

Live and Move Programme Impact

Local Active Lives 2024

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Recap on methodology

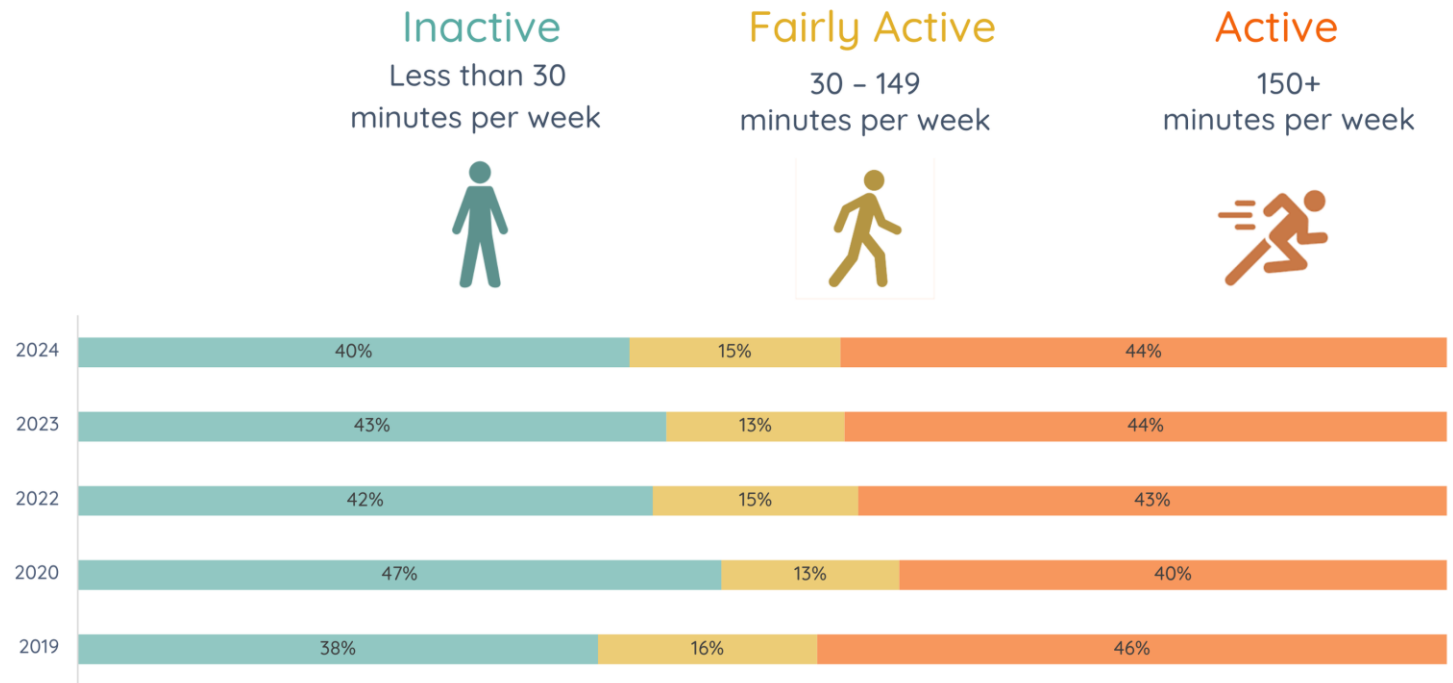
- Wave 5 of fieldwork, now 5 years worth of local data
- Deliver an enhanced active lives survey in our 20 priority LSOAs
- c.2000 residents surveyed year on year, random sample
- Fieldwork in May-June annually
- Capture metrics on inactivity, wellbeing, facility usage

Headline impact

- A trend of reducing inactivity – returning to pre-COVID levels
- A year on year trend of reduction in those ‘doing nothing’ (the least active)
- A narrow gender inequality gap in activity levels
- most demographics experienced a decrease in inactivity, and the most notable groups were those who are BAME, those aged 35-54 or 75+, and those with a disability.
- THE challenge – the stubborn inequality in Exeter remains those on low incomes compared to the mainstream population

