Sheffield Move More Index 2019-20

(Version 3.2, November 2019)

Introduction

The 'Move More Index' features both an 'Index Score' and a quintile indicator. The overall index, domains and individual indicators scores have been calculated as a range from 0 to 100, where 100 is the best and 0 is the worst. This is based on all 150 *(excludes Isles of Scilly and City of London)* upper tier county and unitary authorities in England.

Calculation of Index Scores

To calculate component scores the Index transforms indicator values into a 0 to 100 scale. This is done by calculating scores using best - and worst - case which are defined at the indicator level according to desirable or theoretically possible upper and lower bounds (e.g. the local authority with the lowest value, and the local authority with the highest).

This method enhances comparability, allows us to specify polarity (e.g. high is good, low is bad or visa versa) as well as comprehensiveness across the dataset.

The calculation is done using the following formula:

$$\frac{Xj - Worst\ Case}{Best\ Case - Worst\ Case} \text{ x100}$$

A geometric average of the eight indicator scores (0-100) is then calculated for each of the domains to give an overall domain score. Please note that authorities scoring "0" have been set to "1" for the purposes of the geometric average. The ***overall*** Move More index score is a geometric average of the four domains.

Please note that all indicators are given equal weighting in the Move More index.

Metadata for the indicators

Active people and families

Indicator reference	MMIAPF01
Indicator title	Adults who cycle for travel on at least three days per week
Indicator full name	Percentage of adults aged 16+ that cycle for travel on at least three days per week
Additional information	The number of respondents aged 16 and over, with valid responses to cycling questions, cycling for travel on at least twelve days in the previous 28 days expressed as a percentage of the total number of respondents

	aged 16 and over
Original data source	Department for Transport (based on Active Lives, Sport England)
Unit	%
Time period	2016/17
Gender	Persons
Age	16+

Indicator reference	MMIAPF02
Indicator title	Adults who walk for travel on at least three days per week
Indicator full name	Percentage of adults aged 16+ that walk for travel on at least three days per week
Additional information	The number of respondents aged 16 and over, with valid responses to questions on walking, walking for travel in bouts of 10 minutes or more on at least twelve days in the previous 28 days expressed as a percentage of the total number of respondents aged 16 and over
Original data source	Department for Transport (based on Active Lives, Sport England)
Unit	%
Time period	2016/17
Gender	Persons
Age	16+

Indicator reference	MMIAPF03
Indicator title	Average male healthy life expectancy in the area
Indicator full name	0.1i - Healthy life expectancy at birth: the average number of years a man would expect to live in good health based on contemporary mortality rates and prevalence of self-reported good health
Additional information	A measure of the average number of years a man would expect to live in good health based on contemporary mortality rates and prevalence of self-reported good health. The prevalence of good health is derived from responses to a survey question on general health. For a particular area and time period, it is an estimate of the average number of years a new-born baby would live in good general health if he experienced the age-specific mortality rates and prevalence of good health for that area and time period throughout his. Figures are calculated from deaths from all causes, mid-year population estimates, and self-reported general health status, based on data aggregated over a three year period. Figures reflect the prevalence of good health and mortality among those living in an area in each time period, rather than what will be experienced throughout life among those born in the area. The figures are not therefore the number of years a baby born in the area could actually expect to live in good general health, both because the health prevalence and mortality rates of the area are likely to change in the future and because many of those born in the area will live elsewhere for at least some part of their lives
Original data source	Office for National Statistics
Unit	Years
Time period	2015-17
Gender	Male
Age	All ages

Indicator reference	MMIAPF04
Indicator title	Average female healthy life expectancy in the area
Indicator full name	0.1i - Healthy life expectancy at birth: the average number of years a woman would expect to live in good health based on contemporary mortality rates and prevalence of self-reported good health
Additional information	A measure of the average number of years a woman would expect to live in good health based on contemporary mortality rates and prevalence of self-reported good health. The prevalence of good health is derived from responses to a survey question on general health. For a particular area and time period, it is an estimate of the average number of years a new-born baby would live in good general health if she experienced the age-specific mortality rates and prevalence of good health for that area and time period throughout her life. Figures are calculated from deaths from all causes, mid-year population estimates, and self-reported general health status, based on data aggregated over a three year period. Figures reflect the prevalence of good health and mortality among those living in an area in each time period, rather than what will be experienced throughout life among those born in the area. The figures are not therefore the number of years a baby born in the area could actually expect to live in good general health, both because the health prevalence and mortality rates of the area are likely to change in the future and because many of those born in the area will live elsewhere for at least some part of their lives
Original data source	Office for National Statistics
Unit	Years
Time period	2015-17
Gender	Female
Age	All ages

Indicator reference	MMIAPF05
Indicator title	Adults that are physically active (150+ moderate intensity minutes per week)
Indicator full name	Percentage of adults (aged 19+) that meet CMO recommendations for physical activity (150+ moderate intensity equivalent minutes per week)
Additional information	The number of respondents aged 19 and over, with valid responses to questions on physical activity, doing at least 150 moderate intensity equivalent (MIE) minutes physical activity per week in bouts of 10 minutes or more in the previous 28 days expressed as a percentage of the total number of respondents aged 19 and over
Original data source	Public Health England (based on Active Lives, Sport England)
Unit	%
Time period	2016/17
Gender	Persons
Age	19+

Indicator reference	MMIAPF06
Indicator title	Adults who take part in a sport as a member of a sports club (in the last four weeks)
Indicator full name	Sports club membership (Active People Survey): % of population aged 16+ that have taken part in a sport as a member of a sports club in the last 28 days
Additional information	The proportion/number of those adults (aged 16 and over) who have taken part in sport as a member of a sports club in the last 28 days. This question is only asked of half the sample (to reduce the length of the questionnaire for respondents)
Original data source	Active People Survey
Unit	%
Time period	2015/16
Gender	Persons
Age	16+

