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England

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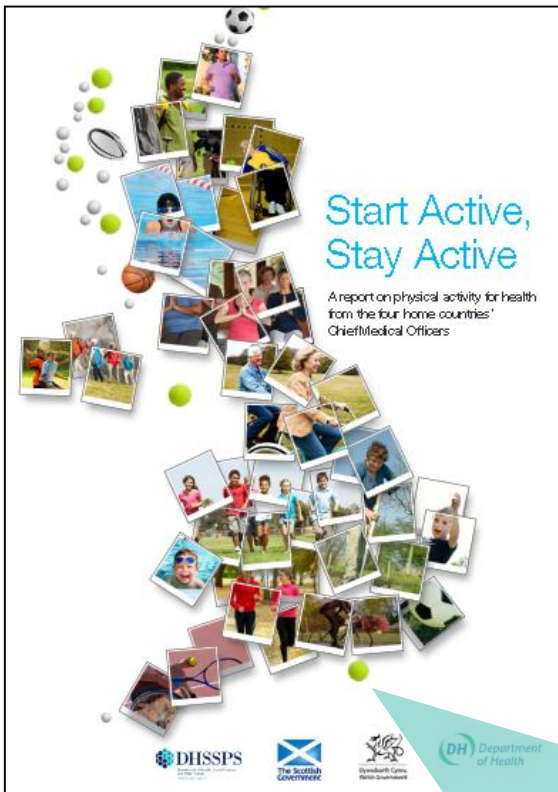
# Physical activity and dance data

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**Why dance matters; Reducing inequalities and tackling inactivity, 25<sup>th</sup> June 2018**



# Dance and the physical activity guidelines



Physical activity  
(expenditure of calories,  
raised heart rate)

**Everyday activity:**

- Active travel (cycling/walking)
- Heavy housework
- Gardening
- DIY
- Occupational activity (active/manual work)

**Active recreation:**

- Recreational walking
- Recreational cycling
- Active play
- Dance**

**Sport:**

- Sport walking
- Regular cycling (≥ 30 min/week)
- Swimming
- Exercise and fitness training
- Structured competitive activity
- Individual pursuits
- Informal sport

**“...activities that require hard muscle work such as dance can also help maintain or even improve strength”**

<https://www.gov.uk/government/publications/start-active-stay-active-a-report-on-physical-activity-from-the-four-home-countries-chief-medical-officers>



# Physical activity infographics

## Physical activity for early years (birth – 5 years)

Active children are healthy, happy and school ready and sleep better

- BUILDS RELATIONSHIPS & SOCIAL SKILLS
- MAINTAINS HEALTH & WEIGHT
- IMPROVES SLEEP
- DEVELOPS MUSCLES & BONES

Every movement counts



- JUMP
- MESSY PLAY
- THROW
- OBJECT PLAY
- DANCE
- GAMES
- TUMMY TIME
- SWIM
- WALK
- SCOOT

Move more. Sit less. Play

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active

## Physical activity for children and young people (5–18 Years)

Be physically active

- BUILDS CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- STRENGTHENS MUSCLES & BONES
- IMPROVES HEALTH & FITNESS

Be physically active

Spread activity throughout the day



- PLAY
- RUN/WALK
- SWIM
- SKATE
- SKIP
- CLIMB
- Include muscle and bone strengthening activities **3 TIMES PER WEEK**
- LOUNGING

Sit less

Find ways to help all children and young people at least 60 minutes of physical activity

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active

## Physical activity benefits for adults and older adults

- BENEFITS HEALTH
- IMPROVES SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGES STRESS
- IMPROVES QUALITY OF LIFE

## What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

**Be Active** (VIGOROUS/MODERATE)

**Sit Less** (TV, SOFA, COMPUTER)

**Build Strength** (RESISTANCE TRAINING)

MINUTES PER WEEK: **75 OR 150**

OR A COMBINATION OF BOTH

Something is better than nothing. Start small and build up just 10 minutes at a time. MAKE A START TODAY.

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active

## Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

Not active? Start gradually. Already active? Keep going.



No evidence of harm. Listen to your body and adapt. Don't bump the bump.

UK Chief Medical Officers' Recommendations 2017: Physical Activity in Pregnancy

<https://www.gov.uk/government/publications/start-active-stay-active-infographics-on-physical-activity>



# PHE Physical Activity tool

## Physical Activity

Indicator keywords

Key Indicators

Related conditions

Supporting information

Overview
Compare indicators
Map
Trends
Compare areas
Area profiles
Inequalities
Definitions
Download

Area type: District & UA ▾ Areas grouped by: Region ▾ Benchmark: England ▾  
 Area: Barnsley ▾ Region: Yorkshire and the Humber ▾  
[Search for an area](#) [CIPFA nearest neighbours to Barnsley](#)

Compared with benchmark Better Similar Worse Lower Similar Higher Not compared \* a note is attached to the value, hover over to see more details

