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Physical Activity

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Scope of briefing

This briefing looks at levels of physical activity and inactivity across West Sussex and how this has changed over time. This briefing does not comment on types of activities, sports and leisure provision or sport participation within the county.

Key messages

- According to the latest Active Lives Survey (2023/24), 70.4% adults (aged 19+) in West Sussex are meeting the recommended levels of physical activity. This is significantly higher than the national average (67.4%).
- In 2023/24, Arun had a significantly lower percentage of adults (19+) meeting recommendations (59.4%) compared to England (67.4%).
- In 2023/24, 18.8% of adults (aged 19+) in West Sussex were 'inactive', engaging in less than 30 minutes of activity per week.
- In 2023/24, percentage of inactive adults (19+) in Adur has fallen to 16.2%, a reduction of 4.1% compared to the previous year.

Background

Why is engaging in physical activity important?

Physical inactivity is becoming an increasing global concern, contributing to the growing burden of non-communicable diseases, such as cancer and type 2 diabetes, and premature death (WHO, 2024).

Currently, the UK population is approximately 20% less active than in the 1960s and if current trends continue, will be 35% less active by 2030⁴. Despite the well-established benefits of physical activity on physical health, mental wellbeing and quality of life (WHO, 2024), increasing physical activity is a considerable challenge.

There are observed differences in physical activity amongst certain populations – for example, research has highlighted gaps based on an individual's age, gender, ethnicity, socio-economic group and whether they have a disability or long term health condition (Sport England, n.d.).

What are the current guidelines?

The UK Chief Medical Officer (CMO) provides recommendations on the frequency, intensity and duration of physical activity across different life stages (Department of Health and Social Care, 2019). According to these recommendations, adults aged 19 and older adults should engage in the following each week:

- At least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling)
- 75 minutes of vigorous intensity activity (such as running or swimming)
- OR a combination of moderate, vigorous and very vigorous intensity activity (DHSC, 2019).
- Muscle-strengthening activities that work all major muscle groups on at least two days a week (NHS, 2024).

How do we measure physical activity?

Physical activity levels amongst adults are primarily measured through Sport England’s Active Lives Adults Survey. This survey collects data on adults weekly physical activity, measured in minutes of activity per week, to determine how many are meeting the CMO recommendations (Sport England, 2025).

To determine levels of activity, the ALAS use ‘moderate intensity equivalent minutes’ which standardises all activity levels to a single unit of time. For example, each minute of moderate physical activity (activities which raise your heart rate and make you feel a little out of breath) counts as one minute and each minute of vigorous physical activity (activities where you are out of breath or sweating) is counted as two moderate minutes (LG Inform, 2024; Sport England, n.d.).

Individuals are then categorised into one of three groups based on their weekly ‘moderate intensity equivalent minutes’ (see table 1), based on the CMO recommendations (see table 1).

Table 1: Level of activity used by the Active Lives Adults Survey

Category	Level of activity
Inactive	Less than 30 minutes of moderate intensity equivalent activity per week (in bouts of 10 minutes or more) in the previous 28 days
Fairly active	30-149 minutes of moderate intensity equivalent activity per week (in bouts of 10 minutes or more) in the previous 28 days

Category	Level of activity
Active	150+ minutes of moderate intensity equivalent activity per week (in bouts of 10 minutes or more) in the previous 28 days.

This briefing will present information on active and inactive adults within West Sussex, based on data provided by Sport England’s data tool and Fingertips, the Office for Health Improvements and Disparities (OHID) public health data collection and analysis tool.

Good to know

Both the Sport England data tool and Fingertips use ALAS data for their physical activity indicators but have slightly different definitions of physical activity:

- Sport England classifies adults as 16+ whereas OHID focus on adults aged 19+, as this aligns with the CMO recommendations.
- Sport England excludes gardening (as this is outside their remit) whereas OHID includes this in its analysis.

How many people meet the recommended guidelines of physical activity in West Sussex?

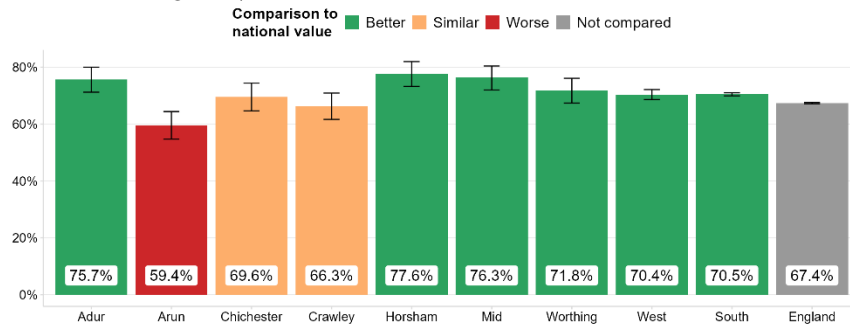
According to the latest Active Lives Survey (2023/24), 70.4% adults (aged 19+) in West Sussex were physically active (meeting the CMO recommendations), significantly higher than the national average (67.4%).

Across the district and boroughs, the percentage of adults who were physically active ranged from 77.6% (Horsham) to 59.4%

(Arun). Arun had a significantly lower percentage of adults who were physically active compared to the national average (67.4%), falling to its lowest level since the survey began (2015/16).

Figure 1 Percentage of physically active adults (19+) in West Sussex compared to South East and England; 2023/24

Percentage of physically active adults (19+) in West Sussex; 2023/24
Areas coloured according to comparison with national rate.



Error bars represent 95% confidence intervals
Source: OHID, based on Sport England data.

How has the percentage of adults meeting recommendations in West Sussex changed overtime?

Overtime, the percentage of adults who were physically active in West Sussex has remained around 70%, consistently higher than the national average.

