



**TRAFFORD**  
**COUNCIL**

**HEALTH AND WELLBEING PRIORITY:  
TO REDUCE PHYSICAL INACTIVITY**

**JANUARY 2021**



# WHY IS THIS A PRIORITY IN TRAFFORD?

Physical inactivity is defined as participating in less than 30 minutes of moderate intensity physical activity per week.

- Reducing physical inactivity has wide ranging benefits to population health and wellbeing. It can reduce the prevalence of long term illnesses, improve mental health and reduce the need for health and social care support.
- It is estimated that physical inactivity causes 6% of coronary heart disease, 7% of type 2 diabetes, 10% of breast cancer and 10% of colon cancer
- Physical activity in older people is a powerful intervention in preventing frailty and promoting successful ageing, which becomes increasingly important as the Trafford population ages.



# KEY INDICATORS

- About 1 in 5 (19.9%) Trafford adults are inactive (<30 mins a week), similar to England average (21.4%)
- This is about 35,103 inactive people (aged 19 years and over) <sup>(1)</sup>

Higher levels of inactivity in females compared with males<sup>(2)</sup>



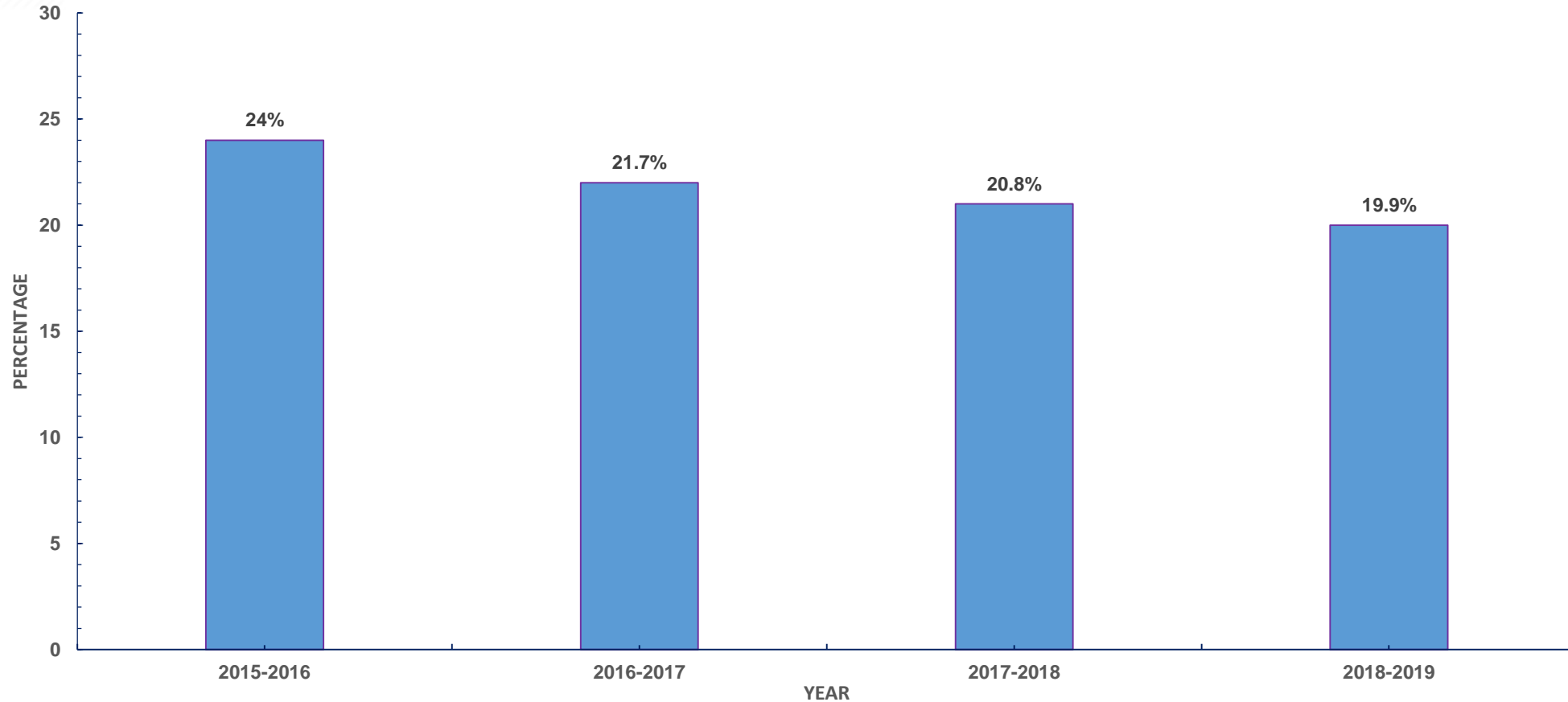
- Since 2015-2016, levels of inactivity in Trafford declining except for individuals over 75 years of age.
- The largest decrease in physical inactivity has been amongst those from middle income categories (13.1%), individuals 55-74 years of age (9.6%) and females (8.8%).
- Comparing levels of physical inactivity in Trafford with the average for Greater Manchester, Trafford is much lower for all, except disability and over 75 years of age<sup>(2)</sup>



