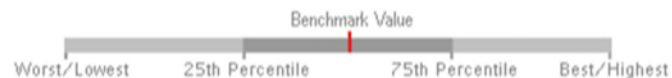


Compared with benchmark ● Better ● Similar ● Worse ● Lower ● Similar ● Higher ○ Not Compared



Indicator	Period	Camden		Region	England	England			Best/ Highest
		Count	Value	Value	Value	Worst/ Lowest	Range		
Percentage of physically active adults - current method	2015/16	-	68.0	64.6	64.9	53.9		73.7	
Percentage of physically inactive adults - current method	2015/16	-	20.9	22.2	22.3	32.5		14.1	
Percentage of adults doing 150+ minutes physical activity per week - historical method	2015	-	64.0%	57.8%	57.0%	44.8%		69.8%	
Percentage of adults achieving less than 30 minutes of physical activity per week - historical method	2015	-	26.6%	28.1%	28.7%	43.7%		17.5%	
Percentage of adults doing 30-149 minutes physical activity per week - historical method	2015	-	9.4%	14.1%	14.3%	9.4%		19.5%	
Percentage of 15 year olds physically active for at least one hour per day seven days a week	2014/15	-	12.0%	11.8%	13.9%	8.3%		18.8%	
Percentage of 15 year olds with a mean daily sedentary time in the last week over 7 hours per day	2014/15	-	68.1%	69.8%	70.1%	81.0%		58.7%	
Percentage of adults who do any walking, at least five times per week	2014/15	-	65.6%	57.4%	50.6%	39.9%		68.1%	
Percentage of adults who do any walking, at least once per week	2014/15	-	87.8	84.2	80.6	70.4		91.3	
Percentage of adults who do any cycling, at least three times per week.	2014/15	-	4.8%	5.4%	4.4%	0.7%		15.0%	
Percentage of adults who do any cycling, at least once per month	2014/15	-	18.8%	14.7%	14.7%	5.6%		34.2%	
Utilisation of outdoor space for exercise/health reasons	Mar 2015 - Feb 2016	-	17.1%*	18.0%	17.9%	5.1%		36.9%	

Source: <https://fingertips.phe.org.uk/profile/physical-activity/data#page/1/gid/1938132899/pat/6/par/E12000007/ati/102/are/E09000007/iid/93014/age/298/sex/4> accessed 20th September 2017