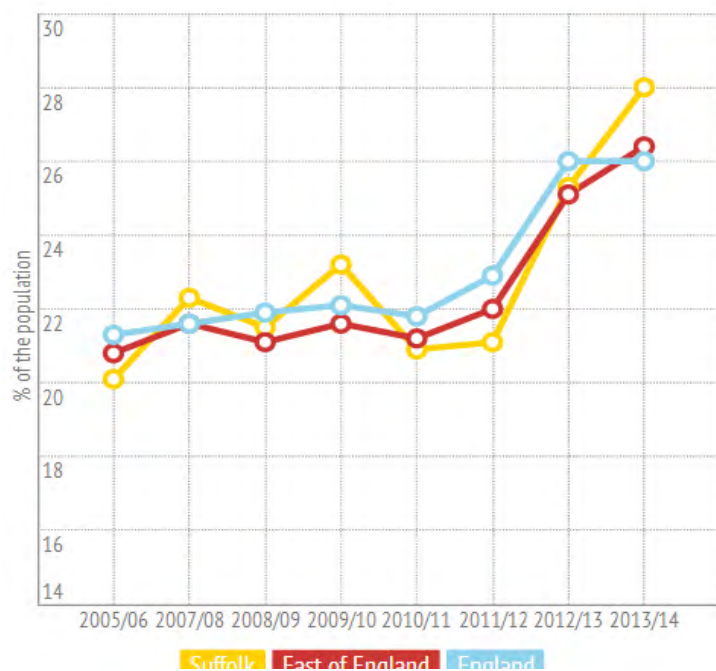
SPORT AND ACTIVE RECREATION

(Source: Sport England Active People Survey. Findings published every 6 months in June and December)

THREE (OR MORE) TIMES A WEEK

Measure: The percentage of the adult population participating in sport and active recreation, at moderate intensity, for at least 30 minutes on at least 12 days out of the last 4 weeks (equivalent to 30 minutes on 3 or more days a week).

Note: This measure includes recreational walking and cycling, that is, infrequent cycling (less than once a week) and any walking for the purpose of health and recreation (not just to get from place to place). It also includes five light intensity sports for those aged 65 and over - yoga, pilates, indoor and outdoor bowls, archery and croquet.



NO SPORT AND ACTIVE RECREATION

(Source: Sport England Active People Survey. Findings published every 6 months in June and December)

NO SPORT

Measure: The proportion of adults (16yrs +) who have not participated in any sessions of sport, at any intensity or for any duration, in the last 28 days.

Note: Those who have participated in walking only (not any sports or more intense/strenuous walking activities such as power walking, hill trekking or gorge walking) are included here.

