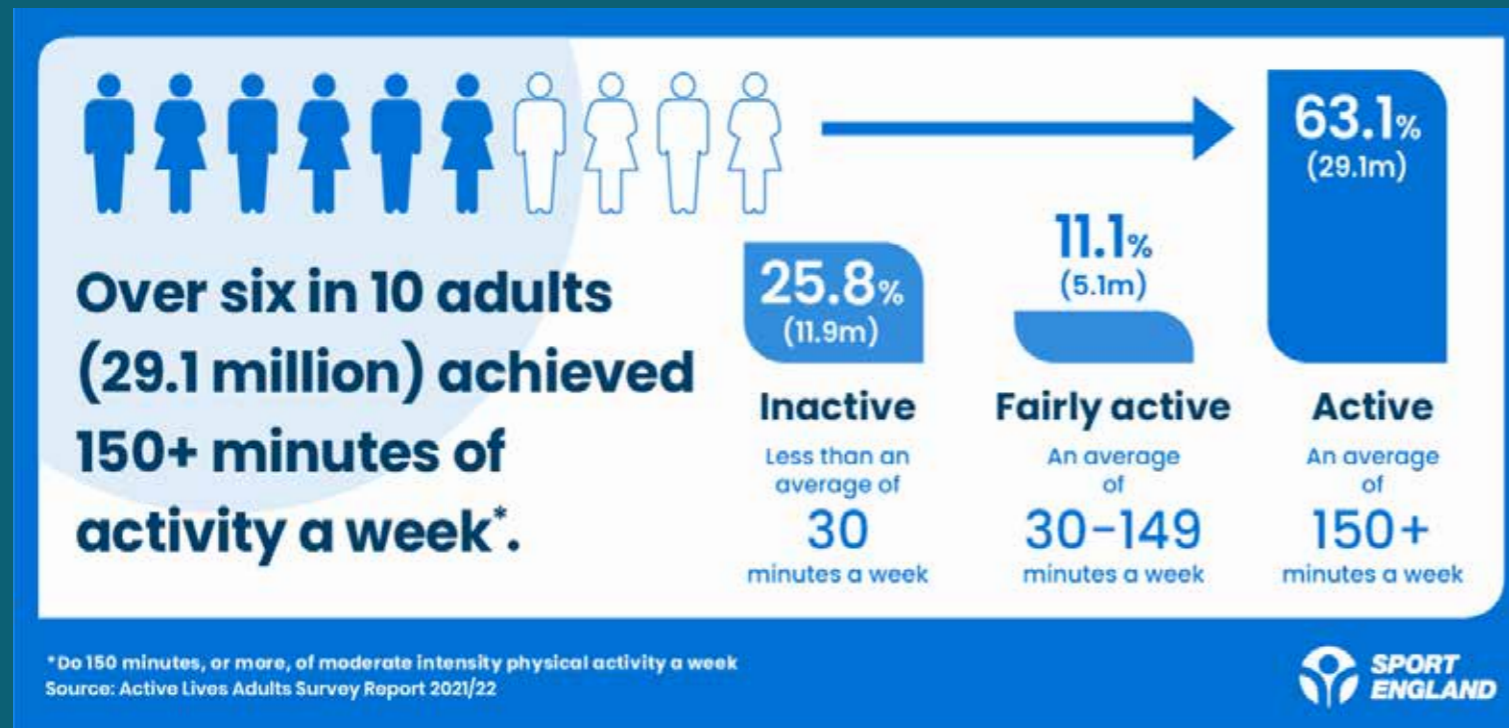


# Adults' activity levels in England recover to pre-pandemic levels



1.5 million more adults are **Active** since the survey began in 2015/16.



The number of people classed as **Inactive** has **reduced to 25.8%**, a reduction of -1.4% on last year.



## In Dorset...

**66.7%**

Numbers of **active** adults up by over 6% just over 27,000 people more doing 150+ minutes of activity a week since 2020-21.



Limited change in adults who are **fairly active**.

**19.2%**

Over 44,000 fewer **inactive** adults from 2020-21, down by over 5% from 2020-2021.



## In BCP...

**62.9%**

Numbers of **active** adults down by 3%, 6,000 fewer people meeting CMO guidelines of 150+ minutes of activity a week.



Limited change in adults who are **fairly active** for both BCP and Dorset LA areas.

**25.7%**

**Inactive** adults up by over 4,000, 25.7% of BCP adult population.