

11 Leisure

Indicator	Latest Data	Previous Data	Trend
Percentage of physically active adults	65.3% (2018/19)	69.9% (2015/16)	↓
Adults who participate in sport at least three times a week	19.8% (2015/16)	21.6% (2010/11)	↓
Adults who participate in sport at least once a week	35.2% (2015/16)	38.2% (2010/11)	↓
Adults who participate in organised sport once a week	32.7% (2015/16)	35.4% (2010/11)	↓
Proportion of adults who walk or cycle at least once a week	68.9% (2018/19)	74.6% (2015/16)	↓
Proportion of adults who walk or cycle at least three times a week	46.5% (2018/19)	54.1% (2015/16)	↓
Proportion of adults who walk or cycle at least five times a week	35% (2018/19)	45.2% (2015/16)	↓

Sports and Fitness participation

Percentage of physically active adults

Physical inactivity is the 4th leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-35% lower risk of cardiovascular disease, coronary heart disease and stroke compared to those who have a sedentary lifestyle. Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis and colon/breast cancer and with improved mental health. In older adults' physical activity is associated with increased functional capacities. The estimated direct cost of physical inactivity to the NHS across the UK is over £0.9 billion per year¹. The indicator measures the proportion of the population (aged 19+) doing at least 150 minutes of physical activity per week.

In 2018/19, 65.3% of Gosport Borough's population was estimated to be physically active. This is the second lowest in Hampshire (Figure 11.1). Since 2017/18 physically activity has seen a reduction when compared to the South East (Figure 11.2).

¹ Public Health England Definition and Description (Indicator [93014](#))