Reduction in inactivity

A trend of reducing inactivity – returning to pre-COVID levels

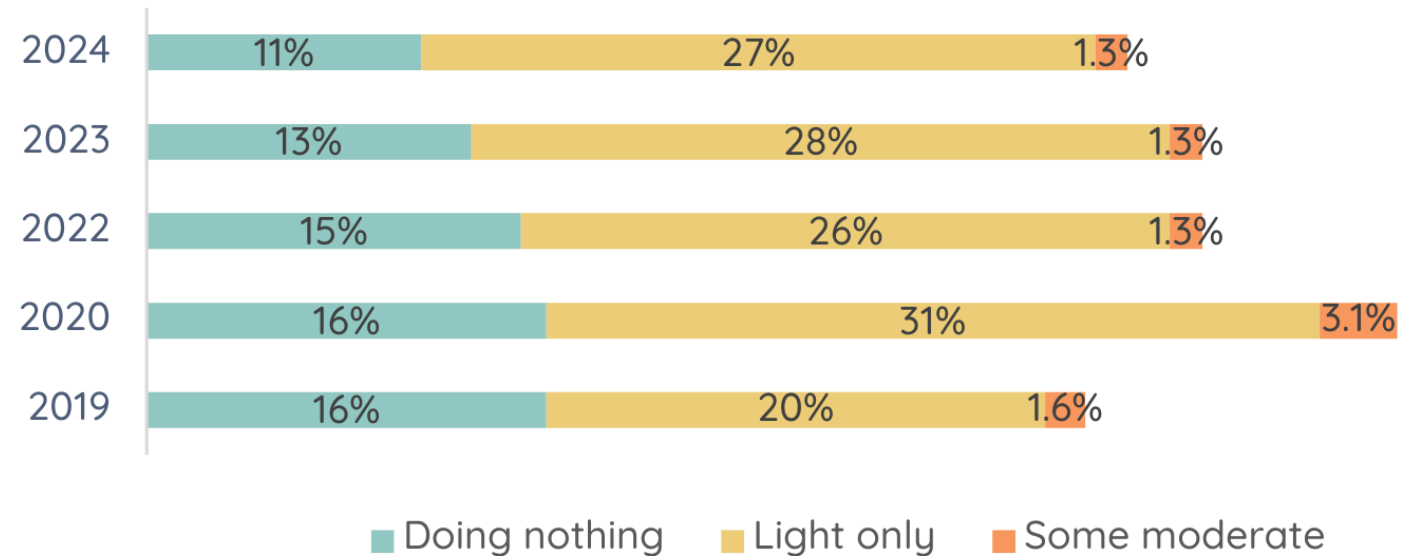


Source: Local Active Lives Base various: Exeter priority - All residents 16yrs+ participating in Local Active Lives survey.

Activity in the least active

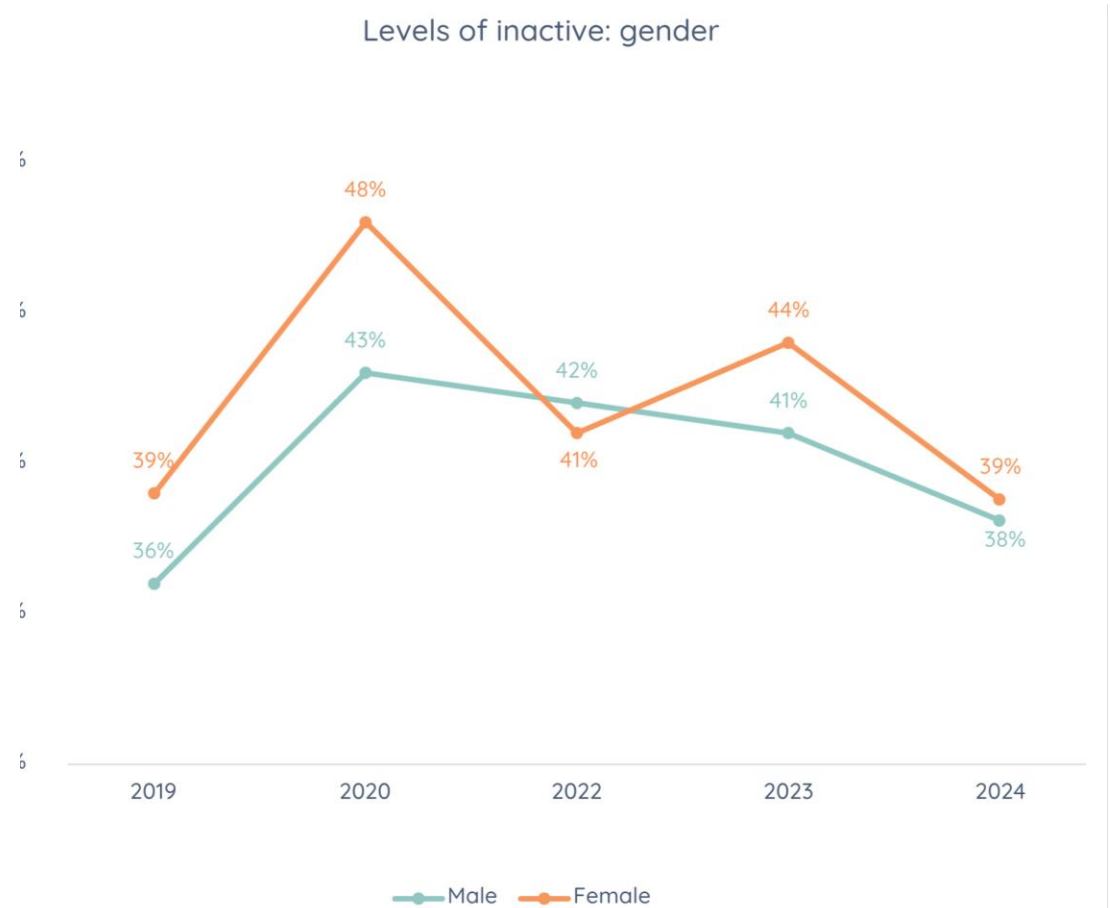
A year on year trend of reduction in those 'doing nothing' (the least active)