Indicator reference	MMIAPF07
Indicator title	Children who are routinely physically active (every day for 60 minutes or more)
Indicator full name	Table 1c: Sport and Physical Activity Levels (Children and Young People in school years 1-11) - Active every day – Doing 60 minutes or more every day (60+ minutes on all 7 days)
Additional information	The Active Lives Children and Young People Survey was conducted by Ipsos MORI on behalf of Sport England which commissioned the survey to inform both their own strategy and the strategies of the Department for Digital, Culture, Media and Sport (DCMS), the Department for Education (DfE) and the Department of Health and Social Care (DHSC). These estimates include the activities of walking, cycling, dance, fitness activities, sporting activities, riding a scooter, and active play and informal activities.
Original data source	Active Lives Children and Young People Survey
Unit	%
Time period	2017/18 (academic year)
Gender	Persons
Age	5-16

Indicator reference	MMIAPF08
Indicator title	Children who are physically active (across the week for an average of 60 minutes or more a day but not every day)
Indicator full name	Table 1c: Sport and Physical Activity Levels (Children and Young People in school years 1-11) - Active across the week – Doing an average of 60 minutes or more a day across the week (420+ minutes a week, but not 60+ minutes on all 7 days)
Additional information	The Active Lives Children and Young People Survey was conducted by Ipsos MORI on behalf of Sport England which commissioned the survey to inform both their own strategy and the strategies of the Department for Digital, Culture, Media and Sport (DCMS), the Department for Education (DfE) and the Department of Health and Social Care (DHSC). These estimates include the activities of walking, cycling, dance, fitness activities, sporting activities, riding a scooter, and active play and informal

	activities.
Original data source	Active Lives Children and Young People Survey
Unit	%
Time period	2017/18 (academic year)
Gender	Persons
Age	5-16

Active environment

Indicator reference	MMIAE01
Indicator title	People who live in the poorest performing 20% on Access to Healthy Assets and Hazards Index
Indicator full name	Percentage of the population who live in LSOAs which score in the poorest performing 20% on the Access to Healthy Assets & Hazards (AHAH) index
Additional information	The Access to Healthy Assets and Hazards (AHAH) index is designed to allow policy/decision makers to understand which areas have poor environments for health, and to help move away from treating features of the environment in isolation. The AHAH index is comprised of three domains: access to retail services (fast food outlets, gambling outlets, pubs/bars/nightclubs, off licences, tobacconists), access to health services (GP surgeries, A&E hospitals, pharmacies, dentists and leisure centres), and physical environment (access to green spaces, and three air pollutants: NO2 level, PM10 level, SO2 level). The AHAH index provides a summary of an area's relative performance on these indicators (the second and third domains conceptualised as health promoting and the first (access to retail) as health demoting). It therefore provides information on how conducive to good health an area is relative to other areas, for the specific indicators.
Original data source	Consumer Data Research Centre (CDRC)
Unit	%
Time period	2016
Gender	Persons
Age	All ages

Indicator reference	MMIAE02
Indicator title	People that have access to woodland (of at least 2 ha) within 500 metres of where they live
Indicator full name	Percentage of the population that has accessible woodland of at least 2 hectare within 500 metres of where they live
Additional information	Percentage of the population in each local authority that has accessible woodland of at least 2 hectare within 500 metres of where they live. Access to green space such as woodland, supports wellbeing and allows people to engage in physical activity. Both the presence of a woodland and the number of people who can readily access the space represents a significant asset to that community. Woodlands provide spaces for community activities, social connectedness, volunteering as well as employment. Various studies report that people are more likely to make use of woodland if they are closer to home (Ward-Thompson 2004).
Original data source	Woodland trust: Woodland Indicators by local authority

Unit	%
Time period	2015
Gender	Persons
Age	All ages

Indicator reference	MMIAE03
Indicator title	Concentration of human-made fine particulate matter (air pollution) at an area level
Indicator full name	Annual concentration of human-made fine particulate matter at an area level, adjusted to account for population exposure. Fine particulate matter is also known as PM2.5 and has a metric of micrograms per cubic metre (µg/m3).
Additional information	Poor air quality is a significant public health issue. There is clear evidence that particulate matter has a significant contributory role in human all-cause mortality and in particular in cardiopulmonary mortality.
Original data source	DEFRA
Unit	µg/m3
Time period	2016
Gender	Not applicable
Age	Not applicable

Indicator reference	MMIAE04
Indicator title	People who are killed or seriously injured on the roads
Indicator full name	Rate of people KSI on the roads, all ages, per 100,000 resident population
Additional information	Motor vehicle traffic accidents are a major cause of preventable deaths and morbidity, particularly in younger age groups. For children and for men aged 20-64 years, mortality rates for motor vehicle traffic accidents are higher in lower socioeconomic groups. The vast majority of road traffic collisions are preventable and can be avoided through improved education, awareness, road infrastructure and vehicle safety.
Original data source	Department for Transport
Unit	per 100,000
Time period	2015-17
Gender	Persons
Age	All ages

Indicator reference	MMIAE05
Indicator title	People who use outdoor space for exercise/health reasons
Indicator full name	Utilisation of outdoor space for exercise/health reasons
Additional information	There is strong evidence to suggest that green spaces have a beneficial impact on physical and mental wellbeing and cognitive function through both physical access and usage. The indicator is in line with Commitment 55 of the Natural Environment White Paper : The natural Choice: Securing the value of nature
Original data source	Natural England: Monitor of Engagement with the Natural Environment (MENE) survey
Unit	Proportion
Time period	Mar 2015 - Feb 2016
Gender	Persons
Age	16+

Indicator reference	MMIAE06
Indicator title	Happy City's thriving places community cohesion score
Indicator full name	Community cohesion index score which is a sub-domain of the People and Community domain within Local Conditions
Additional information	Until now there has been no consistent and accessible framework that uses local level indicators to measure and inform progress towards supporting the wellbeing of all citizens, now and in the future. Happy City's Index of Thriving Places is designed to fill this gap – to provide a robust reporting framework to support decision-makers in local areas to improve lives on the ground and to help shift the focus, place by place, towards measuring what matters. Truly thriving places provide a range of local conditions that are multi-dimensional. The Thriving Places Index balances a range of conditions at a local level with how well those benefits are being equitably delivered and within environmental limits.
Original data source	Thriving Places Index, Happy Cities
Unit	Index score (numeric)
Time period	2017
Gender	Not applicable
Age	Not applicable