Export table as image

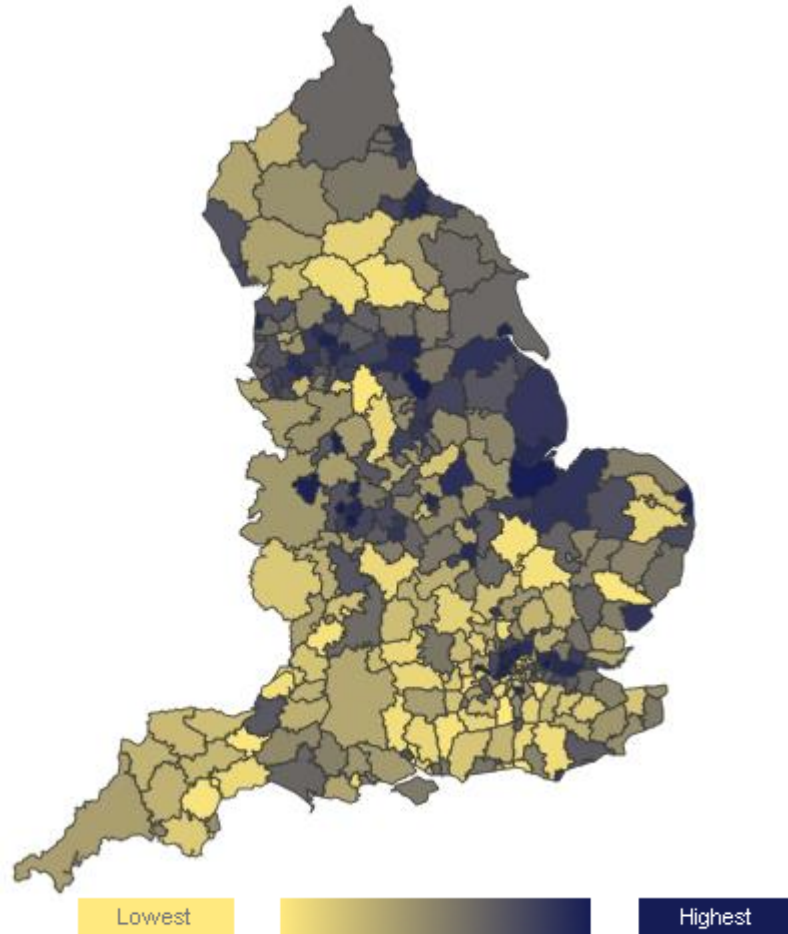
Indicator	Period	England	Yorkshire and the Humber region	Barnsley	Bradford	Calderdale	Craven	Doncaster	East Riding of Yorkshire	Hambleton	Harrogate	Kingsdon upon Hull	Kirklees	Leeds	North East Lincolnshire	North Lincolnshire	Richmondshire	Rotherham	Ryedale	Scarborough	Selby	Sheffield	Wakefield	York
Percentage of physically active adults - current method	2016/17	66.0	64.6	60.9	63.7	63.7	74.3	67.4	68.9	69.2	73.1	61.9	61.0	66.4	64.7	59.9	74.5	58.0	70.0	62.1	65.8	63.8	60.0	72.0
Percentage of physically inactive adults - current method	2016/17	22.2	24.1	27.7	23.3	23.8	16.3	22.0	22.9	20.0	15.4	29.8	25.7	22.5	25.5	27.4	16.6	31.0	22.6	22.4	21.9	23.8	28.2	18.3

<https://fingertips.phe.org.uk/profile/physical-activity>

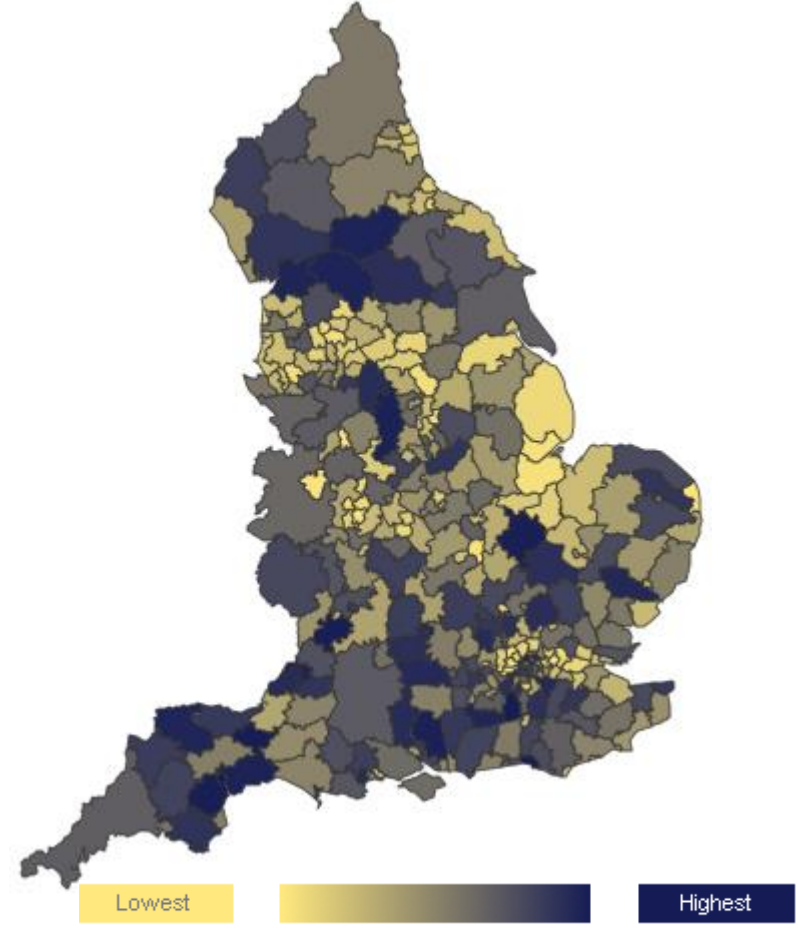


# PHE physical activity indicators

Inactive (<30 mins)



Active (150+ mins)