Percentage of physically active adults (19+) (% of the population) 2018/19

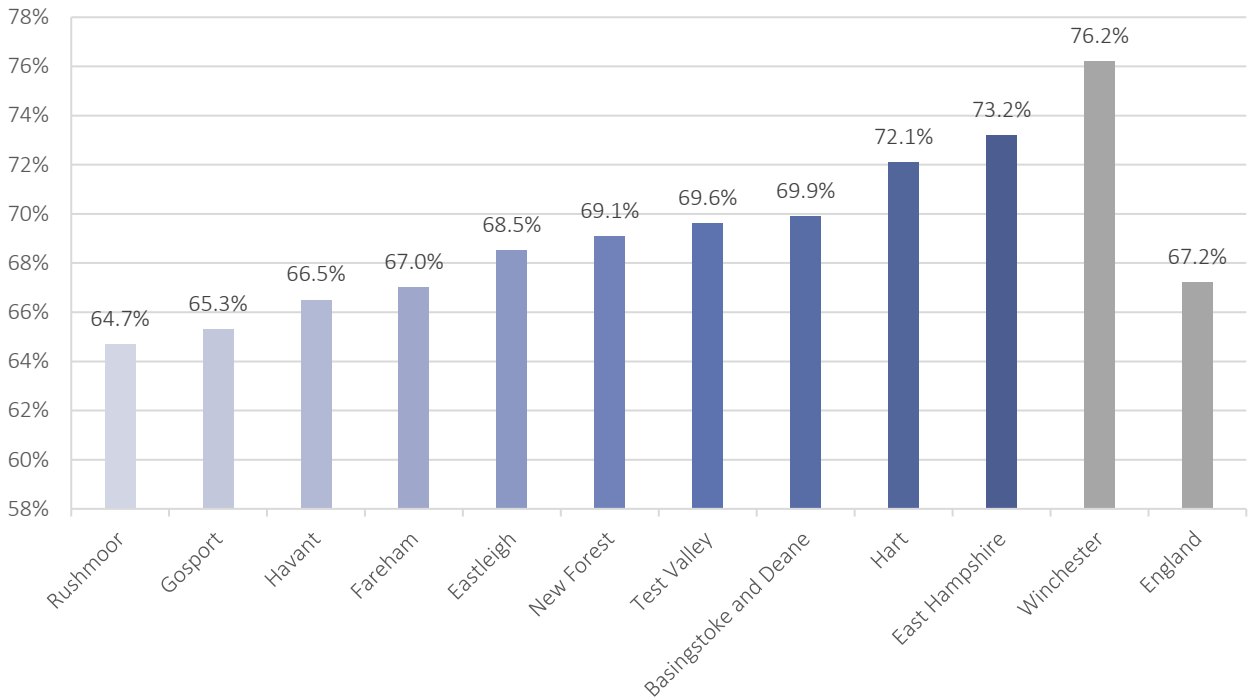


Figure 11.1: Percentage of physically active adults (19+) (% of the population) (2018/19) (Fingertips PHE 2020)

Percentage of physically active adults (19+) (% of the population) 2015/16 to 2018/19

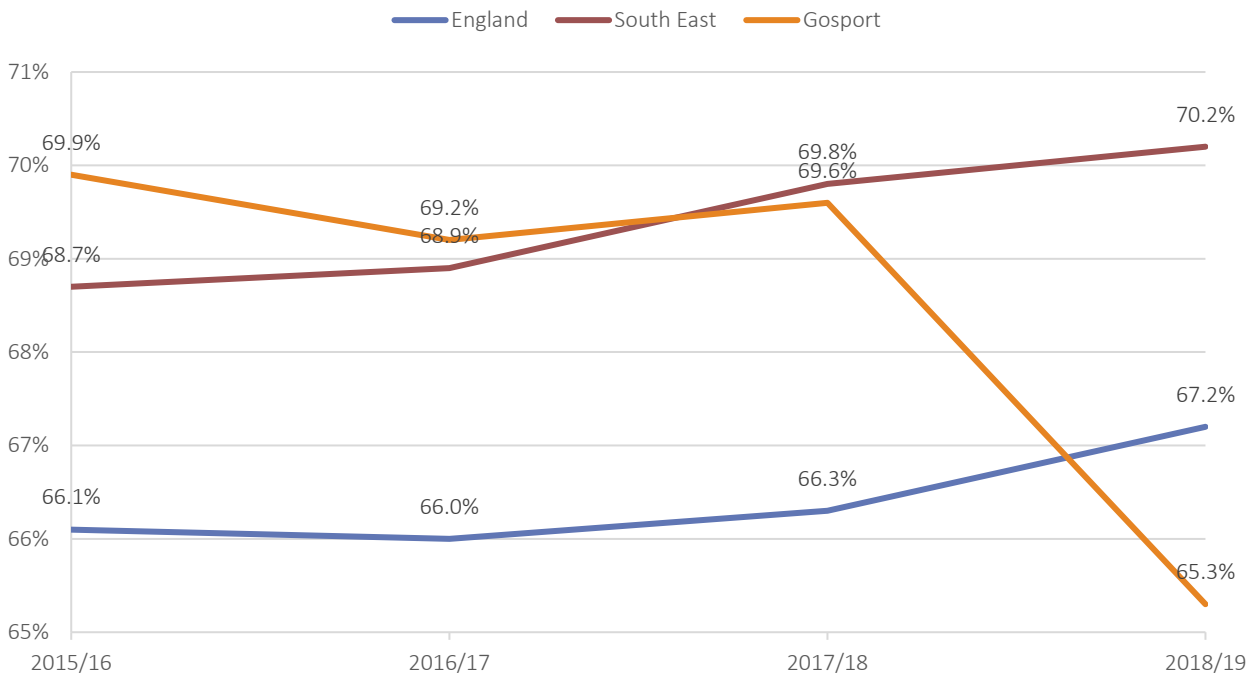


Figure 11.2: Percentage of physically active adults (19+) (% of the population) (2015/16 to 2018/19) (Fingertips PHE 2020)

Sports participation

Sport participation amongst adults (16+) has fluctuated since 2005. Figure 11.3 shows the percentage of those adults (16+) who participate in sports at least once a week.

