



Activity Levels

Nationally, using the Health Survey for England's results for 2008, using self reported responses, 39% of men and 29% of women and 32% of boys and 24% of girls met the Chief Medical Officer's recommended physical activity levels. The accelerated figures based on an objective week of accelerometry showed that only 6% of men and 4% of women met the minimum recommendations. Using the Active People Survey for 2008/9, 16.6% of adults were participating in 3 sessions of 30 minutes moderate or greater intensity activity per week. There is huge potential therefore to increase physical activity levels and meet the government's 2012 legacy targets, of getting 2 million more people physically active by 2012.

You can find out the current participation levels in sport the sub region and local areas by visiting <http://www.cswsport.org.uk/aps3>. Last years results can be found at <http://www.cswsport.org.uk/ActivePeopleSurvey2>.

The Active People Survey is the recognised survey used to monitor participation levels across the country as well as other aspects in sport and physical activity such as volunteering, club membership, tuition, competition and satisfaction. More details can be found at http://www.sportengland.org/research/active_people_survey.aspx. The 1 million 2012 Olympic legacy target is closely linked to these survey results as well as National indicator 8 the local government target for adult participation.

The results of the Health survey for 2008 were released in December 2009. Details can be found at <http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles-related-surveys/health-survey-for-england/health-survey-for-england--2008-physical-activity-and-fitness>.

From April, results will be available for the 2 million 2012 Olympic legacy target, which involves a broader set of activities that will cover other forms of physical activity such as active travel, active conservation and dance activities.

The Physical Activity Network for the West Midlands, PAN-WM has produced a summary table capturing various survey results for each area. This can be found by scrolling down to the Regional section and clicking on Proxy Physical Activity Indicators, June 10 at the web page, http://www.pan-wm.org.uk/panlinks.aspx?id=PAN_PROGRESS_MONITORING