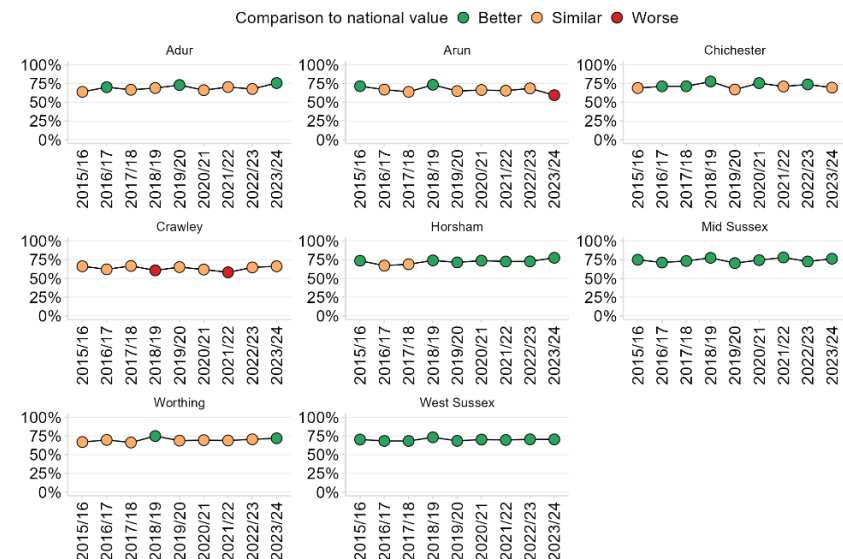
There is variation in physical activity levels across the county:

- Mid Sussex has a consistently higher percentage of physically active adults compared to the national average overtime, ranging from 70-78%.

- Activity levels have increased in Horsham from 71.4% in 2019/20 to 77.6% in 2023/24.
- Crawley reported significantly lower levels of activity compared to the national average in 2018/19 (60.8% vs 67.2%) and 2021/22 (58.2% vs 67.3%).
- Activity levels have decreased in Arun from 73.4% in 2018/19 to 59.4% in 2023/24.

Figure 2 Percentage of physically active adults (19+) in West Sussex; 2015/16-2023/24

Percentage of physically active adults (19+) in West Sussex; 2015/16-23/24



Source: OHID, based on Sport England data.

Are there demographic differences amongst adults meeting recommended guidelines?

Sport England's Active Lives data tool provides a more detailed breakdown of physical activity levels by demographic differences such as age, gender and ethnicity for West Sussex.

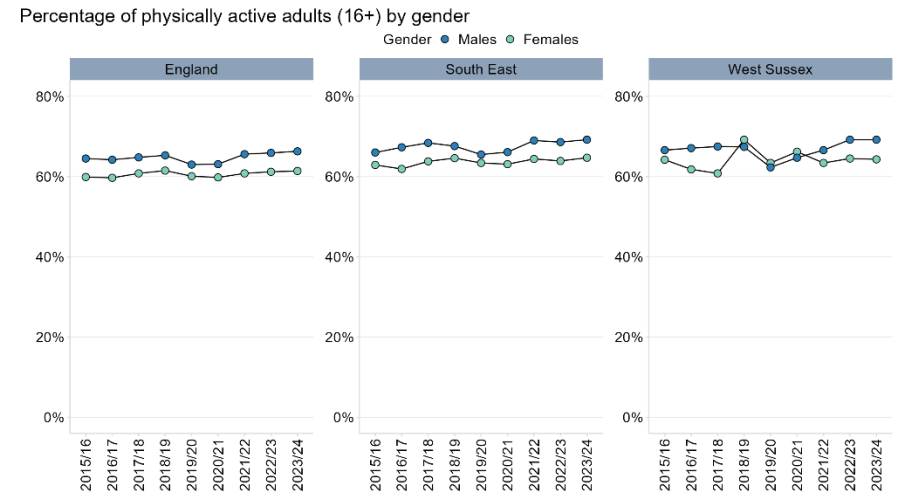
This section of the briefing focuses on adults aged 16 years and over. Accompanying data tables comparing West Sussex to the South East and England are provided in Appendix A.

Gender

According to the latest Active Lives Survey (2023/24), males in West Sussex (69.2%) were more likely to be physically active than females (64.3%). This is aligned with differences observed regionally, nationally and by the World Health Organisation globally.

However, from 2018/19 to 2020/21, the percentage of physically active females in West Sussex was slightly higher than males (see Appendix A for supplementary data tables). This differed from national and regional trends, where activity levels amongst males have remained consistently higher.

Figure 3 Percentage of physically active adults (16+) by gender for England, South East and West Sussex; 2015/16-2023/24



Source: Sport England ALAS

Good to know

In 2021, an initiative called “This Girl Can Sussex Network” was formed to bring together individuals working to support women and girls across Sussex to engage in more physical activity (Active Sussex, n.d.). Therefore, monitoring the impact of initiatives, like this network, on levels of physical activity moving forwards could be beneficial

Age

In 2023/24, adults aged 35-54 in West Sussex were the most likely to report being physically active with a higher percentage meeting CMO recommendations (70.3%), compared to 69% of 55-74s, 67.1% of 16-34s and 48.6% of adults aged 75+.

The percentage of active adults aged 16-34 in West Sussex has fallen to 67.1%, a reduction of 7.3% compared to the previous year (74.4%; 2022/23). Activity levels amongst this population remain lower than pre-pandemic (75.8%; 2018/29).

Ethnicity

Due to small sample sizes, data was only available for adults within three ethnic groups in West Sussex: Asian (excluding Chinese), White British and White Other.

In 2023/24, people from Asian (excluding Chinese; 58.8%), White British (67.6%), and White Other (67.1%) ethnic groups in West Sussex were more likely to be physical active than the national average. Despite more people from Asian (excluding Chinese) groups in West Sussex being physically active, this percentage has fallen overtime from 65.8% (2015/16) to 58.8% (2023/24).

Disability

Disabled people and people with long-term health conditions in West Sussex are less likely to be physically active - this is aligned with differences observed regionally and nationally.

In 2023/24, the percentage of people with a disability or long-term health condition meeting recommendations in West Sussex has risen to 53.9% from 48.3% in the previous year. This is higher than pre-pandemic levels (52.6%; 2018/19).

Socio economic status

The Active Lives Survey used the Office for National Statistics National Statistics Socio-Economic Classification (NS-SEC) to collect data on socio-economic groups, based on respondents'

occupation and other job characteristics (e.g., job type) (Harrington, 2023).

Sport England uses the eight-class version of the NS-SEC grouped into three broader categories: most affluent (NS-SEC 1-2), mid affluent (NS-SEC 3-5) and least affluent (NS-SEC 6-8).