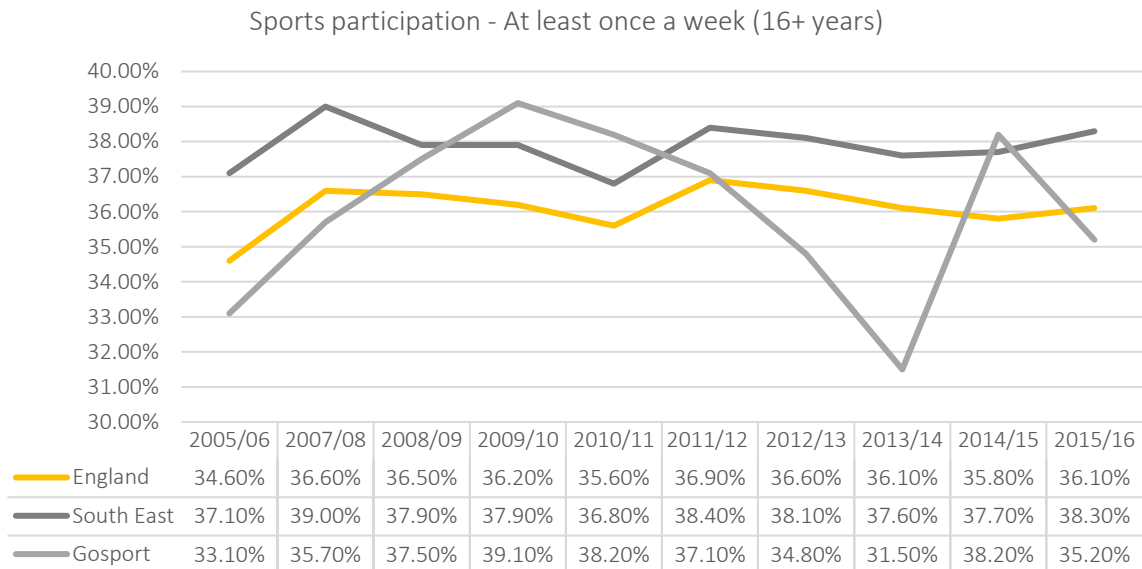


Figure 11.3: Sports participation - At least once a week (PHE 2019)

Figure 11.4 shows the percentage of adults (16+) who participate in sport three or more times a week.

Sports participation - Three (or more) times a week (16+ years)

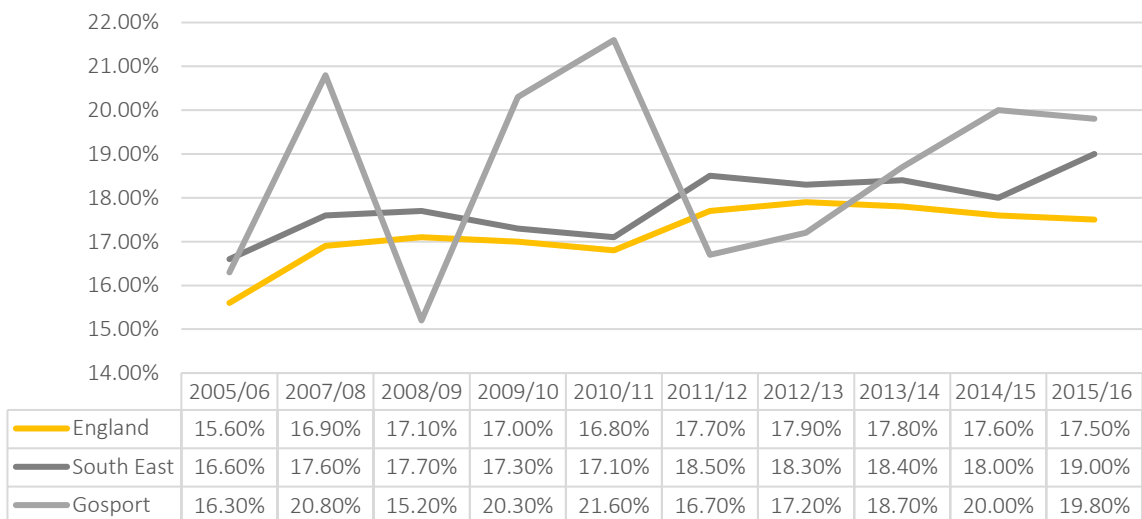


Figure 11.4: Sports participation - Three (or more) times a week (PHE 2019)

Figure 11.5 shows the proportion of the adult population (16+) who participate in organised sport. This could be any organised sport, including membership of a club, coaching or tuition, or competitions.