Indicator reference	MMIAE07
Indicator title	Self reported perception of safety of children who walk/cycle to school
Indicator full name	Reported public satisfaction with the safety of children who either walk and/or cycle to school as a main method of transport.
Additional information	2018 was another record year for participation in the NHT Public Satisfaction Survey with one hundred and thirteen Authorities taking part. This represented an increase of one from the 2017 Survey, which was the previous record year for participation.
Original data source	National Highways & Transport Network Public Satisfaction Survey
Unit	%
Time period	2018
Gender	Persons
Age	All ages

Indicator reference	MMIAE08
Indicator title	Self reported satisfaction with opportunities for walking/cycling in the area
Indicator full name	Reported public satisfaction with the opportunities for walking and/or cycling in the local area. This is an overall domain score incorporating sub domain percentages.
Additional information	2018 was another record year for participation in the NHT Public Satisfaction Survey with one hundred and thirteen Authorities taking part. This represented an increase of one from the 2017 Survey, which was the previous record year for participation.
Original data source	National Highways & Transport Network Public Satisfaction Survey
Unit	%
Time period	2018
Gender	Persons
Age	All ages

Communities of interest

Indicator reference	MMICOI01
Indicator title	People with a musculoskeletal condition who also suffer from anxiety/depression
Indicator full name	The percentage of people aged 18+ reporting an MSK condition, either long term back pain or long term joint pain, who also report feeling depressed or anxious.
Additional information	Depression and anxiety is four times more common among people in persistent pain compared to those without pain. People with chronic low back pain have been shown to have a significantly higher frequency of musculoskeletal and neuropathic pain conditions and common sequelae of pain such as depression (13.0% vs. 6.1%), anxiety (8.0% vs. 3.4%) and sleep disorders (10.0% vs. 3.4%), compared to people without low back pain. The odds of back pain in people with symptoms of depression have been shown to be 50% higher than in those without symptoms of depression. This indicator measures the prevalence of anxiety/depression in adults with a musculoskeletal condition. It will raise awareness of the association between musculoskeletal conditions and mental health and may stimulate better pain management strategies among those with MSK conditions.
Original data source	GP Patient Survey
Unit	%
Time period	2016/17
Gender	Persons
Age	18+

Indicator reference	MMICOI02
Indicator title	Adult social care users who have as much social contact as they would like
Indicator full name	Percentage of adult social care users who have as much social contact as they would like according to the Adult Social Care Users Survey
Additional information	The percentage of respondents to the Adult Social Care Users Survey who responded to the question "Thinking about how much contact you've had with people you like, which of the following statements best describes your social situation?" with the answer "I have as much social contact as I want with people I like". There is clear link between loneliness and poor mental and physical health. A key element of the Government's vision for social care is to tackle loneliness and social isolation, supporting people to remain connected to their communities and to develop and maintain connections to their friends and family. This measure will draw on self-reported levels of social contact as an indicator of social isolation.
Original data source	Adult Social Care Survey - England
Unit	%
Time period	2017/18
Gender	Persons
Age	18+

Indicator reference	MMICOI03
Indicator title	Emergency hospital admissions for injuries due to falls in people 65 and over
Indicator full name	Age standardised rate of emergency hospital admissions for injuries due to falls in persons aged 65+ per 100,000 population
Additional information	Falls are the largest cause of emergency hospital admissions for older people, and significantly impact on long term outcomes, e.g. being a major precipitant of people moving from their own home to long-term nursing or residential care. The highest risk of falls is in those aged 65 and above and it is estimated that about 30% people (2.5 million) aged 65 and above living at home and about 50% of people aged 80 and above living at home or in residential care will experience an episode of fall at least once a year. Falls that result in injury can be very serious - approximately 1 in 20 older people living in the community experience a fracture or need hospitalisation after a fall. Falls and fractures in those aged 65 and above account for over 4 million bed days per year in England alone, at an estimated cost of £2 billion.
Original data source	Hospital Episode Statistics (HES)
Unit	Per 100,000 European Standard population (2013), using age bands of 65-69, 70-74, 75-79, 80-84, 85-89, 90+.
Time period	2017/18
Gender	Persons
Age	65+

Indicator reference	MMICOI04
Indicator title	People of working age who are claiming Disability Living Allowance (DLA)
Indicator full name	The number of working age people receiving Disability Living Allowance per 1,000 of the working age population
Additional information	The number of working age people receiving Disability Living Allowance per 1,000 working age population. Population from ONS unrounded single year of age mid-year population estimates. Working age is defined as women aged 16-59 and men aged 16-64. Downloaded using the DWP Tabulation Tool.
Original data source	DWP
Unit	per 1,000
Time period	May 2014
Gender	Persons
Age	16-64 yrs (M), 16-59 yrs (F)

Indicator reference	MMICOI05
Indicator title	Women that are physically active (150+ moderate intensity minutes per week)
Indicator full name	Percentage of women (aged 16+) that meet CMO recommendations for physical activity (150+ moderate intensity equivalent minutes per week)
Additional information	Respondents aged 16 and over, with valid responses to questions on physical activity, doing at least 150 moderate intensity equivalent (MIE) minutes physical activity per week in bouts of 10 minutes or more in the previous 28 days expressed as a percentage of the total number of respondents aged 16 and over
Original data source	Active Lives, Sport England

Unit	%
Time period	November 2017-18
Gender	Females
Age	16+

Indicator reference	MMICOI06
Indicator title	People from a Black, Asian or other minority ethnic group that are physically active (150+ moderate intensity minutes per week)
Indicator full name	Percentage of BAME persons (aged 16+) that meet CMO recommendations for physical activity (150+ moderate intensity equivalent minutes per week)
Additional information	Respondents aged 16 and over, with valid responses to questions on physical activity, doing at least 150 moderate intensity equivalent (MIE) minutes physical activity per week in bouts of 10 minutes or more in the previous 28 days expressed as a percentage of the total number of respondents aged 16 and over
Original data source	Active Lives, Sport England
Unit	%
Time period	November 2017-18
Gender	Persons
Age	16+