Good to know

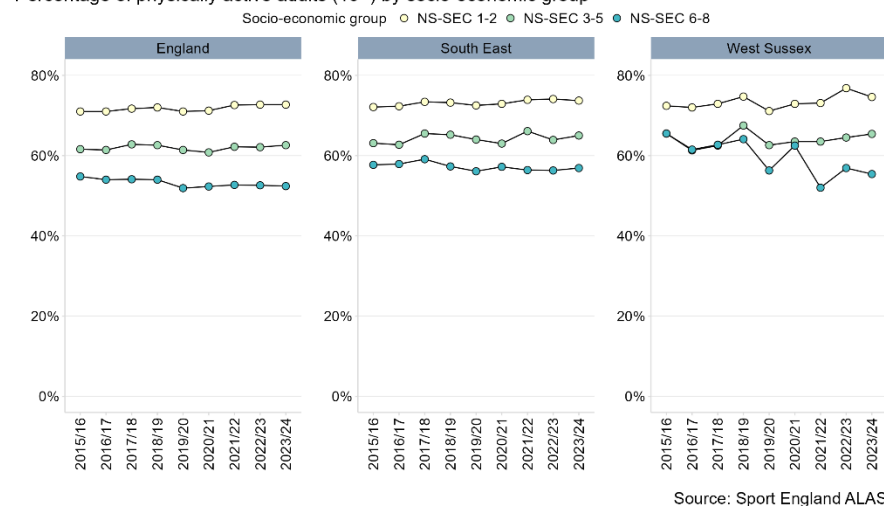
NS-SEC classifications refer to individuals aged 16-74 only. Further information on the definitions and groupings used by Sport England can be found in Appendix B.

Adults from higher socio-economic groups (NS-SEC 1-2) in West Sussex were more likely to be physically active, consistent with trends observed regionally and nationally.

However, there is fluctuation in the percentage of adults meeting recommendations in lower socio-economic groups (NS-SEC 6-8) in West Sussex overtime.

Figure 4 Percentage of physically active adults (16+) by socio-economic group for England, South East and West Sussex; 2015/16-2023/24

Percentage of physically active adults (16+) by socio-economic group



Is there a divide in activity levels based on where someone lives?

The ALAS uses the latest Index of Multiple Deprivation (IMD 2019) to categorise areas based on levels of deprivation. The IMD ranks small areas in England from the most deprived to least deprived. Areas are then split into 10 equal groups (deciles) which allow for comparisons between areas (Ministry of Housing, Communities & Local Government, 2019). Decile 1 represents the most deprived 10% of the national population and decile 10 represents the least deprived 10%.

Adults living within the most deprived areas in West Sussex (IMD deciles 1-3) were less likely to report meeting physical activity recommendations overtime, this is consistent with trends observed regionally and nationally.

Good to know

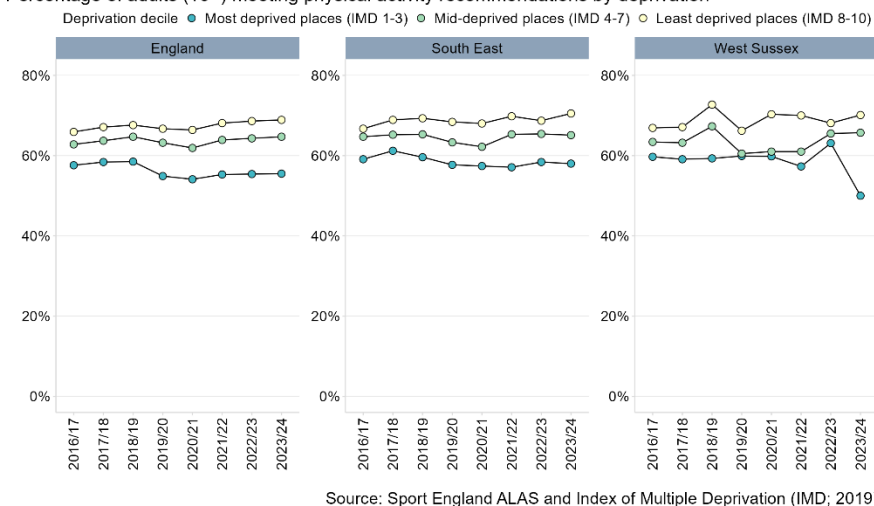
The IMD is a measure of area-based deprivation – this means not everyone living in a deprived area will be deprived and not everyone in the least deprived area will be affluent (Penney, 2019).

In 2023/24, adults in the most deprived areas in West Sussex were less likely to be physically active (50%) compared to those in the least deprived areas (70.1%). Further information on key findings from the IMD for West Sussex, refer to this briefing:

[West Sussex IMD 2019 Briefing.](#)

Figure 5 Percentage of physically active adults (16+) by deprivation decile for England, South East and West Sussex; 2015/16-2023/24

Percentage of adults (16+) meeting physical activity recommendations by deprivation



What is the impact of inequalities on physical activity?

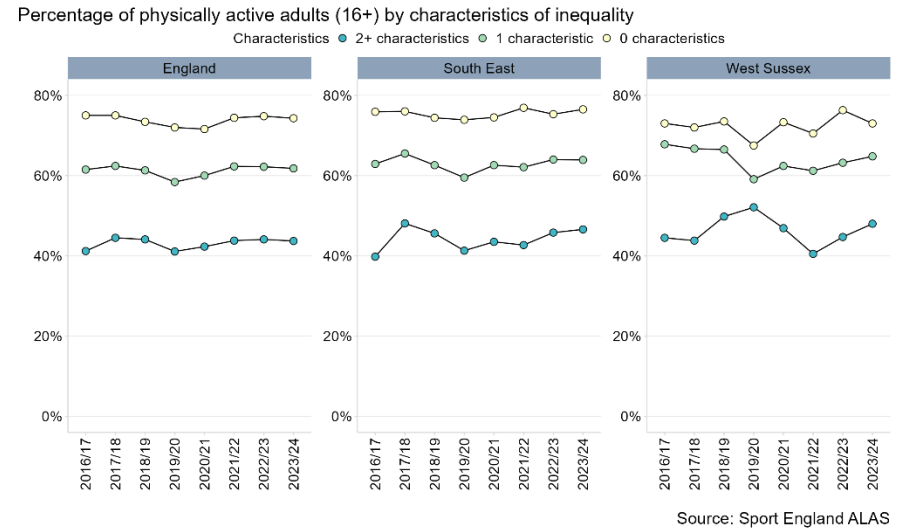
Sport England's inequalities metric explores differences in activity, attitudes and wellbeing by characteristics reported by respondents. According to this metric, there are certain characteristics that have the most impact on minutes of activity:

- Disabled people and those with a long-term health condition
- Age 65 and over
- Lower socioeconomic groups (NS-SEC 6–8)
- Asian, Black, and Chinese adults
- Pregnant women and parents of children under one
- Adults of Muslim faith

Adults with two or more characteristics of inequality (e.g., aged 65 and older and from a lower socio-economic group) are least likely to be active. In 2023/24, 48% of adults in West Sussex experiencing two or more characteristics of inequality were physically active compared to those with one (64.8%) or no characteristics (73%) of inequality.