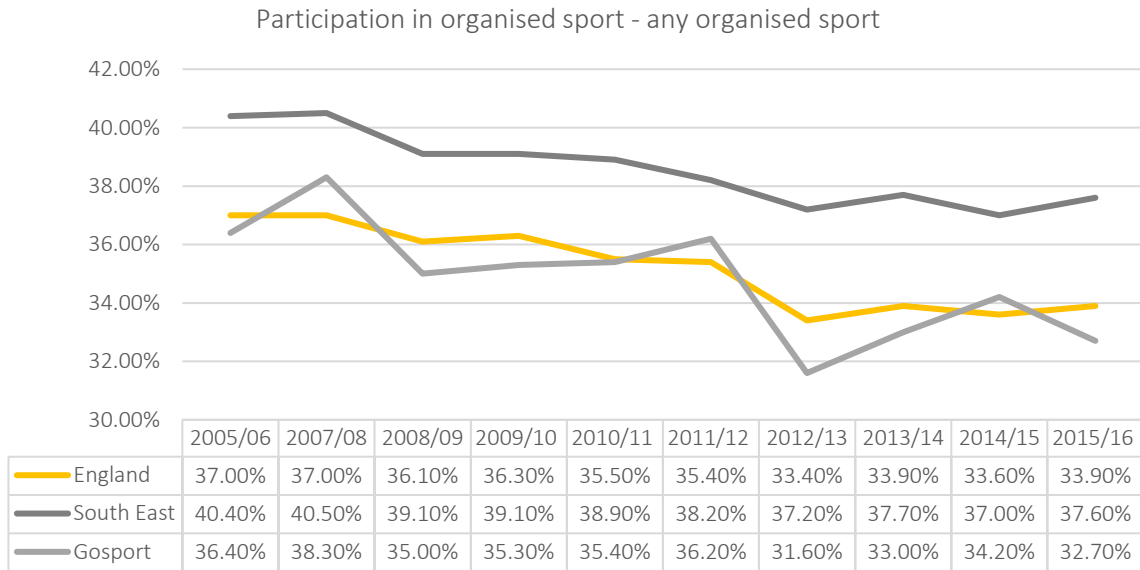


Figure 11.5: Participation in organised sport (any organised sport) (PHE 2019)

Walking and Cycling

The Department for Transport publishes statistics relating to the frequency that adults walk and cycle. Gosport Borough has higher levels of walking and cycling and at a greater frequency than most parts of Hampshire. The Borough also has higher levels of walking and cycling than England and the South East.

Figure 11.6 shows the percentage of people cycling at different frequencies between 2015/16 and 2018/19 in Gosport Borough.

Proportion (%) of adults who do any walking or cycling, for any purpose, by frequency (2015/16 to 2018/19)