Exeter Priority Areas



Gender gap

A narrow gender inequality gap in activity levels

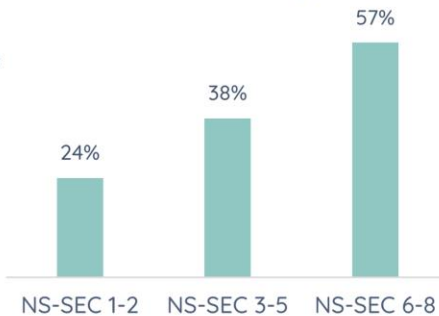


Inequalities 1

most demographics experienced a decrease in inactivity, and the most notable groups were those who are BAME, those aged 35-54 or 75+, and those with a disability.

Those in intermediate (NS-SEC 3-5) and lower (NS-SEC 6-8) occupations are significantly more likely to be inactive compared to those in higher occupations (NS-SEC 1-2). In addition to this, those in lower occupations are significantly more likely to be inactive compared to those in intermediate occupations.

Socio-economic groups



Source: Local Active Lives. Base: All residents 16yrs+ participating in Local Active Lives survey who are inactive excluding don't knows/not stated/ NS-SEC 9 (weighted 644)

- Those aged 75+ were significantly more likely to be inactive compared to all other age groups. Furthermore, those aged 55-74 were significantly more likely to be inactive than both those aged 35-54 and 16-34.

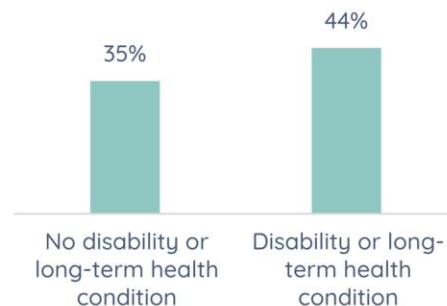
Age



Source: Local Active Lives. Base: All residents 16yrs+ participating in Local Active Lives survey who are inactive excluding not stated (weighted 674)

Those with a disability or long-term health condition are significantly more likely to be inactive compared to those to those without a disability or long-term health condition.

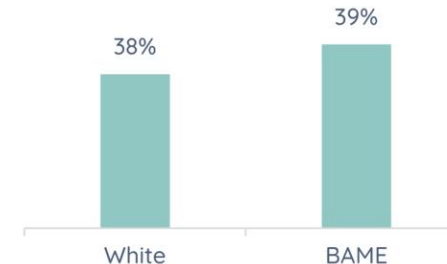
Disability



Source: Local Active Lives. Base: All residents 16yrs+ participating in Local Active Lives survey who are inactive including not stated (weighted 684)

- There was no significant difference in inactivity between those who were white or BAME.

