

Percentage of adults, by age and sex, meeting the physical activity recommendations for England, Scotland, Wales and Northern Ireland

	All ages %	16-24 %	25-34 %	35-44 %	45-54 %	55-64 %	65-74 %	75+ %
ENGLAND								
Men	40	53	52	46	38	35	21	9
Women	28	33	36	35	34	27	16	4
SCOTLAND								
Men	42	59	57	45	40	35	23	13
Women	30	36	40	39	35	28	16	6
WALES								
Men	36	49	41	42	38	31	23	15
Women	23	29	29	29	27	21	17	6
NORTHERN IRELAND								
Men	33	33	40	39	29	28	26	17
Women	28	26	35	35	33	26	20	11

Notes: Recommended level of physical activity 30 minutes or more of moderate intensity physical activity at least 5 days a week

Sources:

Health Survey for England (2008) [http://www.ic.nhs.uk/statistics-and-dat-collections/health-and-lifestyles-related-surveys/health-survey-for-england/health-survey-for-england-2007-latest-trends-\[ns\]](http://www.ic.nhs.uk/statistics-and-dat-collections/health-and-lifestyles-related-surveys/health-survey-for-england/health-survey-for-england-2007-latest-trends-[ns])

Health Survey for Scotland (2003) <http://www.scotland.gov.uk/Resource/Doc/924/0019811.pdf>

Welsh Health Survey (2007) <http://new.wales.gov.uk/statsdocs/health/hs2007/hs2007ch4e.xls>

Northern Ireland Health and Social wellbeing Survey (2005/06)
<http://www.csu.nisra.gov.uk/Physical%20activity.pdf>

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