This trend persists overtime and in line with the South East and England.

Figure 6 Percentage of physically active adults (16+) by characteristics of inequality for England, South East and West Sussex; 2015/16-2023/24



Do activity levels vary across neighbourhoods in West Sussex?

The Active Lives 'Small Area Estimates Project' provides estimates of adults who are active and inactive at middle super output area (resident population between 5,000-15,000 persons) and lower super output areas (resident population between 1,000-3,000 persons) across the country.

The project also includes demographic information, with data broken down by age, gender, ethnicity, disability and socioeconomic group. This briefing will focus on activity levels across lower super output areas or 'neighbourhoods' in West Sussex.

Good to know

The small area estimates are calculated using a different technique to the published Active Lives results. This means there are small variations and estimates do not completely align with the published findings. Further information available here: [Small Area Estimates of Physical Activity in England: A Guide for Data Users](#)

A combination of static and interactive maps helps to understand geographic disparities across neighbourhoods in West Sussex and provide an overview of differences (for both physical activity and inactivity levels) by age, sex and socio-economic group. The interactive maps, which provide a more detailed breakdown of these characteristics, are available here.

Physical activity

Between November 2022 and November 2023, the percentage of adults (16+ years) who reported meeting physical activity recommendations ranged from 52.5% to 73.7% across neighbourhoods in West Sussex.

Table 2 Percentage range of adults (16+) meeting physical activity recommendations across small areas in West Sussex grouped by district and boroughs; November 2022/23.

Area	Minimum (%)	Maximum (%)
Adur	57.8%	66.2%
Arun	59%	70.1%
Chichester	63%	73.7%

Area	Minimum (%)	Maximum (%)
Crawley	52.5%	65.6%
Horsham	60.6%	70.6%
Mid Sussex	61.3%	71.9%
Worthing	57.8%	69.1%

Sport England: Small Area Estimates of Physical Activity in England, November 2022/23

Data was broken down into 5% bands. For most neighbourhoods within West Sussex (253, 47.6%), 65-69.9% of adults were physically active.

36 (6.8%) neighbourhoods in West Sussex had more than 70% of adults meeting physical activity recommendations. Most of these neighbourhoods were in Chichester (n = 17) and Horsham (n = 15).

Four neighbourhoods in Crawley had the lowest levels of adults meeting physical activity across the county, ranging between 52.5-54.9%.

Table 3 Small areas with the lowest levels of physical activity in West Sussex, based on Sport England's Small Area Estimates Tool; November 2022/23

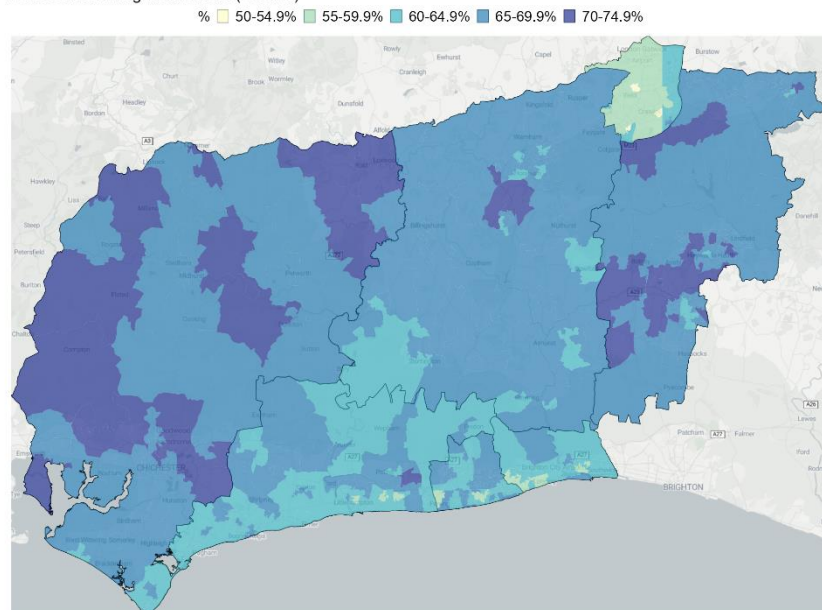
LSOA name	Falls within MSOA	Physically active (%)
Crawley 001E	Langley Green & Gatwick Airport	52.5%
Crawley 009C	Maidenbower West & Furnace Green	54.2%

LSOA name	Falls within MSOA	Physically active (%)
Crawley 013D	Broadfield East	54.6%
Crawley 001D	Langley Green & Gatwick Airport	54.9%

Source: Sport England ALAS

Figure 7 Map of adults (16+) meeting physical activity recommendations across West Sussex neighbourhoods; November 2022/23

Percentage of adults (16+) meeting physical activity recommendations across West Sussex neighbourhoods (LSOAs)



Sport England: Small Area Estimates of Physical Activity in England, November 2022-23

Inequalities

Age

A higher percentage of young people (aged 16-34s) reported meeting physical activity recommendations (59.2-80.2%) across West Sussex neighbourhoods compared to other age bands, with an average of 72.4%. Over 75s were least likely to be physically active (26.4-51.8%, average = 40.9%).

Sex

Males more likely to report meeting physical activity recommendations (55.9-76.1%) compared to females (48.8-71.5%) across West Sussex neighbourhoods.

Ethnicity

People from mixed ethnic backgrounds were the most likely to be physically active across neighbourhoods in West Sussex than respondents from other ethnic groups (61-77.2%, average = 69.5%).

