

Active Lives - 2019/20

Data published October 2020 by Sport England

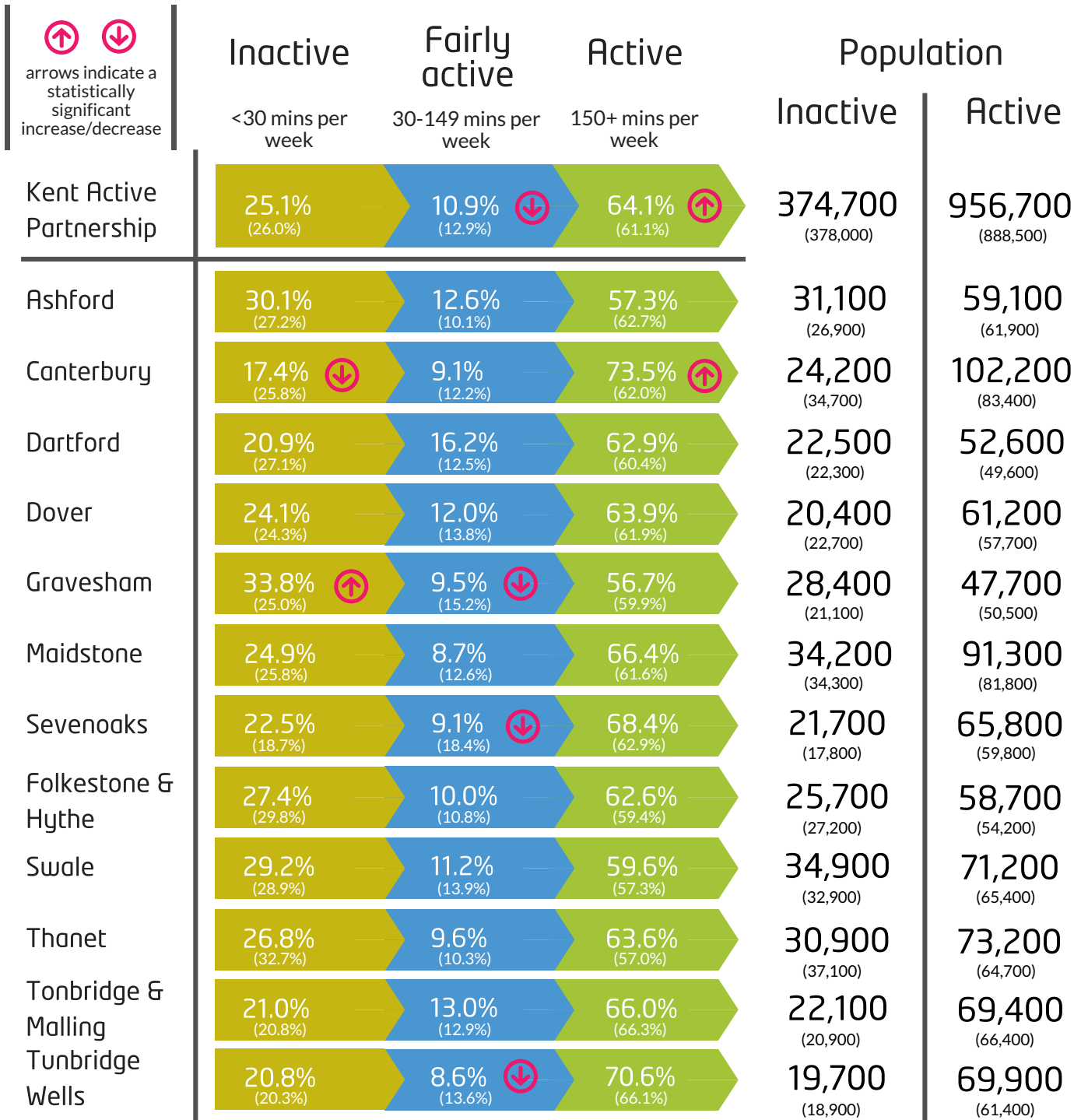
Data covers the period May 2019-20

For more information on the survey, visit

sportengland.org/activelives

Kent & districts results

Sport England's Active Lives survey measures the activity levels of adults aged 16+ in England. Nationally, 62.8% of the population take part in physical activity for at least 150 minutes per week (at a moderate intensity), with 25.5% doing less than 30 minutes activity per week. In Kent and Medway, 64.1% of the population are active (highest 73.5% - Canterbury, lowest 56.7% - Gravesham), while 25.1% are inactive (highest 33.8% - Gravesham, lowest 17.4% - Canterbury).



*Figures in brackets indicate 2015/16 baseline levels