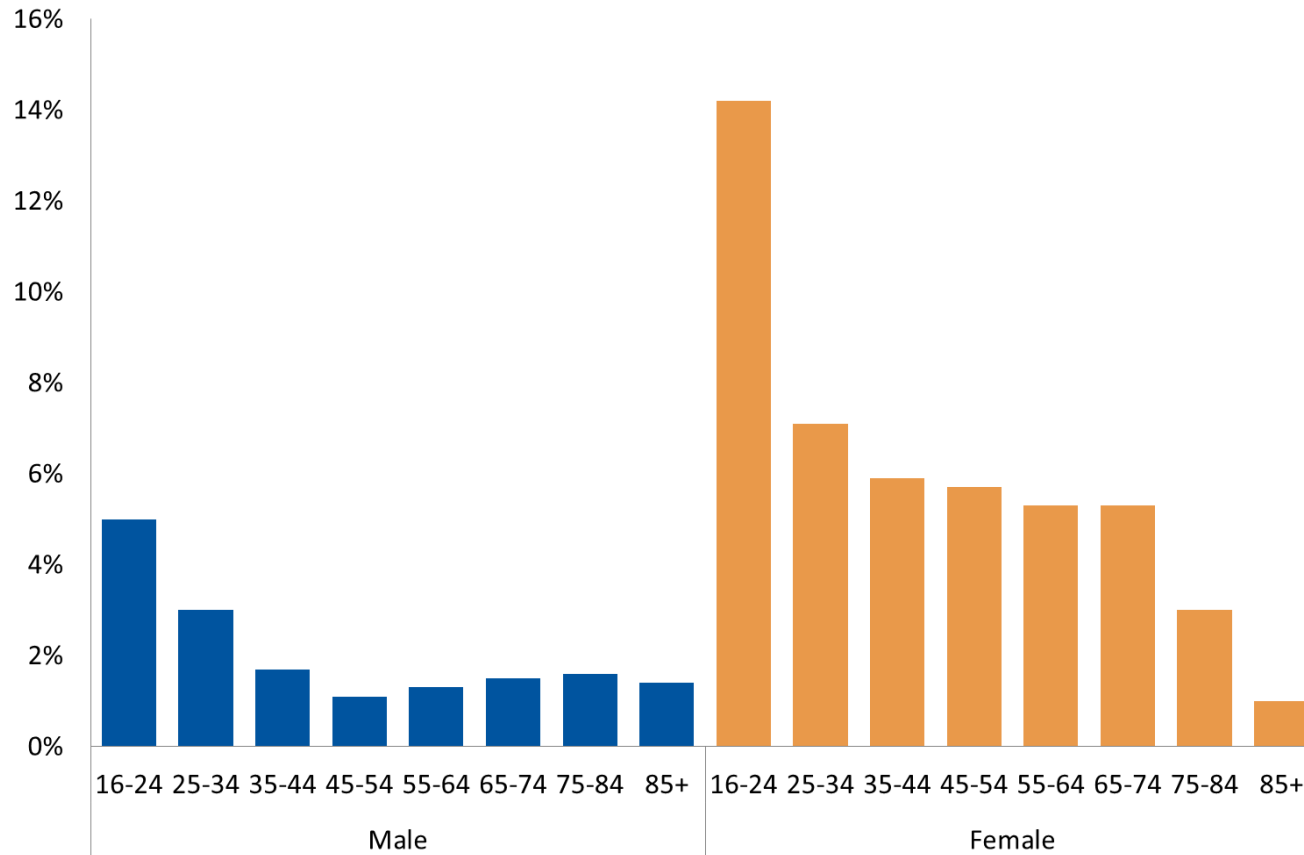


Source: <https://fingertips.phe.org.uk/profile/physical-activity>



# Levels of dance as physical activity

## 150+ minutes of dance per week - Gender and Age Range - Active Lives Survey Nov 16/17

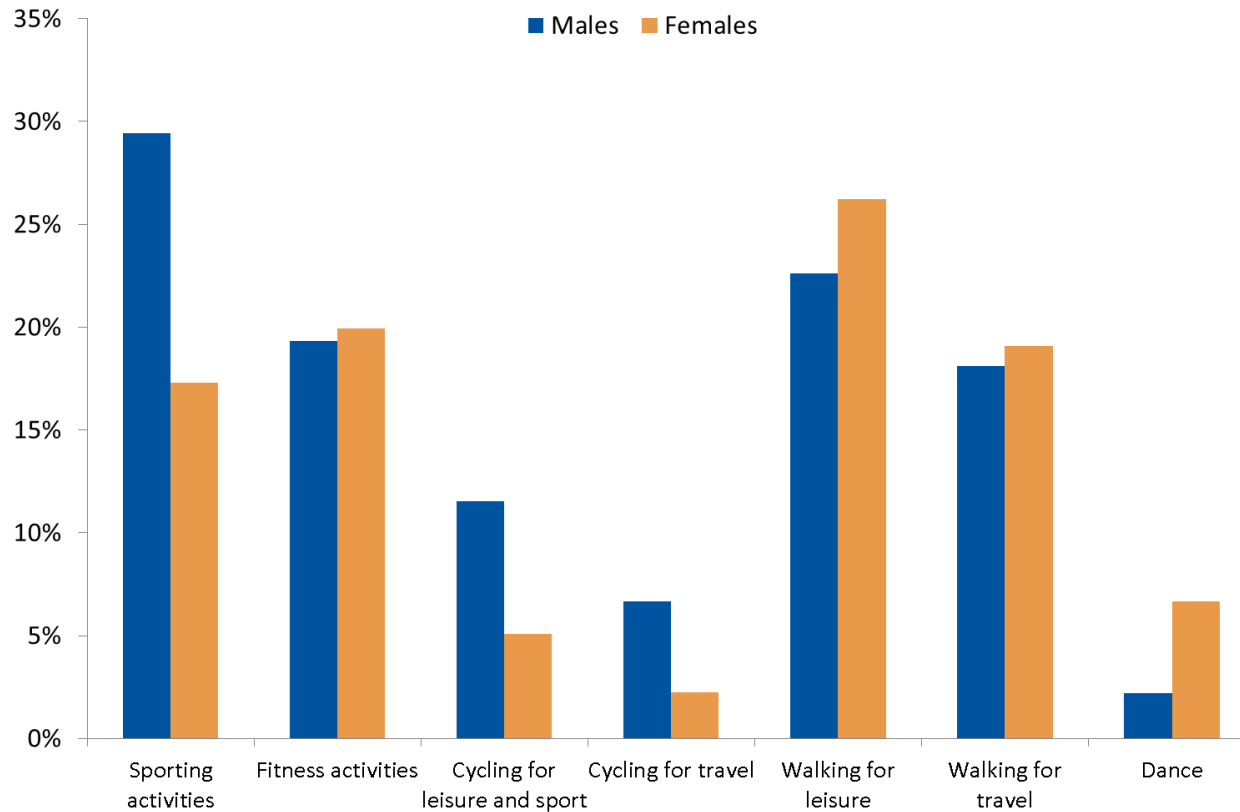


Source: Public Health England (based on Active Lives, Sport England)



# Levels of dance – activity comparison

## 150+ minutes of activity per week - Gender - Active Lives Survey Nov 16/17



Source: Public Health England (based on Active Lives, Sport England)



# Active Lives interactive tool

<https://activelives.sportengland.org/>

**Activities**  
e.g: a specific sport or a activity, a group of activities.

**Locations**  
e.g: local authorities, regions or county sport partnership.

**People**  
e.g: demographics, women's sports, disabilities.

Build your query

## Choose activities

Start typing to search for a specific sport or activity group. Please select at least one sport or activity.