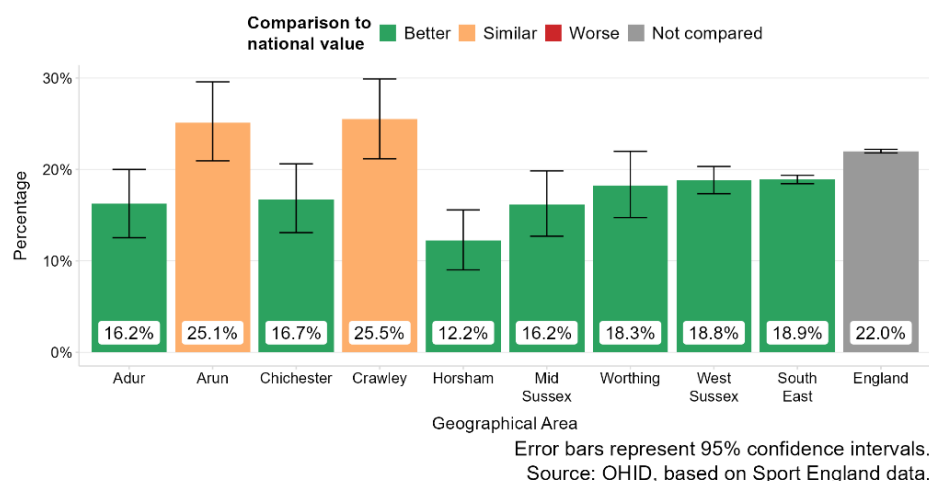
How many people are physically inactive in West Sussex?

According to the latest Active Lives Survey (2023/24), 18.8% of adults (aged 16+) in West Sussex were 'inactive', defined as engaging in less than 30 minutes of activity per week, significantly lower than England (22%).

Across the district and boroughs, percentage of inactive adults ranged from 12.2% (Horsham) to 25.5% (Crawley).

Figure 8 Percentage of physically inactive adults (19+) in West Sussex compared to South East and England; 2023/24

Percentage of physically inactive adults (19+) in West Sussex; 2023/24



The percentage of inactive adults in West Sussex has remained significantly lower than England since the ALAS began in 2015/16.

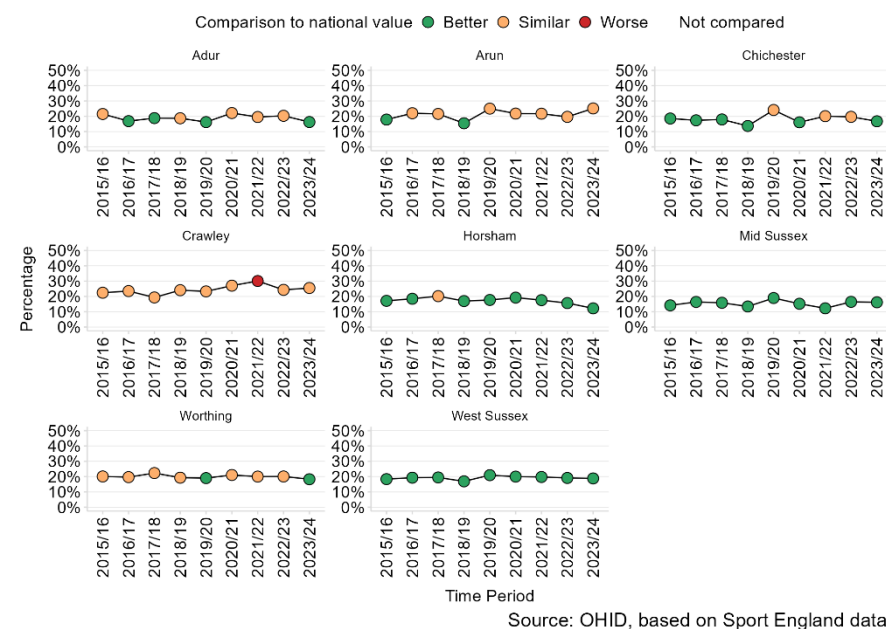
However, levels of inactivity vary across the county:

- In 2021/22, 30.1% of adults were inactive in Crawley, significantly higher than England (22.3%). Although inactivity levels in Crawley have since decreased (25.5%; 2023/24), they continue to be the highest amongst the district and boroughs.
- Percentage of inactive adults in Arun has increased from 15.4% (2018/19 – pre pandemic) to 25.1% (2023/24)
- Percentage of inactive adults in Adur has fallen to 16.2%, a reduction of 4.1% compared to the previous year.

- Percentage of inactive adults in Horsham has fallen from 19.2% (2021/22) to 12.2% (2023/24)

Figure 9 Percentage of physically inactive adults (19+) in West Sussex; 2015/16-2023/24

Percentage of physically inactive adults (19+) in West Sussex; 2015/16-23/24



Do inactivity levels vary across neighbourhoods in West Sussex?

The Active Lives 'Small Area Estimates Project' also provides estimates of adults who are inactive, doing less than 30 minutes of activity per week. Between November 2022 and November 2023, the percentage of inactive adults (16+ years) ranged from 17.2% to 33.9% across neighbourhoods in West Sussex.

Table 4 Percentage range of adults (16+) categorised as 'physically inactive across small areas in West Sussex grouped by district and boroughs; November 2022/23.

Area	Minimum (%)	Maximum (%)
Adur	22.2%	30.1%
Arun	19.2%	29.5%
Chichester	17.2%	27.3%
Crawley	21.5%	33.9%
Horsham	18.0%	27.6%
Mid Sussex	16.8%	26.6%
Worthing	20.2%	31.8%

Sport England: Small Area Estimates of Physical Activity in England, November 2022-23

Data was broken down into 5% bands - for most neighbourhoods within West Sussex (274, 51.5%), 20-24.9% of adults were physically inactive.

15 (2.8%) neighbourhoods in West Sussex had 30% or more adults who were physically inactive. Most of these neighbourhoods were in Crawley (n = 11), with 2 areas in Adur and 2 in Worthing.