Indicator reference	MMICOI07
Indicator title	People aged 65+ that are physically active (150+ moderate intensity minutes per week)
Indicator full name	Percentage of persons (aged 65+) that meet CMO recommendations for physical activity (150+ moderate intensity equivalent minutes per week)
Additional information	Respondents aged 16 and over, with valid responses to questions on physical activity, doing at least 150 moderate intensity equivalent (MIE) minutes physical activity per week in bouts of 10 minutes or more in the previous 28 days expressed as a percentage of the total number of respondents aged 16 and over
Original data source	Active Lives, Sport England
Unit	%
Time period	November 2017-18
Gender	Persons
Age	65+

Indicator reference	MMICOI08
Indicator title	People from NS-SEC groups 6-8 that are physically active (150+ moderate intensity minutes per week)
Indicator full name	Percentage of people (aged 16+) from NS-SEC groups 6-8 (this refers to people who are in 'semi-routine' and 'routine' occupations and also those who have never worked and long-term unemployed) that meet CMO recommendations for physical activity (150+ moderate intensity equivalent minutes per week)
Additional information	Respondents aged 16 and over, with valid responses to questions on physical activity, doing at least 150 moderate intensity equivalent (MIE) minutes physical activity per week in bouts of 10 minutes or more in the previous 28 days expressed as a percentage of the total number of

	respondents aged 16 and over
Original data source	Active Lives, Sport England
Unit	%
Time period	November 2017-18
Gender	Persons
Age	16+

Physical activity as medicine

Indicator reference	MMIPAAM01
Indicator title	Working days lost to sickness absence
Indicator full name	Percentage of working days lost due to sickness absence in the previous working week
Additional information	The independent review of sickness absence (published December 2011) was commissioned by government to help combat the 140 million days lost to sickness absence every year. The review provided an important analysis of the sickness absence system in the UK; of the impact of sickness absence on employers, the State and individuals; and of the factors which cause and prolong sickness. This is in line with the Government's strategy for public health, which adopts a life-course approach and includes a focus on the working-age population in the "working well" stage to help people with health conditions to stay in or return to work.
Original data source	Labour Force Survey - Data provided by ONS
Unit	%
Time period	2015-17
Gender	Persons
Age	16+

Indicator reference	MMIPAAM02
Indicator title	Adults who are classified as overweight or obese
Indicator full name	Percentage of adults (aged 18+) classified as overweight or obese
Additional information	Obesity is a priority area for Government. The Government's "Call to Action" on obesity (published Oct 2011) included national ambitions relating to excess weight in adults, which is recognised as a major determinant of premature mortality and avoidable ill health.
Original data source	Active Lives survey, Sport England
Unit	%
Time period	2016/17
Gender	Persons
Age	18+

Indicator reference	MMIPAAM03
Indicator title	Adults diagnosed with depression as recorded on GP practice disease registers
Indicator full name	Depression prevalence (%) as recorded on practice disease registers (aged 18+)
Additional information	All patients aged 18 or over, diagnosed on or after 1 April 2006, who have an unresolved record of depression in their patient record.

Original data source	QOF
Unit	%
Time period	2017/18
Gender	Persons
Age	18+

Indicator reference	MMIPAAM04
Indicator title	Adults diagnosed with diabetes as recorded on GP practice disease registers
Indicator full name	Diabetes QOF prevalence (17+)
Additional information	Diabetes mellitus is one of the common endocrine diseases affecting all age groups with over three million people in the UK having the condition. Effective control and monitoring can reduce mortality and morbidity. Much of the management and monitoring of diabetic patients, particularly patients with Type 2 diabetes is undertaken by the GP and members of the primary care team.
Original data source	QOF
Unit	%
Time period	2016/17
Gender	Persons
Age	17+

Indicator reference	MMIPAAM05
Indicator title	Children in Reception Year (4-5 year olds) classified as overweight or obese
Indicator full name	Prevalence of overweight (including obese) among children in Reception
Additional information	There is concern about the rise of childhood obesity and the implications of such obesity persisting into adulthood. The risk of obesity in adulthood and risk of future obesity-related ill health are greater as children get older. Studies tracking child obesity into adulthood have found that the probability of overweight and obese children becoming overweight or obese adults increases with age. The health consequences of childhood obesity include: increased blood lipids, glucose intolerance, Type 2 diabetes, hypertension, increases in liver enzymes associated with fatty liver, exacerbation of conditions such as asthma and psychological problems such as social isolation, low self-esteem, teasing and bullying.
Original data source	NHS Digital, National Child Measurement Programme
Unit	%
Time period	2017/18
Gender	Persons
Age	4-5 years

Indicator reference	MMIPAAM06
Indicator title	Children in Year 6 (10-11 year olds) classified as overweight or obese
Indicator full name	Prevalence of overweight (including obese) among children in Year 6
Additional information	There is concern about the rise of childhood obesity and the implications of such obesity persisting into adulthood. The risk of obesity in adulthood and risk of future obesity-related ill health are greater as children get older. Studies tracking child obesity into adulthood have found that the probability of overweight and obese children becoming overweight or

	obese adults increases with age. The health consequences of childhood obesity include: increased blood lipids, glucose intolerance, Type 2 diabetes, hypertension, increases in liver enzymes associated with fatty liver, exacerbation of conditions such as asthma and psychological problems such as social isolation, low self-esteem, teasing and bullying.
Original data source	NHS Digital, National Child Measurement Programme
Unit	%
Time period	2017/18
Gender	Persons
Age	10-11 years

Indicator reference	MMIPAAM07
Indicator title	People suffering with two or more chronic conditions
Indicator full name	Prevalence of 2 or more chronic conditions (2+ MM) by sex, Local Authority in England and age group
Additional information	Multi-morbidity prevalence estimates are often collated from clinical records in the primary and secondary care settings, as well as through surveys. The process of collating these data is both time consuming and resource intensive, so our approach was to identify studies that have already done so and applied their observed prevalence estimates to England.
Original data source	Public Health England (York)
Unit	%
Time period	2011
Gender	Persons
Age	All ages