All Dance ✕

Dance-based class +
Creative or artistic dance +
All Dance ✕

## Choose Measures

What would you like to explore? Please select at least one measure.

### - Participation in the last 28 days

At least twice in the last 28 days

### + Participation in the last year

### + Club membership

Continue

**Popular Questions**  
Explore some other queries people have run recently

Popularity of active travel by county council

Spectating by region and socio-economic group

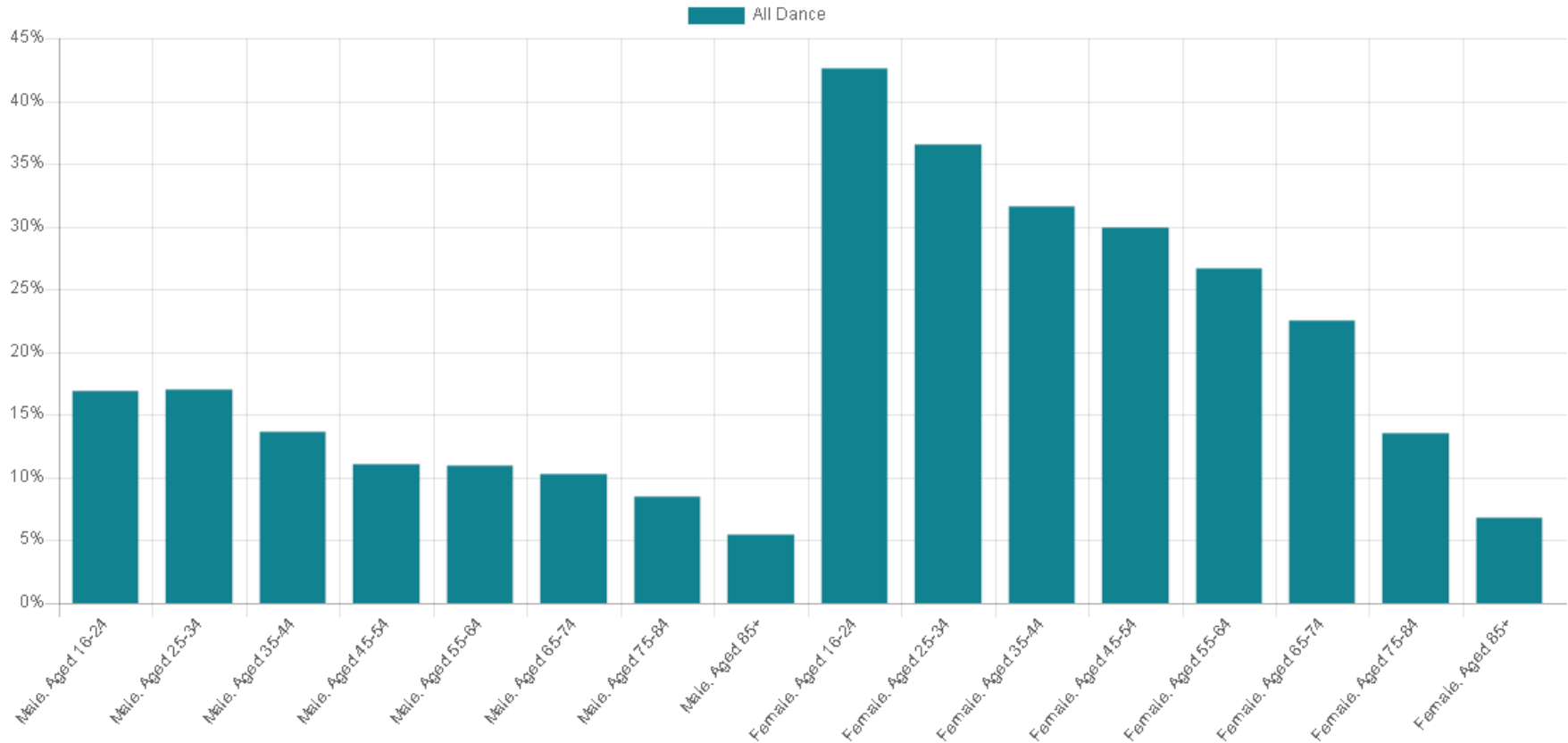
Sports participation by age