Table 5 Small areas with the highest levels of physical inactivity in West Sussex, based on Sport England's Small Area Estimates Tool; November 2022/23

LSOA name	Falls within MSOA	Physically inactive (%)
Adur		

LSOA name	Falls within MSOA	Physically inactive (%)
Adur 008B	South Lancing	30.0%
Adur 006E	Cokeham & Sompting	30.1%
Crawley		
Crawley 004B	Manor Royal & Northgate	30.4%
Crawley 007C	Southgate	30.5%
Crawley 001A	Langley Green & Gatwick Airport	30.6%
Crawley 001C	Langley Green & Gatwick Airport	30.6%
Crawley 003E	Ewhurst & West Green	30.6%
Crawley 013A	Broadfield East	30.9%
Crawley 012E	Broadfield West	31.2%
Crawley 001D	Langley Green & Gatwick Airport	31.8%
Crawley 013D	Broadfield East	32.2%
Crawley 009C	Maidenbower West & Furnace Green	32.5%
Crawley 001E	Langley Green & Gatwick Airport	33.9%
Worthing		
Worthing 010B	Heene	30.4%
Worthing 010E	Heene	31.8%

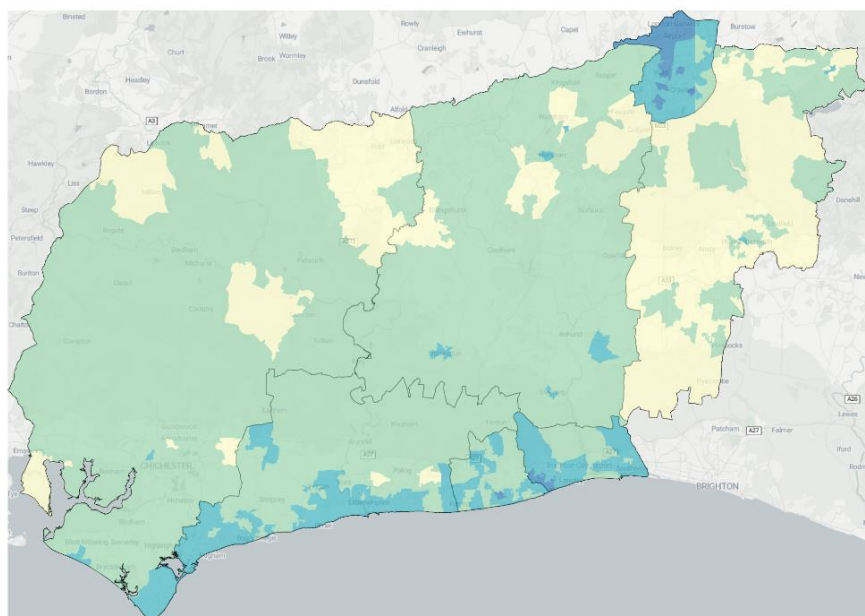
LSOA name	Falls within MSOA	Physically inactive (%)
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Source: Sport England ALAS

Figure 10 Map of adults (16+) categorised as 'physically inactive' across West Sussex neighbourhoods; November 2022/23

Percentage of inactive adults (16+) across West Sussex neighbourhoods (LSOAs)

% 16-20% 20-24.9% 25-29.9% 30-34.9%



Sport England: Small Area Estimates of Physical Activity in England, November 2022-23

Inequalities

Age

Adults aged 75+ reported highest levels of physical inactivity compared to other age groups across West Sussex neighbourhoods (12.8-27.7%, average 17.6%).

Sex

Females were more likely to report being physically inactive (17.9-36.8%; average 25.5%) compared to males (15.7-31.3%; average 21.9%) across West Sussex neighbourhoods.

Ethnicity

People from Asian (excluding Chinese) ethnic groups were most likely to be physically inactive across neighbourhoods in West Sussex (24.2-41.6%, average = 30.9%).

Muscle strengthening

In 2019, the CMO physical activity guidelines were updated to include muscle strengthening activities. Alongside engaging in at least 150 minutes of physical activity a week, the CMO recommends that adults do two or more sessions of muscle strengthening activities a week⁷. Examples of muscle strengthening include heavy gardening, shopping and resistance training⁷.

How many people are meeting the muscle strengthening guidelines?

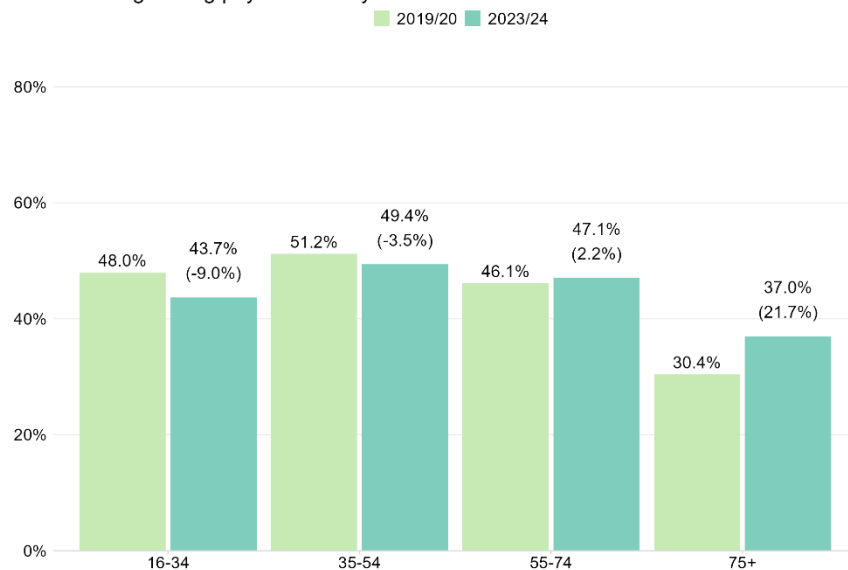
The percentage of adults who reported meeting muscle strengthening recommendations in 2023/24 remained

unchanged from 2019/20, this is the same pattern observed nationally.

Sport England reported a negative correlation between age and meeting muscle strengthening guidelines (as age increases, percentage of adults meeting guidelines decreases). Despite this, there have been increases in older adults (55+) meeting recommendations in West Sussex.

Figure 11 Percentage of adults (16+) meeting muscle strengthening recommendations in West Sussex by age; 2019/20 vs 2023/24

Percentage of adults (16+) in West Sussex engaging in 2+ sessions of muscle strengthening physical activity a week



Source: Sport England ALAS

Active Travel

How many people are engaging in 'active travel' in West Sussex?

Active travel refers to everyday 'journeys for a purpose', such as walking to work or cycling to school (POST, 2025), and associated with numerous benefits such as increased fitness, cheaper journeys and reduced air pollution (Public Health England, 2016).

Promoting active travel has been recognised as an opportunity for local authorities to support health and wellbeing within the community by the Office of Health Improvement and Disparities (OHID), as the use of travel is associated with lower body mass index (BMI).