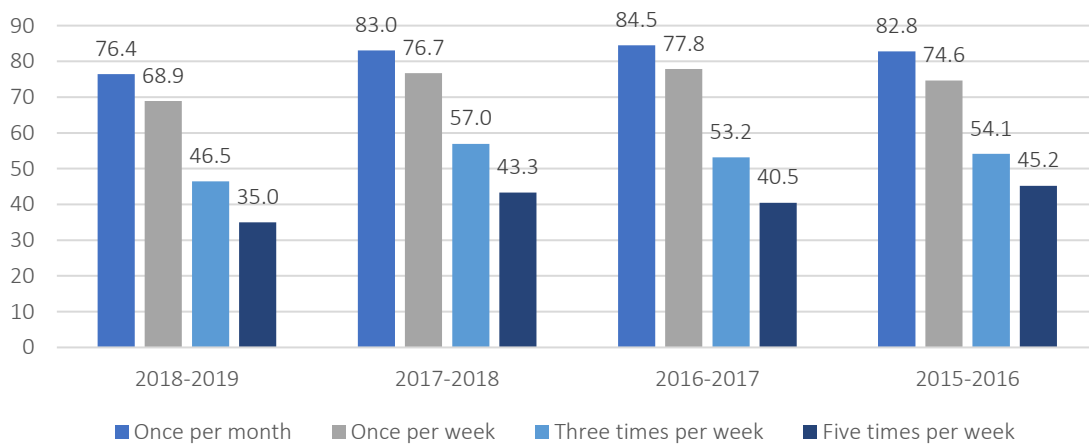


Figure 11.6: Proportion of adults who do any walking or cycling, for any purpose, by frequency (Table CW0301, DfT 2020)

The following charts show a comparison in walking and cycling frequency between Gosport Borough, the South East Region, England and Hampshire districts (including the two cities) in 2017/18.

Proportion of adults who walk or cycle at least once per month 2017/18

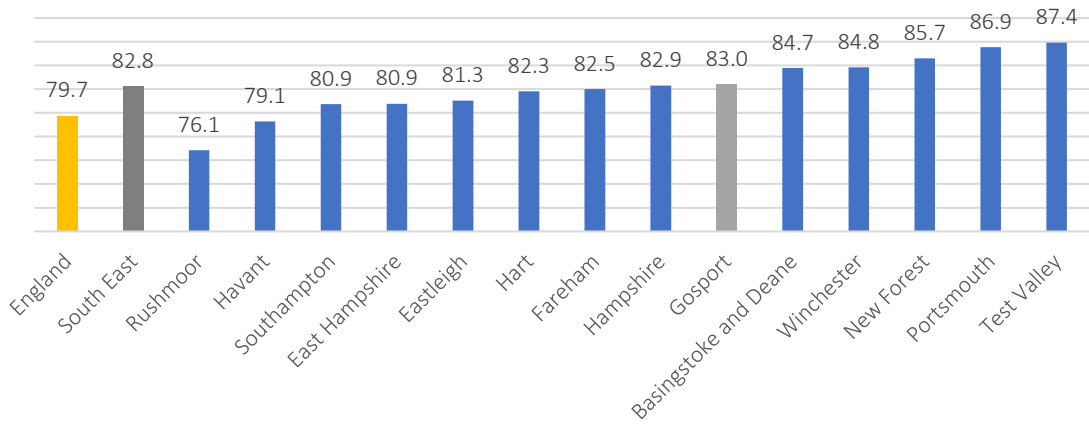


Figure 11.7: Proportion of adults who walk or cycle at least once per month (Table CW0301, DFT 2019)