Inactivity rates are generally higher in the North and West compared with South of the borough<sup>(2)</sup>



# TRENDS IN PHYSICAL INACTIVITY IN TRAFFORD (2015-2019)



Levels of physical inactivity has been declining from 24% in year 2015-2016 to 19.9% in the year 2018-2019




# PHYSICAL INACTIVITY – RELATED CONDITIONS


- Around 3 out of every five (64%) Trafford adults are overweight or obese.
- Prevalence of overweight (including obesity) in reception is 19.9 % and is lower (statistically significant) than 24.4% in England
- Prevalence of overweight (including obesity) in Year 6 is 31.6 % and is lower (statistically significant) than 35.9% in England.
- Trafford ranks amongst the best for low prevalence of overweight (including obesity) amongst its group of similar authorities


Source: Physical Activity Profile, 2019

 34,698 (14.1%) on a GP hypertension register <sup>(1)</sup>

 12,503 (6.5%) on a GP diabetes register <sup>(1)</sup>

 26,381 (13.9%) on a GP depression register <sup>(1)</sup>

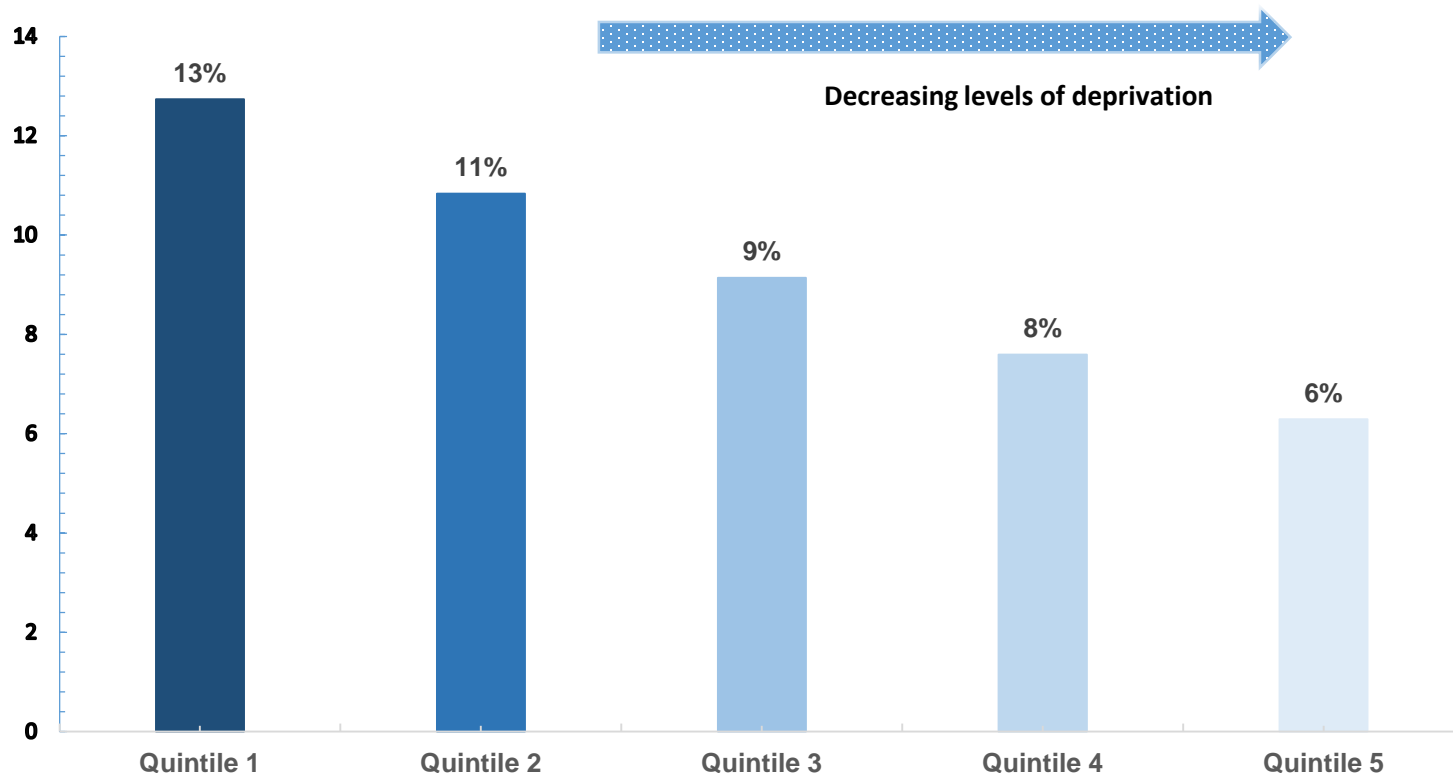
 8,134 (3.3%) on a GP CHD register <sup>(1)</sup>

