

# Active Lives Survey (West of England) May 2018/19



Although the gender gap is decreasing, **men** (65% or 14.4m) are more likely to be active than **women** (61% or 14.1m), with a gap of 313,600 between them.

**Inactivity** is still more common for **disabled adults** or those with **long-term health conditions**, although this has **decreased** by 1.4% in the last 12 months.

Adults in **lower socio-economic groups** are still less likely to be active, and are also less likely to volunteer in sports.

There has also only been **small fluctuations** in the proportions who are active and inactive amongst the **different ethnic groups**, with **Mixed and White Other** adults being the **most active** and **Asian and Black** adults the **least likely** to be active.



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