Data produced by the Department for Transport (DfT), based on the ALAS, provides the percentage of adults (16+) walking for travel at least three days per week. This is defined as the percentage of adults walking for travel in bouts of ten minutes or more on at least twelve days in the previous month (OHID, 2025).

Good to know

There are caveats to be aware of when interpreting this data produced by the Department for Transport.

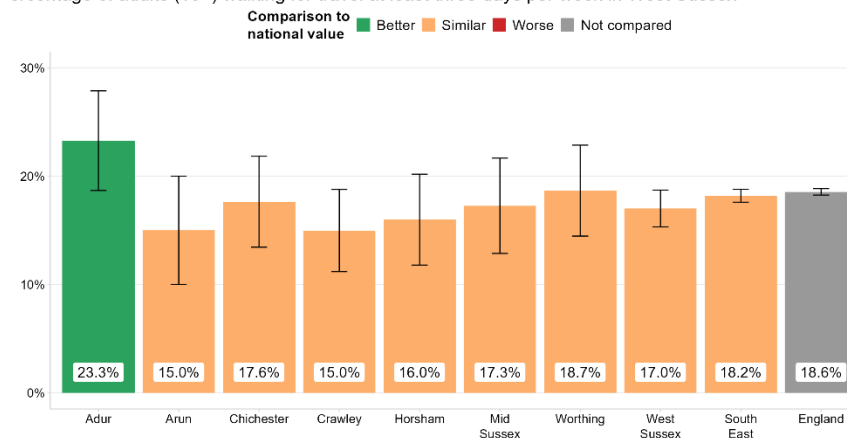
This data focuses on the number of days adults walked for and does not provide information on the number, length or intensity of trips (e.g., whether the walk was intense enough to achieve the benefits of physical activity).

In 2022/23, 17% of adults (16+) in West Sussex walked for travel at least three days a week. This is not significantly different from the national average (18.6%).

Across the district and boroughs, the percentage of adults (16+) walking for travel ranged from 15% (Crawley) to 23.3% (Adur).

Figure 12 Percentage of adults (16+) walking for travel at least two days a week in West Sussex compared to South East and England; 2023/24

Percentage of adults (16+) walking for travel at least three days per week in West Sussex



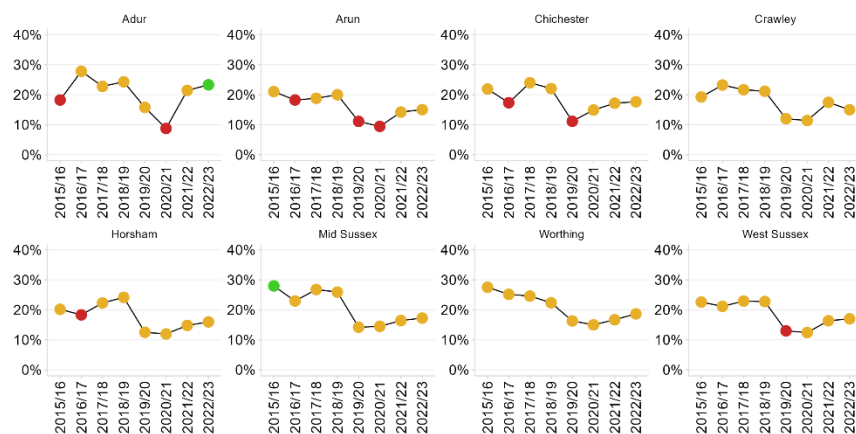
Error bars represent 95% confidence intervals
Source: OHID, based on Sport England data.

In 2022/23, the percentage of adults walking for travel at least three days a week is lower than pre-pandemic levels across the district and boroughs. This could be indicative of the increase in people working from home and hybrid working (combination of office-remote arrangements) since the pandemic (Mutebi & Hobbs, 2022).

Figure 13 Percentage of adults (16+) walking for travel at least two days a week in West Sussex; 2015/16-23/24

Percentage of adults (16+) walking for travel at least three days per week; 2015/16-22/23

Compared to England — Better — Similar — Worse — Not compared



Source: OHID, based on Sport England data.

Supporting travel behaviour change, such as encouraging individuals to consider walking and cycling when completing shorter journeys, has been recognised as a key priority within the West Sussex Active Travel Strategy 2024-2036 (WSCC, 2024).

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Appendix A: Supplementary tables

Percentage of physically active adults (16+) by gender

Area	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/24
Males									
West Sussex	66.6%	67.1%	67.5%	67.4%	62.3%	64.7%	66.6%	69.2%	69.2%
South East	66.0%	67.3%	68.4%	67.6%	65.5%	66.1%	69.0%	68.6%	69.2%
England	64.5%	64.2%	64.8%	65.3%	63.0%	63.1%	65.6%	65.9%	66.3%
Females									
West Sussex	64.2%	61.8%	60.8%	69.2%	63.4%	66.2%	63.4%	64.5%	64.3%
South East	62.9%	61.9%	63.8%	64.6%	63.4%	63.1%	64.4%	63.9%	64.7%
England	59.9%	59.7%	60.8%	61.5%	60.1%	59.8%	60.8%	61.2%	61.4%

Source: [Sport England ALAS](#)

Percentage of physically active adults (16+) by age

Area	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/24
75+									
West Sussex	39.2%	41.3%	34.7%	44.4%	40.4%	44.8%	47.0%	46.2%	48.6%
South East	36.0%	36.3%	38.0%	41.0%	39.8%	41.0%	43.5%	45.3%	45.2%
England	33.4%	33.5%	35.4%	40.5%	37.6%	39.3%	41.2%	42.8%	42.7%
55-74									
West Sussex	61.9%	60.1%	62.4%	67.7%	61.6%	66.6%	67.8%	67.9%	69.0%
South East	59.9%	61.2%	63.7%	65.2%	63.6%	64.3%	66.6%	66.7%	66.4%

Area	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/24
England	57.0%	58.3%	59.2%	61.1%	59.8%	60.9%	62.0%	62.3%	63.3%
35-54									
West Sussex	70.5%	69.5%	71.8%	73.3%	70.0%	69.2%	66.7%	70.1%	70.3%
South East	68.8%	69.0%	69.7%	69.6%	69.3%	68.9%	70.1%	68.4%	69.2%
England	65.7%	65.6%	66.1%	66.1%	64.9%	64.7%	65.9%	65.6%	65.4%
16-34									
West Sussex	75.1%	75.0%	71.0%	75.8%	69.4%	70.9%	69.3%	74.4%	67.1%
South East	74.3%	73.6%	75.2%	72.6%	69.3%	69.6%	72.2%	72.4%	73.3%
England	72.2%	70.6%	71.9%	70.2%	67.6%	66.5%	69.6%	70.1%	69.9%