 2,331 emergency hospital admissions due to falls in people aged 65+ <sup>(2)</sup>

Source: (1) National General Practice Profile (2) PHOF, 2019



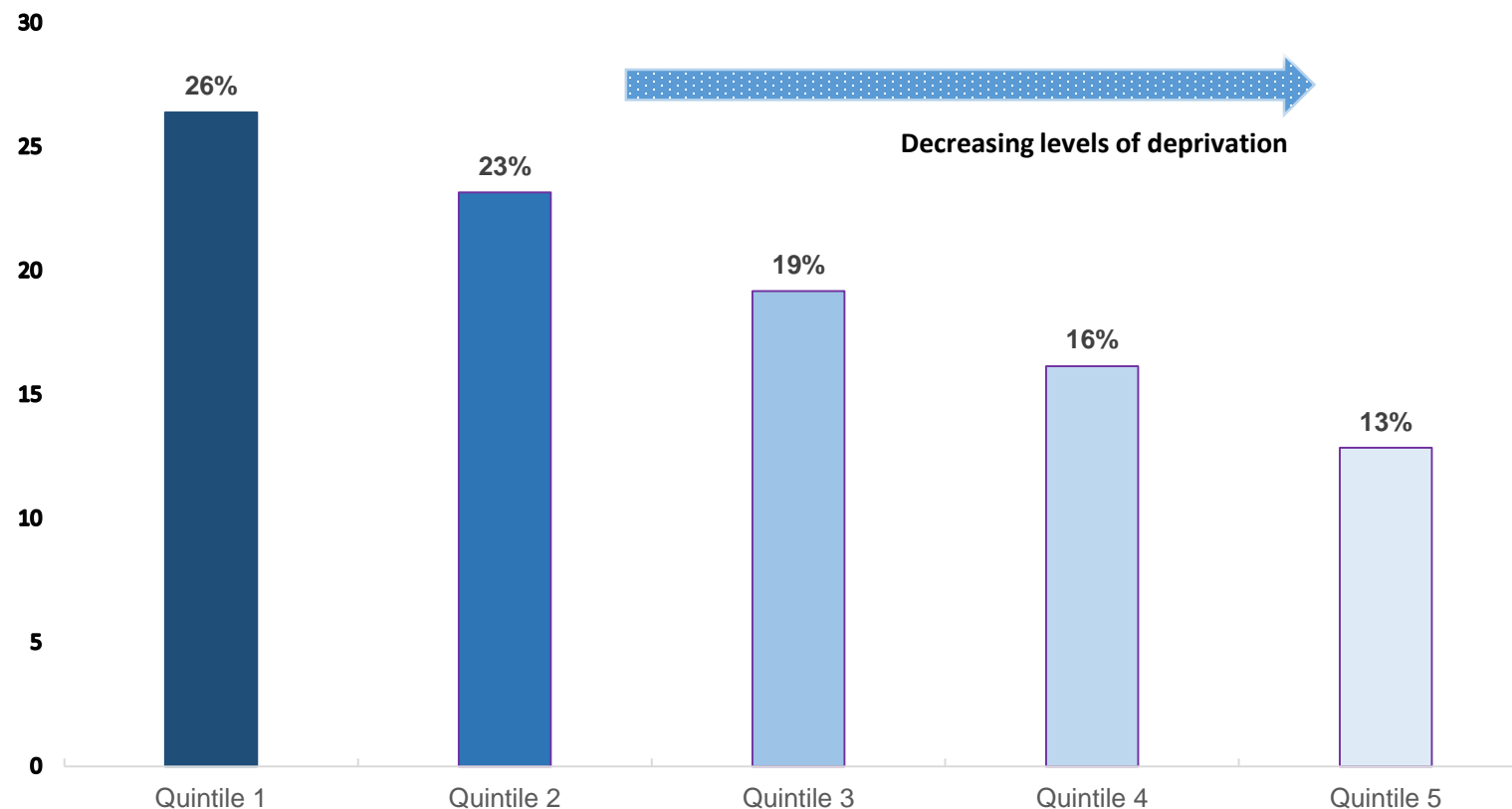
# OBESITY PREVALENCE AMONGST RECEPTION CHILDREN IN TRAFFORD ACROSS DEPRIVATION QUINTILES (2016-2018)