# Dance participation – in the last year

## Participated in the last year - Gender and Age Range - Active Lives Survey Nov 16/17

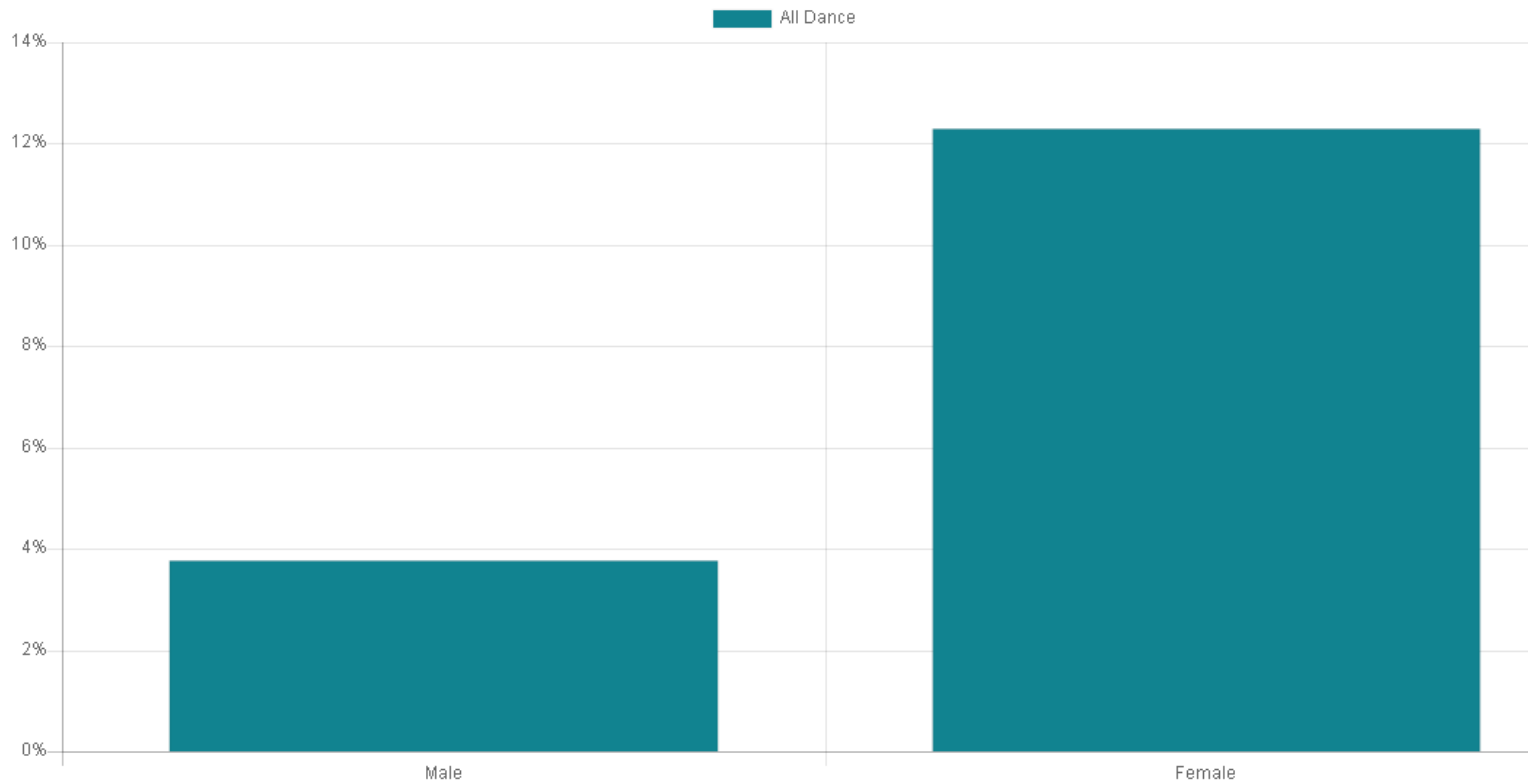


Source: <https://activelives.sportengland.org/>



# Dance participation – Gender

**At least twice in the last 28 days - Gender - Active Lives Survey Nov 16/17**

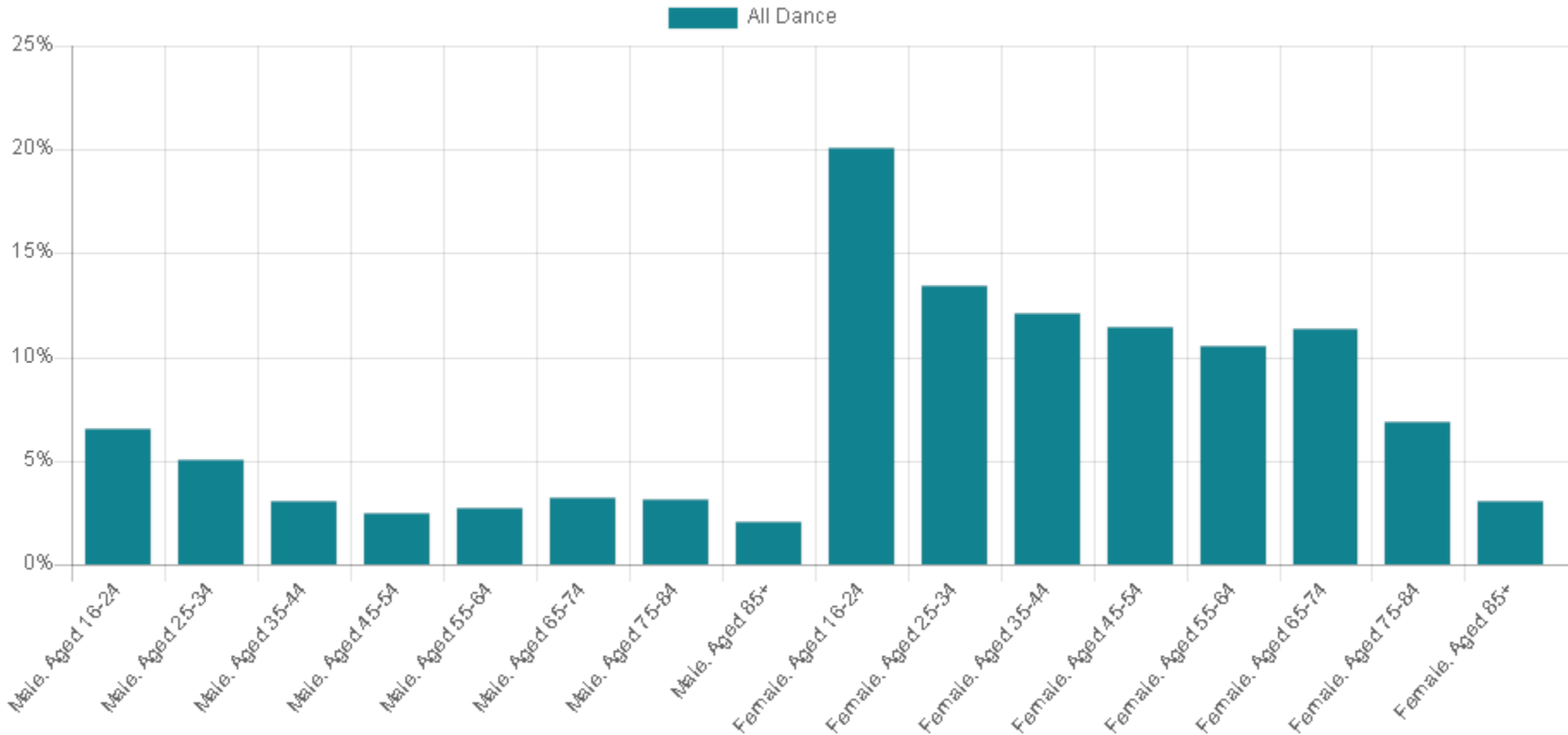


Source: <https://activelives.sportengland.org/>



# Dance participation – Gender and Age

## At least twice in the last 28 days - Gender and Age Range - Active Lives Survey Nov 16/17

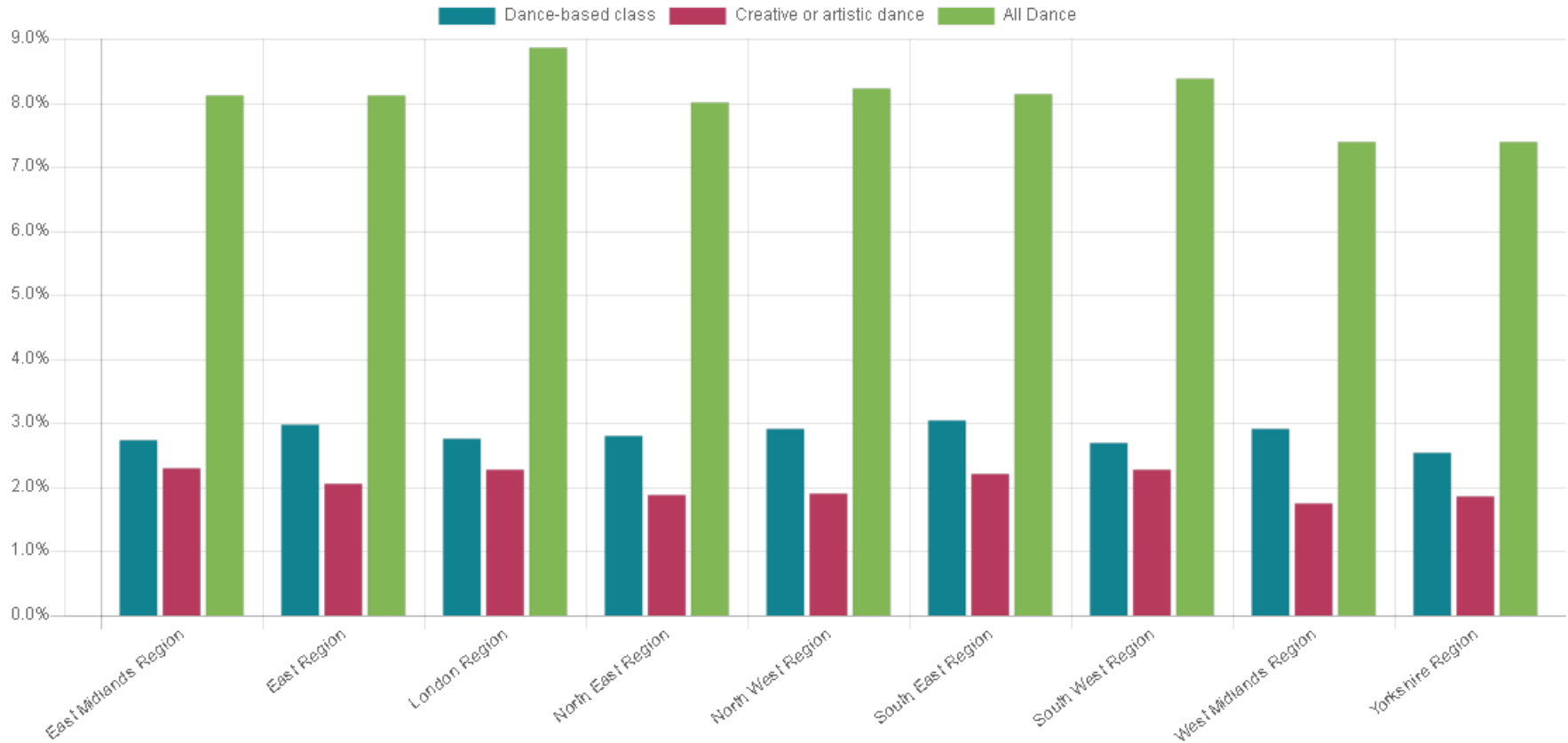


