

Active Lives Survey (West of England) May 2018/19



The West of England has a total of **67.8%** of it's population who are **active**, compared to the national figure of **63.2%** and only **20.3%** who are **inactive**, compared to **24.8%** nationally.

In the last 12 months, the number of people in the West of England **volunteering** in sport has increased to **133,800** people; an increase of **1.4%**.

Volunteering was found to be positively linked with **mental wellbeing**. Those who volunteered had greater **life satisfaction**, were **happier** and **less likely** to feel **anxious**.



The Active Lives Survey for the period May 2018- May 2019 was released by Sport England in October 2019. It provides the overall information for England and compares local data within the West of England.