Indicator reference	MMIPAAM08
Indicator title	Adults (aged 50+) diagnosed with osteoporosis as recorded on GP practice disease registers
Indicator full name	The percentage of patients with osteoporosis, as recorded on practice disease register, from all patients aged 50 or older.
Additional information	Osteoporotic fragility fractures can cause substantial pain and severe disability and are associated with decreased life expectancy. Osteoporotic fragility fractures occur most commonly in the spine (vertebrae), hip (proximal femur) and wrist (distal radius). They also occur in the arm (humerus), pelvis, ribs and other bones.
Original data source	Quality and Outcomes Framework (QOF), NHS Digital
Unit	%
Time period	2017/18
Gender	Persons
Age	50+

Local Authority Rankings 2019 – domains

Rank	Area	Active environment
1	Bracknell Forest	78.18
2	Stockton-on-Tees	76.17
3	South Gloucestershire	67.83
4	Poole	67.48
5	Telford and Wrekin	66.31
6	Knowsley	64.97
7	Wigan	63.81
8	County Durham	61.50
9	Redcar and Cleveland	61.26
10	Plymouth	60.83
11	St. Helens	60.66
12	***Sheffield***	***59.73***
13	Halton	59.56
14	Gateshead	59.54
15	Salford	59.01
16	Leeds	58.52
17	Bury	58.39
18	Stoke-on-Trent	57.36
19	South Tyneside	56.81
20	Stockport	56.65
21	Solihull	56.63
22	Bromley	56.23
23	Middlesbrough	56.21
24	Calderdale	56.15
25	West Berkshire	55.19
26	Northumberland	55.03
27	Milton Keynes	55.02
28	North Somerset	54.87
29	Derbyshire	54.47
30	York	54.22
31	Swindon	54.22
32	Newcastle upon Tyne	53.45
33	Darlington	53.24
34	Hertfordshire	52.87
35	Wokingham	52.62
36	Havering	52.10
37	Wirral	52.01
38	Cheshire West and Chester	51.92
39	Warrington	51.63
40	Dudley	51.53
41	Sefton	51.47
42	Wakefield	51.46
43	Dorset	51.46
44	Bournemouth	51.41
45	Bath and North East Somerset	51.19
46	Staffordshire	51.19
47	Reading	50.10
48	Rochdale	49.88
49	Medway	49.86
50	Hartlepool	49.61
51	Buckinghamshire	49.52
52	Lancashire	49.50
53	Wolverhampton	49.33
54	Oldham	49.25
55	Isle of Wight	49.11
56	Devon	49.06
57	Trafford	48.79
58	Croydon	48.66
59	Hampshire	48.20
60	Kingston upon Thames	47.59
61	West Sussex	47.28
62	Sunderland	46.88
63	Peterborough	46.62
64	Cumbria	46.56
65	Rotherham	46.45
66	Nottinghamshire	46.38
67	Derby	46.25
68	Thurrock	46.25
69	Shropshire	46.10
70	Tameside	46.09
71	Luton	45.99
72	Torbay	45.84
73	Surrey	45.73
74	Kirklees	45.60
75	Walsall	45.33
76	Bolton	45.25
77	Manchester	45.10
78	Barnet	45.04
79	Leicestershire	44.72
80	Blackburn with Darwen	44.36
81	Bedford	44.27
82	Central Bedfordshire	44.03
83	Gloucestershire	43.91
84	Doncaster	43.48
85	Redbridge	43.12

Rank	Area	Active people and families
1	Wandsworth	67.01
2	Richmond upon Thames	64.35
3	Lambeth	63.39
4	Camden	62.83
5	York	60.20
6	Oxfordshire	60.12
7	Merton	59.74
8	Kingston upon Thames	58.66
9	Hammersmith and Fulham	55.10
10	Southwark	54.94
11	Reading	54.55
12	Cambridgeshire	54.21
13	Wokingham	53.92
14	Waltham Forest	53.42
15	Westminster	53.41
16	Kensington and Chelsea	52.69
17	Brighton and Hove	52.61
18	Surrey	50.58
19	North Somerset	50.53
20	Bromley	50.45
21	Devon	50.42
22	Bournemouth	49.48
23	Bath and North East Somerset	49.25
24	Islington	48.89
25	Bristol	48.36
26	Windsor and Maidenhead	47.74
27	South Gloucestershire	47.64
28	Hampshire	47.62
29	Poole	47.54
30	Warrington	47.47
31	Cheshire East	47.30
32	Gloucestershire	47.27
33	Lewisham	46.86
34	Hertfordshire	46.42
35	Tower Hamlets	46.28
36	Central Bedfordshire	46.17
37	Stockport	45.48
38	Swindon	44.59
39	Bracknell Forest	44.32
40	West Sussex	44.12
41	Trafford	44.05
42	Greenwich	43.64
43	Wiltshire	43.29
44	Shropshire	43.19
45	Hackney	43.13
46	Southend-on-Sea	42.61
47	Buckinghamshire	42.44
48	Essex	42.18
49	Havering	41.89
50	Southampton	41.84
51	Haringey	41.55
52	Somerset	41.32
53	North Yorkshire	41.00
54	Herefordshire	40.83
55	Suffolk	39.49
56	Leicestershire	39.39
57	West Berkshire	39.37
58	Portsmouth	39.37
59	Milton Keynes	39.29
60	Worcestershire	39.20
61	Barnet	39.19
62	Kent	39.15
63	Norfolk	39.05
64	Sutton	38.58
65	Leeds	38.29
66	Cheshire West and Chester	38.12
67	Bedford	38.02
68	Newcastle upon Tyne	37.96
69	Coventry	37.66
70	Isle of Wight	37.20
71	Cumbria	37.06
72	Dorset	36.99
73	East Sussex	36.98
74	Sefton	36.83
75	Solihull	36.42
76	Warwickshire	36.35
77	Nottinghamshire	36.11
78	Hounslow	35.90
79	North Tyneside	35.50
80	Thurrock	35.15
81	Peterborough	34.72
82	Redbridge	34.45
83	Rutland	34.18
84	Bexley	34.00
85	Liverpool	33.98