Source: <https://activelives.sportengland.org/>



# Dance participation - Region

At least twice in the last 28 days – Region - Active Lives Survey Nov 16/17

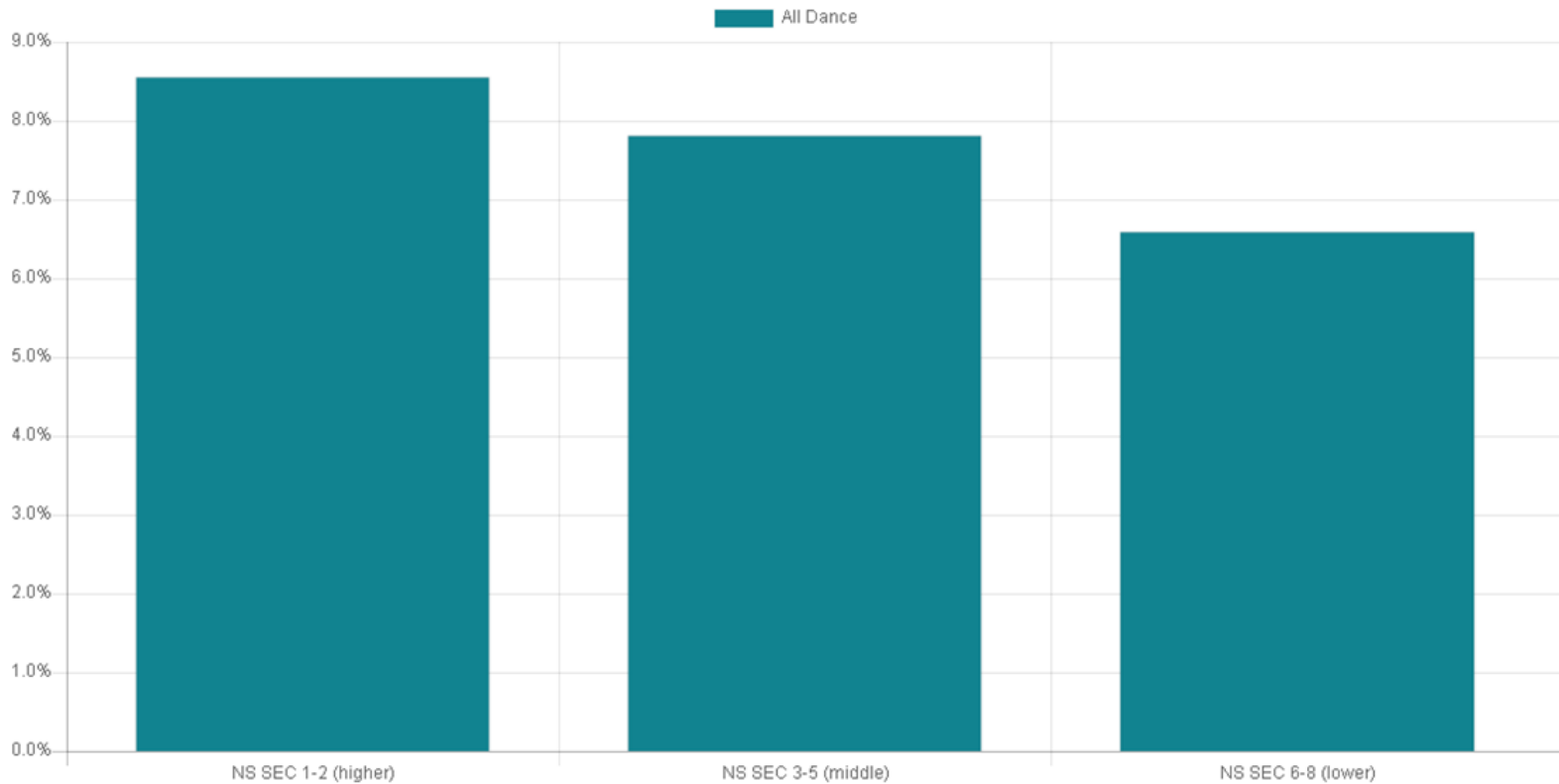


Source: <https://activelives.sportengland.org/>



# Dance participation – Socioeconomic status

**At least twice in the last 28 days - NS SEC (ages 16-74) - Active Lives Survey Nov 16/17**

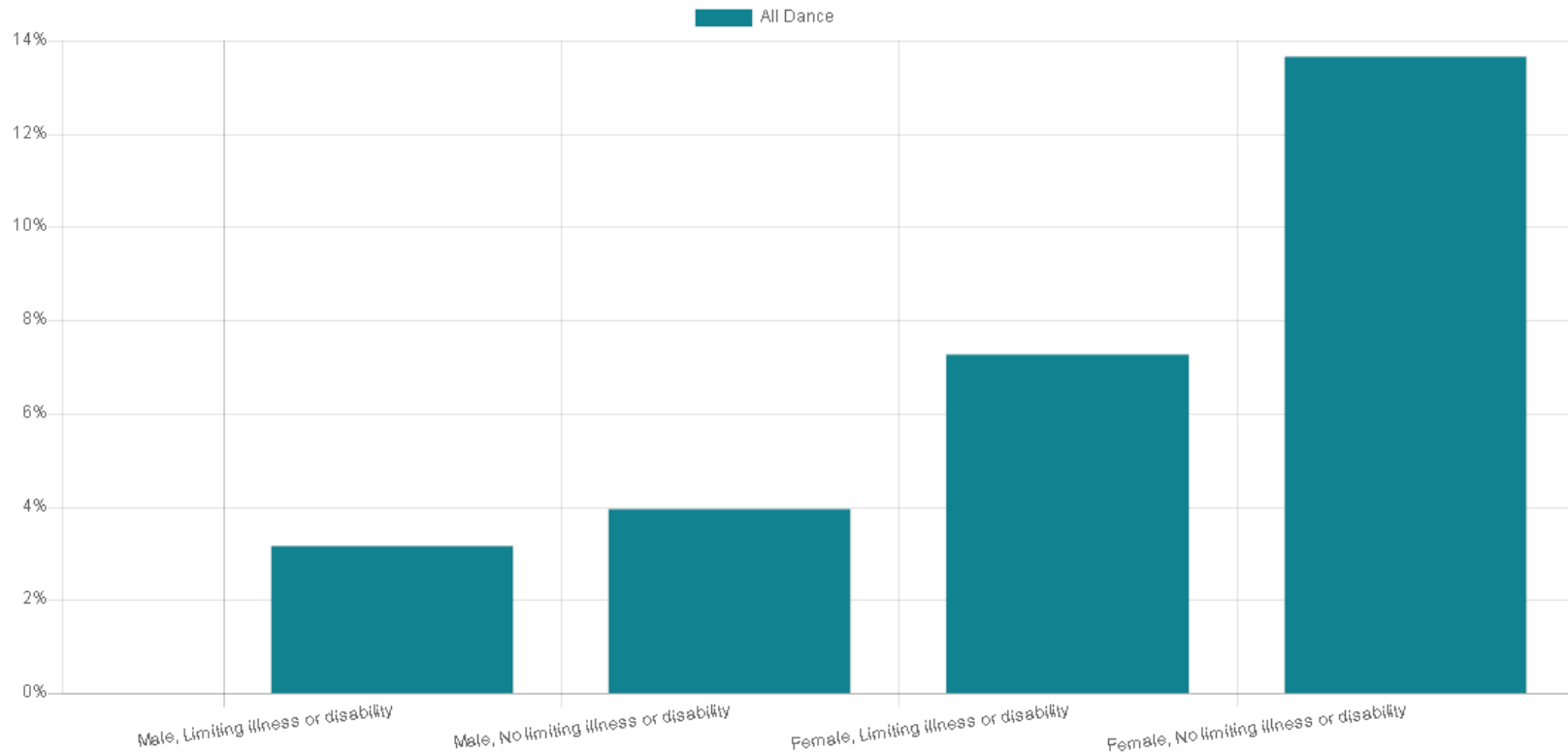


Source: <https://activelives.sportengland.org/>