Prevalence of obesity in reception school children in the most deprived quintile is twice (13%) compared with reception school children (6%) in the least deprived quintile



# OBESITY PREVALENCE AMONGST YEAR 6 CHILDREN IN TRAFFORD ACROSS DEPRIVATION QUINTILES (2016-2018)



Prevalence of obesity in year 6 school children in the most deprived quintile is twice (26%) compared with year 6 school children (13%) in the least deprived quintile



# INEQUALITIES IN PHYSICAL INACTIVITY

Active lives adult survey (November 2018-2019) provides subgroups analysis of inequalities in physical inactivity. Analysis across Trafford shows the following inequalities:

**Age:** Physical inactivity is lowest in the 35-54 age group (19.5%) and rises amongst older people with the highest percentage in those over 75 of age (60%)

**Gender:** With rising male inactivity and females becoming more physically active, gender gap has reduced to 3% (Males 21.3, Female 24.3%). Since 2015-2016, there has been a 9.6% decrease in gender gap.

**Disability:** Around 44% of Trafford adults with a disability or long term health condition are inactive compared with 18.9% of those without a disability. With individuals in both categories becoming more active, the disability gap has reduced to 25.5%

**Place:** Inactivity rates are generally higher in the North and West compared with South of the borough.





# INEQUALITIES IN PHYSICAL INACTIVITY

The number of adults who take part in the Active Lives Survey for some groups within Trafford is not sufficiently large to be able to make reliable estimates of levels of physical inactivity. However, analysis across England as a whole shows the following inequalities

***Ethnic group:*** Levels of inactivity are higher than average in adults who belong to a South Asian (31.9%) or Black (28.7%) ethnic groups.

***Education:*** About 44% of people with no qualifications are inactive, compared to 14.2% among those educated to degree level.



# SERVICES TO REDUCE PHYSICAL INACTIVITY IN TRAFFORD – GETTING ACTIVE



- Trafford Leisure
- Couch to 5k: MileShyClub supports absolute beginners to get into running and gradually build up to running 5km.
- Age UK Trafford provides exercise classes for older people who have had a fall, or are at risk of falling
- Empower You – online! offer exercise sessions for people with learning impairments and autism and their supporters (carers, family, friends, support staff)

**Please Note: Due to COVID-19, some services are closed.**



# SERVICES TO REDUCE PHYSICAL INACTIVITY IN TRAFFORD – HEALTHY WEIGHT & MANAGEMENT

## Adults and older people

- Slimming World - 12 weeks free support in a group session
- Fitfans - 12 weeks of football and healthy eating
- Get Slim - 3 month free access to digital weight management support
- Specialist Weight Management Service –for people who need a higher level of support or wish to consider bariatric surgery.

## Children, young people and families

- Foundation 92 family health improvement programme – for families in Partington and Sale West.
- Children and young people’s specialist weight management programme - for those with a BMI centile >98%
- School nurse and health visitor support - for support to eat healthily and be more active.

**Please Note: Due to COVID-19, some services are closed.**