


Appendix 3: More Adults are Active

Percentage of Physically Active Adults

Priorities	BCP Key Performance Indicators (KPI)	2020/21 Target	Q4 Result	RAG
Health & Wellbeing <ul style="list-style-type: none"> Supporting healthy, physically active lifestyles 	Bi-Annual KPI Percentage of physically active adults	<20.9% of people are inactive (132,900) (Nov 2018-Nov 2019)	25.6% of people are inactive (163,900 people) (Nov 2019-Nov 2020)	

The national Active Lives Survey (ALS), carried out by Sport England, is used to provide the data for this indicator. The survey produces in depth information about participants' activity and lifestyle. The Best Council Plan 2020-2025 performance indicator uses the "percentage of people who are inactive" in order to determine if more 'inactive' people are becoming 'active', and a reduction in the number of adults who fall into the 'inactive' category is sought. The Survey samples around 2,000 Leeds' residents on a rolling basis; and "inactive" is defined as undertaking less than 30 minutes of moderate activity per week.

The ALS result (November 2019 – November 2020) is reported here and showed that 25.6% of people in Leeds were inactive i.e. 163,900 people. An increase of 4.8% compared to the full previous year's ALS result of 20.9% of people were inactive, which equated to 132,900, an increase of 31,000 people over the 12 month period; these figures are reflective of pre-pandemic and during pandemic activity levels. It should be noted here that the national lockdown which began in January 2021 is not reflected in these figures.

The pandemic led to unprecedented decreases in activity levels and, as a result, the latest annual national results show the following changes compared to 12 months earlier:

- 0.7m (-1.9%) fewer active adults
- 1.2m (+2.6%) more inactive adults

Activity choice was severely restricted during the initial phase of lockdown, highlighting the importance of organised sport and access to facilities for specific groups, and that some groups found it more difficult to adapt to the new regulations than others. Active Leeds tried to combat some of this by delivering a physical activity toolkit to deprived areas in Leeds and providing activities for children to do at home (even swimming activities to do in the paddling pool and live gymnastic sessions in the garden and on trampolines). Active Leeds also started outdoor fitness classes, running, cycling activities, as well as targeted outdoor classes for the health programmes. Over 90,000 calls were carried out to members in all programmes to provide exercise advice and support including ensuring that they had

access to essential equipment. Calls were especially concentrated on the older aged groups, who just liked having someone to chat to during this period.

In lockdown itself, positive government messages about getting outside once a day for exercise played an important role in reminding people about the importance of activity for their health. The Active Lives Report paints a picture of a nation doing its best to stay active despite the challenges to their daily lives, with people turning to home-based fitness, running and cycling in great numbers, however as the 3rd lockdown came in during the winter months people did find it harder to do some of things they had enjoyed during previous lockdowns.

Walking was the most popular overall activity in the early weeks from mid-March, with more than 21 million adults walking at moderate intensity, while outdoor running was also popular. However with most business premises and offices closed, walking for travel saw the largest drop over the period, down 7.3m.

Exercising at home also saw a boom, as people were encouraged to get active indoors, with Active Leeds launching the exercising at home toolkit and online fitness class programme for people to join. This developed more throughout the year giving customers a hybrid approach to service delivery, especially those that didn't feel comfortable to coming back to physical locations. The impact of the pandemic is likely to have been mitigated to a certain extent by activity providers in Leeds and growth of online fitness activities creating more content especially for disabled people and those with long-term health conditions. For example, Active Leeds Health Programmes team put on specific online sessions for their clients during this time and sent out resources for people to be able to take part in activities at home.

The leisure centres opened on and off through the year which provided safe environments for people to exercise indoors. Usage across the sites was down 40% whilst they were open and with reduced capacities in programmes such as swimming lessons which could only run at 50% of pre-pandemic numbers. Exercise classes weren't allowed indoors during some of these periods even when the leisure centres were open. School access has been allowed, even during some of the lockdown periods, when schools were open and now have just over 200 schools attending swimming lesson across the leisure centres. Active Leeds have been working to offer additional sessions for schools to catch up for children that may have missed out due to the sites being closed and are looking to put more intensive swimming lessons on during the holiday periods, especially in the summer holidays. The service will be working with schools to offer reduced priced swimming lessons and working with the healthy holiday schemes to offer swimming lessons to providers running sessions to really target those children who have missed out learning to swim through the schools programme.

Active Leeds has received lots of positive comments from customers using the services with 94% of customers returning rating the facilities safe/very safe and 92% rating the cleaning standards as brilliant/good and scoring their experience 8.5 out of 10.