Rank	Area	Physical activity as medicine
1	Richmond upon Thames	82.12
2	Wandsworth	77.29
3	Kingston upon Thames	74.71
4	Brighton and Hove	73.17
5	Kensington and Chelsea	70.20
6	Buckinghamshire	69.28
7	Camden	69.28
8	Wokingham	69.07
9	Windsor and Maidenhead	66.95
10	Westminster	66.00
11	Surrey	64.75
12	Hammersmith and Fulham	64.63
13	Hertfordshire	64.37
14	Cambridgeshire	63.21
15	Merton	61.40
16	Central Bedfordshire	61.30
17	Reading	61.21
18	Haringey	61.04
19	Bromley	60.74
20	Islington	60.57
21	Tower Hamlets	60.22
22	Lambeth	59.29
23	West Berkshire	59.29
24	Rutland	58.88
25	Bath and North East Somerset	58.48
26	Hillingdon	57.21
27	Hounslow	57.07
28	Barnet	56.59
29	Sutton	56.47
30	Wiltshire	55.77
31	Milton Keynes	55.76
32	Bournemouth	55.55
33	Oxfordshire	55.53
34	Solihull	55.27
35	Essex	54.38
36	Lewisham	54.16
37	Peterborough	54.09
38	Bracknell Forest	53.84
39	Waltham Forest	53.52
40	Croydon	53.49
41	York	53.42
42	Southwark	53.29
43	West Sussex	53.08
44	Ealing	53.06
45	Trafford	52.91
46	Hackney	52.70
47	Bexley	51.98
48	Leeds	51.88
49	Cheshire West and Chester	51.58
50	Cheshire East	51.44
51	Southend-on-Sea	51.31
52	Poole	50.99
53	Southampton	50.56
54	Bury	50.35
55	Greenwich	50.11
56	Warwickshire	49.86
57	Gloucestershire	49.72
58	Devon	49.41
59	North Yorkshire	49.35
60	Nottinghamshire	49.03
61	Kent	48.63
62	Stockport	48.53
63	Hampshire	48.37
64	Northamptonshire	48.14
65	Norfolk	47.95
66	***Sheffield***	***47.83***
67	Suffolk	47.79
68	Havering	47.78
69	Newcastle upon Tyne	47.47
70	Bedford	47.06
71	Lancashire	46.97
72	Luton	46.86
73	East Riding of Yorkshire	46.83
74	Kirklees	46.69
75	South Gloucestershire	46.63
76	Leicestershire	46.54
77	Derby	46.53
78	Coventry	46.50
79	Bolton	46.48
80	Cornwall	45.99
81	Warrington	45.77
82	Redbridge	45.65
83	Portsmouth	45.41
84	Nottingham	44.99
85	Swindon	44.85

Rank	Area	Communities of Interest
1	Wokingham	81.33
2	Bath and North East Somerset	74.86
3	Cheshire East	71.32
4	Windsor and Maidenhead	70.56
5	Surrey	69.65
6	Kingston upon Thames	68.92
7	York	68.58
8	Wiltshire	68.40
9	North Somerset	67.51
10	Poole	67.41
11	Gloucestershire	67.15
12	Devon	67.07
13	North Yorkshire	66.59
14	Isle of Wight	66.54
15	Buckinghamshire	66.16
16	Dorset	66.04
17	Bracknell Forest	65.47
18	Oxfordshire	65.31
19	Rutland	64.98
20	Herefordshire	64.17
21	Shropshire	64.17
22	South Gloucestershire	63.61
23	Cambridgeshire	62.77
24	Cumbria	62.52
25	East Riding of Yorkshire	61.51
26	Kent	61.36
27	Calderdale	60.89
28	Cornwall	60.42
29	Brighton and Hove	59.84
30	West Berkshire	59.57
31	Cheshire West and Chester	59.52
32	Telford and Wrekin	59.15
33	Richmond upon Thames	58.87
34	Suffolk	58.78
35	Hampshire	58.22
36	Essex	57.94
37	Barnet	57.22
38	Portsmouth	57.13
39	Haringey	57.11
40	Hertfordshire	57.10
41	Worcestershire	56.88
42	West Sussex	56.67
43	Medway	56.49
44	East Sussex	56.06
45	Bournemouth	55.95
46	Bexley	55.66
47	Milton Keynes	55.15
48	Swindon	54.99
49	Wandsworth	54.35
50	Leeds	54.21
51	Bromley	53.72
52	Reading	53.58
53	Tower Hamlets	53.55
54	Islington	53.35
55	Lancashire	53.30
56	Redcar and Cleveland	53.24
57	Peterborough	52.97
58	Lambeth	52.59
59	Bristol	52.56
60	Stockton-on-Tees	52.52
61	Nottinghamshire	51.55
62	Derbyshire	51.54
63	Redbridge	51.29
64	Enfield	51.11
65	Plymouth	51.06
66	Staffordshire	50.56
67	Stockport	50.42
68	Somerset	50.07
69	Central Bedfordshire	49.78
70	Warwickshire	49.69
71	Norfolk	49.53
72	Ealing	49.49
73	North Lincolnshire	49.41
74	Lewisham	49.07
75	Camden	48.95
76	***Sheffield***	***48.25***
77	Sefton	48.08
78	Trafford	47.99
79	Solihull	47.94
80	Southend-on-Sea	47.55
81	Torbay	47.18
82	Leicestershire	47.02
83	Walsall	46.90
84	Croydon	46.89
85	Leicester	46.48