Source: [Sport England ALAS](#)

Percentage of physically active adults (16+) by ethnicity

Area	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/24
Asian (excluding Chinese)									
West Sussex	67.7%	*	65.7%	57.4%	60.9%	54.9%	65.1%	65.8%	58.8%
South East	59.9%	55.2%	61.5%	58.5%	51.9%	54.0%	60.2%	59.2%	60.3%
England	55.6%	54.0%	56.3%	53.9%	49.5%	50.4%	55.0%	55.3%	54.7%
White Other									
West Sussex	60.2%	58.8%	61.9%	71.9%	72.2%	68.2%	60.1%	65.7%	67.6%
South East	64.5%	66.3%	70.4%	67.0%	62.8%	65.6%	67.6%	67.6%	68.9%
England	65.8%	65.3%	66.8%	65.3%	63.4%	65.0%	66.8%	66.9%	66.9%
White British									

Area	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/24
West Sussex	65.7%	66.0%	63.9%	69.0%	62.8%	65.8%	65.8%	67.6%	67.1%
South East	64.8%	65.2%	66.1%	66.7%	65.7%	65.1%	67.3%	66.9%	67.8%
England	62.8%	62.9%	63.6%	64.6%	63.1%	62.7%	64.4%	64.9%	65.2%

Source: [Sport England ALAS](#)

Percentage of physically active adults (16+) by socioeconomic status

Area	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/24
NS-SEC 6-8									
West Sussex	65.5%	61.5%	62.7%	64.1%	56.3%	62.5%	52.0%	56.9%	55.4%
South East	57.7%	57.9%	59.1%	57.3%	56.1%	57.2%	56.4%	56.3%	56.9%
England	54.8%	54.0%	54.1%	54.0%	51.9%	52.3%	52.7%	52.6%	52.4%
NS-SEC 3-5									
West Sussex	65.5%	61.3%	62.5%	67.5%	62.6%	63.5%	63.5%	64.5%	65.4%
South East	63.1%	62.7%	65.5%	65.2%	64.0%	63.0%	66.1%	63.9%	65.0%
England	61.6%	61.4%	62.8%	62.6%	61.4%	60.8%	62.2%	62.1%	62.6%
NS-SEC 1-2									
West Sussex	72.4%	72.0%	72.9%	74.7%	71.1%	72.9%	73.1%	76.8%	74.6%
South East	72.1%	72.3%	73.4%	73.2%	72.5%	72.9%	73.9%	74.1%	73.7%
England	71.0%	71.0%	71.7%	72.0%	71.0%	71.2%	72.6%	72.7%	72.7%

Source: [Sport England ALAS](#)

Percentage of physically active adults (16+) by deprivation

Area	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/24
Least deprived areas (IMD deciles 8-10)								
West Sussex	66.9%	67.1%	72.7%	66.2%	70.3%	70.0%	68.1%	70.1%
South East	66.7%	68.9%	69.3%	68.4%	68.0%	69.8%	68.7%	70.5%
England	65.9%	67.1%	67.6%	66.7%	66.4%	68.1%	68.6%	68.9%
Mid-deprived places (IMD deciles 4-7)								
West Sussex	63.4%	63.2%	67.3%	60.5%	61.0%	61.0%	65.5%	65.7%
South East	64.7%	65.2%	65.3%	63.3%	62.2%	65.3%	65.4%	65.1%
England	62.8%	63.7%	64.7%	63.2%	61.9%	63.9%	64.3%	64.7%
Most deprived areas (IMD deciles 1-3)								
West Sussex	59.7%	59.1%	59.3%	59.9%	59.8%	57.3%	63.1%	50.0%
South East	59.1%	61.2%	59.6%	57.7%	57.4%	57.1%	58.4%	58.0%
England	57.6%	58.4%	58.5%	54.9%	54.1%	55.3%	55.4%	55.5%

Source: [Sport England ALAS](#)

Percentage of physically active adults (16+) by disability or long-term health condition

Area	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/24
No disability or long-term health condition									
West Sussex	69.0%	68.2%	69.2%	72.3%	66.7%	69.3%	69.8%	72.4%	70.8%
South East	68.7%	68.8%	70.0%	69.4%	68.4%	68.7%	71.1%	71.0%	71.5%
England	66.7%	66.4%	67.6%	67.5%	65.7%	66.1%	68.1%	68.6%	68.9%
Disability or long-term health condition									

Area	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/24
West Sussex	47.5%	50.4%	46.2%	52.6%	45.9%	49.4%	46.8%	48.3%	53.9%
South East	45.1%	45.5%	49.5%	51.2%	47.7%	47.6%	49.7%	49.9%	51.7%
England	43.6%	43.6%	44.8%	47.3%	45.4%	45.2%	47.5%	47.8%	48.4%

Source: [Sport England ALAS](#)

Percentage of physically active adults by characteristics of inequality

Area	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/24
2+ characteristics								
West Sussex	44.5%	43.8%	49.8%	52.1%	46.9%	40.5%	44.7%	48.0%
South East	39.8%	48.1%	45.6%	41.3%	43.5%	42.7%	45.8%	46.6%
England	41.2%	44.5%	44.1%	41.1%	42.3%	43.8%	44.1%	43.7%
1 characteristic								
West Sussex	67.8%	66.7%	66.5%	59.1%	62.4%	61.2%	63.2%	64.8%
South East	62.9%	65.5%	62.6%	59.5%	62.6%	62.1%	64.0%	63.9%
England	61.5%	62.4%	61.3%	58.4%	60.0%	62.3%	62.2%	61.8%
0 characteristics								
West Sussex	73.0%	72.0%	73.5%	67.5%	73.3%	70.5%	76.3%	73.0%
South East	75.9%	76.0%	74.4%	73.9%	74.5%	76.9%	75.3%	76.5%
England	75.0%	75.0%	73.4%	72.0%	71.6%	74.4%	74.8%	74.3%

Source: [Sport England ALAS](#)