## Dance participation – Disability – in the last 28 days

### At least twice in the last 28 days - Gender and Disability - Active Lives Survey Nov 16/17

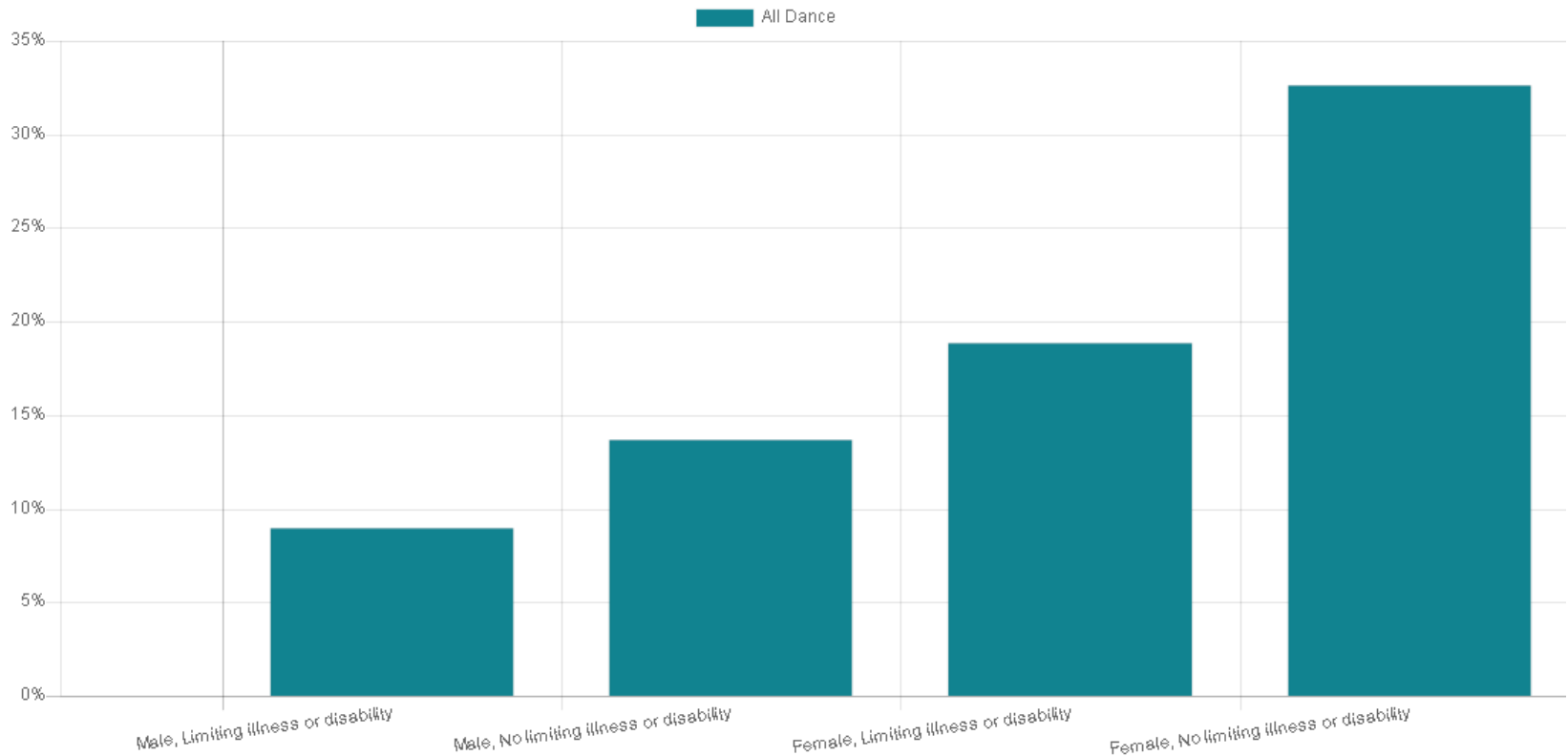


Source: <https://activelives.sportengland.org/>



# Dance participation – Disability – in the last year

## Participated in the last year - Gender and Disability - Active Lives Survey Nov 16/17



Source: <https://activelives.sportengland.org/>



# Access to physical activity data

- **PHE data for active and inactive indicators**  
<https://fingertips.phe.org.uk/profile/physical-activity>
  - Local authority level physical activity estimates
- **Sport England Active Lives reports**  
<https://www.sportengland.org/research/active-lives-survey/>
  - Sport and physical activity level and participation estimates by demographics, activity and locality in England
- **Sport England Active Lives interactive tool**  
<https://activelives.sportengland.org/>
  - Create your own queries demographics, activity and locality in England
- **Active Lives data from UK Data Service**  
<https://www.ukdataservice.ac.uk/>
  - Record level data for analysis