Rank	Area	Active environment
86	Suffolk	42.78
87	Bristol	42.62
88	Essex	42.56
89	Merton	42.44
90	Worcestershire	42.40
91	North Yorkshire	42.28
92	Sandwell	42.25
93	Barnsley	42.20
94	Harrow	42.18
95	Barking and Dagenham	42.08
96	Somerset	41.73
97	Nottingham	41.44
98	Greenwich	41.15
99	Oxfordshire	40.96
100	Hillingdon	40.91
101	Bradford	40.77
102	Wiltshire	40.75
103	Liverpool	40.24
104	Cambridgeshire	40.04
105	Hounslow	39.90
106	Enfield	39.88
107	Norfolk	39.76
108	Richmond upon Thames	39.46
109	Brighton and Hove	39.26
110	Birmingham	39.09
111	Northamptonshire	39.06
112	Sutton	38.52
113	North Tyneside	38.39
114	Slough	37.89
115	Cheshire East	37.76
116	Warwickshire	37.58
117	Southend-on-Sea	37.55
118	Kent	37.35
119	East Sussex	37.20
120	Coventry	36.81
121	Bexley	36.65
122	East Riding of Yorkshire	34.40
123	Lincolnshire	34.12
124	Rutland	33.99
125	Cornwall	33.58
126	North East Lincolnshire	33.50
127	Lewisham	32.46
128	Southampton	32.02
129	Blackpool	31.13
130	Wandsworth	29.74
131	North Lincolnshire	29.72
132	Brent	29.68
133	Windsor and Maidenhead	29.10
134	Waltham Forest	28.63
135	Southwark	28.03
136	Lambeth	27.24
137	Portsmouth	26.77
138	Kingston upon Hull	25.59
139	Haringey	24.82
140	Ealing	24.47
141	Newham	19.04
142	Leicester	17.92
143	Hackney	17.06
144	Herefordshire	16.98
145	Camden	13.15
146	Islington	11.37
147	Hammersmith and Fulham	7.49
148	Tower Hamlets	7.14
149	Kensington and Chelsea	5.64
150	Westminster	3.31

Rank	Area	Active people and families
86	Lancashire	33.61
87	Lincolnshire	33.31
88	Kingston upon Hull	32.98
89	***Sheffield***	***32.91***
90	Bolton	32.19
91	Derbyshire	31.95
92	Salford	31.69
93	Gateshead	31.58
94	County Durham	31.58
95	Croydon	31.54
96	Brent	31.31
97	Manchester	31.13
98	Plymouth	31.09
99	Northamptonshire	31.08
100	Wigan	30.83
101	Enfield	30.75
102	Wirral	30.69
103	East Riding of Yorkshire	30.42
104	Leicester	30.27
105	Birmingham	29.80
106	Calderdale	29.73
107	Luton	29.61
108	Bury	29.54
109	Derby	28.77
110	Redcar and Cleveland	27.97
111	Medway	27.87
112	Halton	27.65
113	St. Helens	27.47
114	Northumberland	27.43
115	Staffordshire	27.16
116	Cornwall	26.94
117	Harrow	25.71
118	Tameside	25.67
119	Hillingdon	25.30
120	Dudley	25.11
121	Walsall	25.04
122	Torbay	24.99
123	Newham	24.64
124	South Tyneside	24.64
125	Doncaster	23.61
126	Middlesbrough	23.54
127	Hartlepool	23.51
128	North East Lincolnshire	23.41
129	Rochdale	21.48
130	Kirklees	21.42
131	Nottingham	21.36
132	Stockton-on-Tees	20.71
133	Rotherham	20.57
134	Barking and Dagenham	20.12
135	Wakefield	19.58
136	Darlington	19.53
137	Ealing	19.26
138	Bradford	18.84
139	Slough	18.32
140	Stoke-on-Trent	18.20
141	Barnsley	16.26
142	Sunderland	15.93
143	Knowsley	15.70
144	North Lincolnshire	14.94
145	Blackburn with Darwen	14.77
146	Oldham	13.74
147	Blackpool	13.49
148	Sandwell	12.82
149	Wolverhampton	11.79
150	Telford and Wrekin	8.51

Rank	Area	Physical activity as medicine
86	Herefordshire	44.85
87	Medway	44.85
88	Leicester	43.94
89	Salford	43.83
90	Enfield	43.45
91	Derbyshire	43.24
92	Thurrock	43.17
93	Manchester	43.14
94	East Sussex	43.03
95	Calderdale	42.97
96	Somerset	42.38
97	Slough	42.22
98	Staffordshire	41.91
99	Birmingham	41.46
100	Oldham	41.45
101	Sefton	41.34
102	Shropshire	41.22
103	Telford and Wrekin	40.71
104	Plymouth	40.07
105	Blackburn with Darwen	39.89
106	Newham	39.70
107	Bradford	39.08
108	Tameside	38.58
109	Darlington	38.46
110	Liverpool	38.10
111	Stockton-on-Tees	37.77
112	Gateshead	37.54
113	Harrow	37.47
114	Cumbria	37.14
115	Barnsley	37.13
116	Stoke-on-Trent	36.67
117	Dudley	36.31
118	Dorset	36.17
119	Doncaster	36.12
120	Halton	35.90
121	Wakefield	34.83
122	Lincolnshire	34.77
123	North East Lincolnshire	34.37
124	County Durham	34.35
125	Wigan	34.25
126	Northumberland	34.11
127	Bristol	33.86
128	Worcestershire	33.42
129	Wirral	33.18
130	Sunderland	33.18
131	Kingston upon Hull	32.74
132	Isle of Wight	32.51
133	Rotherham	32.38
134	North Lincolnshire	32.38
135	Brent	32.02
136	Walsall	32.02
137	North Somerset	31.93
138	Middlesbrough	31.60
139	South Tyneside	29.96
140	Barking and Dagenham	29.25
141	Redcar and Cleveland	28.98
142	Wolverhampton	28.82
143	Sandwell	27.02
144	North Tyneside	26.39
145	St. Helens	25.05
146	Rochdale	22.45
147	Blackpool	20.32
148	Torbay	19.52
149	Hartlepool	15.85
150	Knowsley	12.59

