

Adult Active Lives Survey November 2018-19



Tackling **loneliness** is a key and important government objective.

Supporting people to have meaningful social relationships is not just crucial to people's **physical and mental health**. It also affects their engagement in the workplace and **wider community cohesion**.



Loneliness is highest for:

- The **youngest** and **oldest** age groups
- **Women** 7% (vs men 5%)
- Adults with a **disability or long-term health condition** (16%)
- **Lower social groups** (12%) and **students/other** (10%)
- Adults from **Mixed** (12%), **Asian - excluding Chinese** (9%), **other** (9%) and **Black** (8%) ethnic backgrounds.

- Those who are **active or fairly active** are less likely to feel lonely than those who are inactive
- Adults who **volunteer** are less likely to feel lonely than those who don't.

The Active Lives Survey for the period Nov 2018- Nov 2019 was released by Sport England in April 2020. It provides the overall information for England and compares local data within the West of England.