Ethnicity



Source: Local Active Lives. Base: All residents 16yrs+ participating in Local Active Lives survey who are inactive excluding not stated (weighted 688)

Inequalities 2

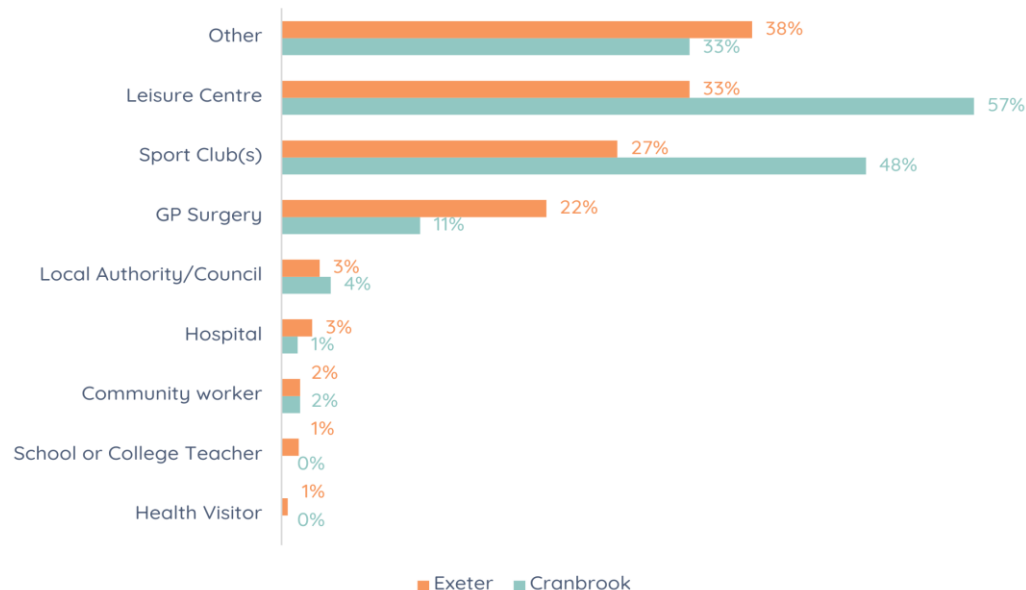
THE challenge – the stubborn inequality in Exeter remains those on low incomes compared to the mainstream population



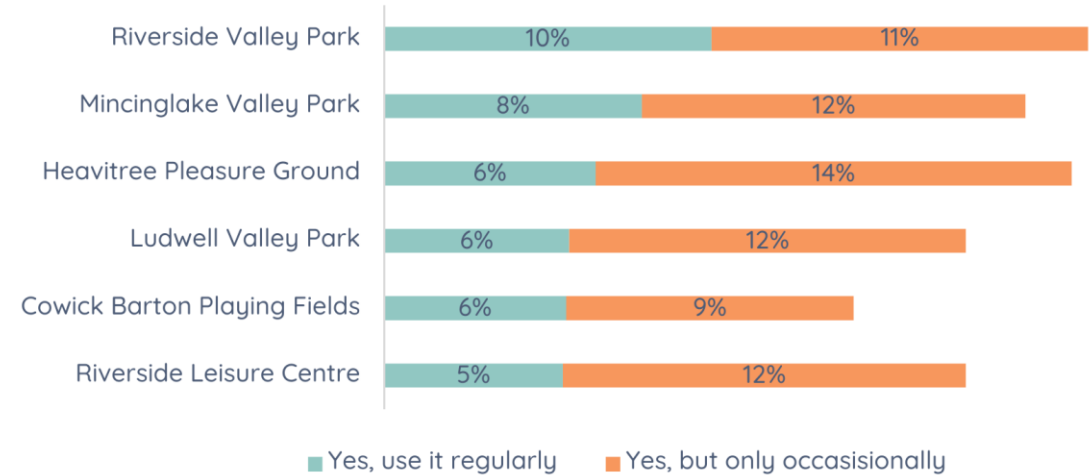
Facilities/Assets

Valley Parks are the most popular places to be active in the city

Most used sources of advice on physical activity



Use of facilities: Exeter priority areas



Most residents get their information to be active from a leisure centre, club or GP Surgery

An update on Newtown

- Phase 1 consultation is complete and results are being analysed (letter drop, surveys, public exhibitions, local communication)
- Phase 2 consultation (DCC led, Highways statutory responsibility) – the live draft Traffic Regulation Order adverts are out for consultation from 4-25th April
- The full scheme elements can be found here: [Newtown Plans - Live and Move](#)
- The website is being updated today with communication regarding the TROs and will be further updated with consultation responses and summary feedback in due course
- No decisions have yet been made about the scheme
- The consultation will be subject to ECC and DCC approval processes, approval to proceed will be sought during June/July. The scheme is scheduled for DCC HATOC on 15th July 2025