Rank	Area	Communities of Interest
86	Lincolnshire	46.17
87	Northumberland	45.92
88	Havering	45.78
89	Gateshead	45.56
90	Wirral	45.48
91	Kensington and Chelsea	45.28
92	Bradford	45.21
93	Waltham Forest	44.59
94	Darlington	44.59
95	Brent	44.58
96	Southwark	44.57
97	Bury	44.47
98	Wakefield	44.33
99	Warrington	43.67
100	Greenwich	43.59
101	Thurrock	43.41
102	County Durham	42.71
103	Hillingdon	42.29
104	Northamptonshire	42.28
105	North East Lincolnshire	42.09
106	Kirklees	41.55
107	Blackburn with Darwen	41.27
108	Sunderland	41.02
109	Newcastle upon Tyne	40.62
110	Derby	40.39
111	Halton	40.38
112	Harrow	40.05
113	Bedford	40.03
114	Dudley	39.97
115	Hackney	39.48
116	Tameside	38.52
117	Nottingham	38.37
118	Hammersmith and Fulham	38.36
119	Coventry	38.13
120	Hartlepool	38.05
121	Barking and Dagenham	37.29
122	St. Helens	36.84
123	Southampton	36.35
124	Oldham	36.34
125	Birmingham	36.22
126	Kingston upon Hull	36.05
127	North Tyneside	35.46
128	Bolton	35.00
129	Merton	34.33
130	Stoke-on-Trent	33.82
131	Newham	33.21
132	Middlesbrough	32.71
133	Hounslow	32.65
134	Slough	32.35
135	Rochdale	32.09
136	Westminster	31.74
137	Sutton	31.40
138	South Tyneside	30.57
139	Manchester	30.37
140	Salford	29.45
141	Sandwell	27.80
142	Wolverhampton	27.55
143	Wigan	27.11
144	Rotherham	23.14
145	Doncaster	23.05
146	Luton	22.65
147	Blackpool	18.44
148	Liverpool	14.12
149	Barnsley	12.40
150	Knowsley	10.17

Local Authority Rankings 2019 – overall index (Sheffield in red, other core cities in green)

1	Wokingham	63.19
2	Kingston upon Thames	61.57
3	Richmond upon Thames	59.19
4	Bracknell Forest	59.12
5	York	58.81
6	Bath and North East Somerset	57.64
7	Poole	57.62
8	Surrey	56.83
9	Buckinghamshire	55.71
10	South Gloucestershire	55.64
11	Bromley	55.16
12	Brighton and Hove	54.84
13	Hertfordshire	54.80
14	Reading	54.72
15	Oxfordshire	54.67
16	Cambridgeshire	54.17
17	Wandsworth	53.79
18	Devon	53.51
19	Bournemouth	53.03
20	West Berkshire	52.63
21	Gloucestershire	51.31
22	Wiltshire	50.93
23	Milton Keynes	50.78
24	Windsor and Maidenhead	50.62
25	Cheshire East	50.60
26	Hampshire	50.42
27	Stockport	50.11
28	Leeds	50.10
29	West Sussex	50.05
30	Central Bedfordshire	49.91
31	Cheshire West and Chester	49.65
32	North Somerset	49.44
33	Swindon	49.41
34	Barnet	48.90
35	North Yorkshire	48.85
36	Essex	48.77
37	Solihull	48.35
38	Trafford	48.33
39	Lambeth	48.17
40	Merton	48.08
41	Shropshire	47.90
42	Warrington	47.05

43	Havering	46.74
44	Suffolk	46.67
45	Peterborough	46.41
46	Dorset	46.18
47	Sheffield	46.15
48	Rutland	45.92
49	Calderdale	45.71
50	Kent	45.71
51	Nottinghamshire	45.36
52	Lancashire	45.18
53	Lewisham	44.84
54	Cumbria	44.74
55	Isle of Wight	44.59
56	Greenwich	44.50
57	Newcastle upon Tyne	44.48
58	Southend-on-Sea	44.45
59	Derbyshire	44.38
60	Plymouth	44.35
61	Bury	44.33
62	Leicestershire	44.31
63	Croydon	44.29
64	Sefton	44.06
65	Norfolk	43.82
66	Bristol	43.76
67	Somerset	43.74
68	Southwark	43.73
69	Waltham Forest	43.71
70	Bexley	43.58
71	Haringey	43.54
72	Medway	43.32
73	Redbridge	43.19
74	Warwickshire	42.89
75	East Sussex	42.68
76	Gateshead	42.35
77	Bedford	42.20
78	Worcestershire	42.16
79	Stockton-on-Tees	42.06
80	Thurrock	41.78
81	East Riding of Yorkshire	41.67
82	Staffordshire	41.43
83	County Durham	41.08
84	Camden	40.92
85	Portsmouth	40.66
86	Enfield	40.62
87	Hounslow	40.42
88	Redcar and Cleveland	40.32

89	Sutton	40.29
90	Cornwall	39.82
91	Hillingdon	39.78
92	Derby	39.77
93	Northamptonshire	39.65
94	Southampton	39.61
95	Coventry	39.60
96	Salford	39.42
97	Wirral	39.40
98	Halton	39.31
99	Bolton	39.24
100	Northumberland	39.21
101	Herefordshire	37.58
102	Kirklees	37.10
103	Dudley	37.02
104	Manchester	36.83
105	Wigan	36.76
106	Lincolnshire	36.75
107	Islington	36.61
108	Darlington	36.54
109	Tameside	36.41
110	Birmingham	36.37
111	Walsall	36.13
112	Harrow	35.72
113	Wakefield	35.32
114	St. Helens	35.22
115	Hackney	35.17
116	Nottingham	35.16
117	Luton	34.67
118	Middlesbrough	34.20
119	Telford and Wrekin	34.14
120	Bradford	34.13
121	Brent	33.94
122	Stoke-on-Trent	33.73
123	South Tyneside	33.65
124	North Tyneside	33.61
125	Ealing	33.35
126	North East Lincolnshire	32.64
127	Leicester	32.44
128	Blackburn with Darwen	32.23
129	Tower Hamlets	32.13
130	Torbay	32.05
131	Hammersmith and Fulham	31.80
132	Oldham	31.77
133	Sunderland	31.75
134	Kingston upon Hull	31.59

135	Slough	31.20
136	Kensington and Chelsea	31.18
137	Barking and Dagenham	31.00
138	Doncaster	30.41
139	Rochdale	29.64
140	Liverpool	29.29
141	Rotherham	29.09
142	North Lincolnshire	29.03
143	Hartlepool	28.96
144	Newham	28.05
145	Wolverhampton	26.07
146	Sandwell	25.26
147	Westminster	24.67
148	Barnsley	23.71
149	Blackpool	19.92
150	Knowsley	19.01