Proportion of adults who walk or cycle at least once per week 2017/18

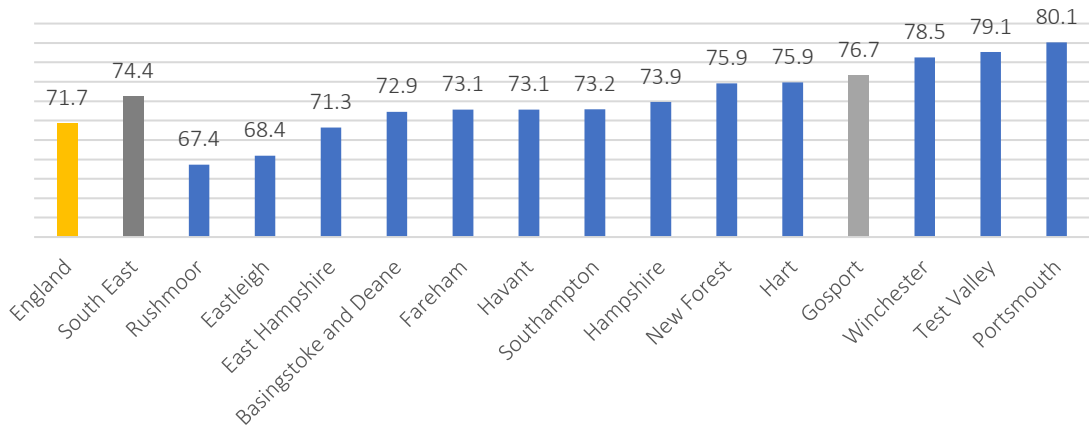


Figure 11.8: Proportion of adults who walk or cycle at least once per month (Table CW031, DFT 2019)

Proportion of adults who walk or cycle at least three times per week 2017/18

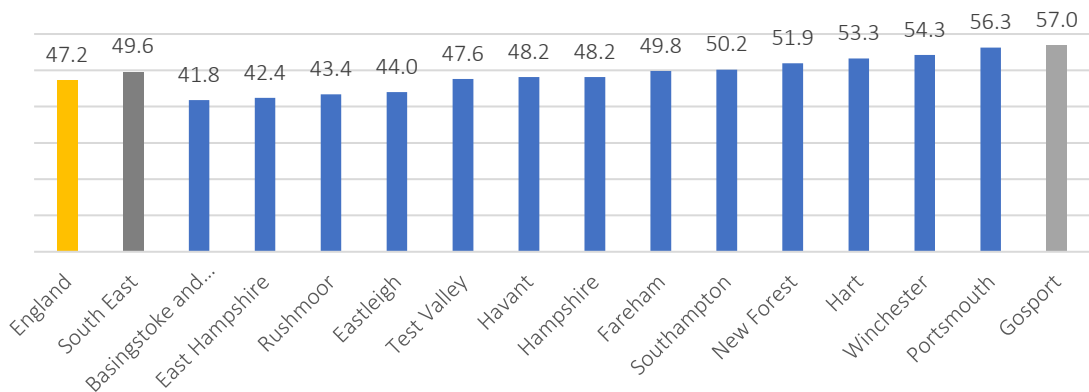


Figure 11.9: Proportion of adults who walk or cycle at least three times per week (Table CW031, DFT 2019)

Gosport has the highest proportion of people cycling at least five times per week in Hampshire.

Proportion of adults who walk or cycle at least five times per week 2017/18

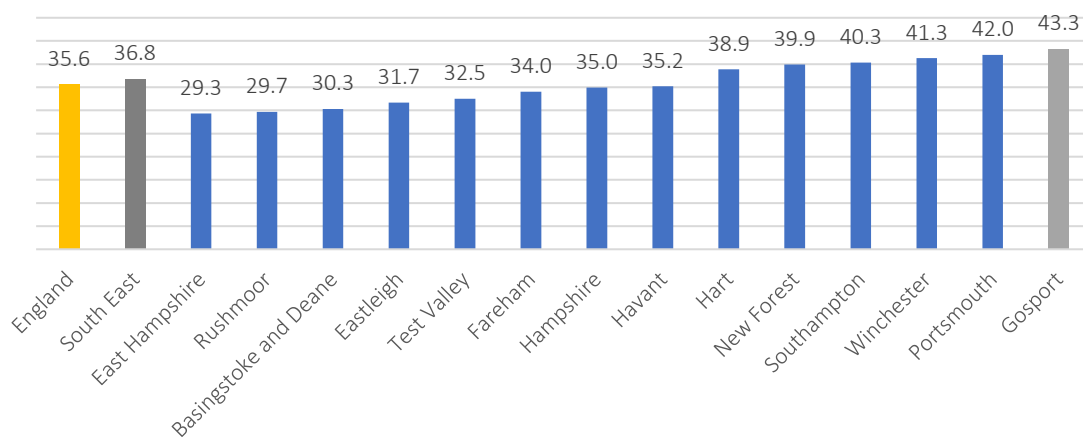


Figure 11.10: Proportion of adults who walk or cycle at least five times per week (Table CW031, DFT 2019)