

# Scottish Borders: Physical Activity Indicator Chart

## ***Purpose***

The Local Authority Physical Activity Indicator Charts provide insight into the levels of physical activity in each Local Authority in Scotland. This document shows the data for **Scottish Borders** relative to other Local Authorities and the Scotland average.

These charts aim to support the use of physical activity data in Local Authority planning and decision making by collating specific Local Authority data in a single document in an accessible way.

These charts are an update and expansion of charts previously produced in 2016. There was a need to revise to include the latest data and align the indicators with [Scotland's National Framework on Physical Activity for Health](#).

## ***Sections of the document***

The document is divided into three sections:

1. Indicator chart: showing the latest available data for all indicators
2. Spider plot: showing change over time for selected indicators
3. Definitions of indicators and references

## ***Data included***

There are 22 different indicators of physical activity aligning with Scotland's National Framework on Physical Activity for Health. The data are from two nationally representative surveys: the Scottish Household Survey (SHS) and the Scottish Health Survey (SHeS). The SHS provides data at local authority level, the SHeS provides data at Health Board level. Therefore, in this document, indicators are shown for **Scottish Borders Local Authority** and **Borders Health Board** where appropriate. The latest available data to generate Health Board estimates for the SHeS is the combined 2016-2019 dataset. In order to align time periods, the 2019 SHS dataset (providing Local Authority estimates) has been used.

Sample sizes below 100 are asterisked (\*). Some local authorities do not have any areas in the lowest SIMD quintile and therefore this indicator is marked as N/A and double asterisked (\*\*).

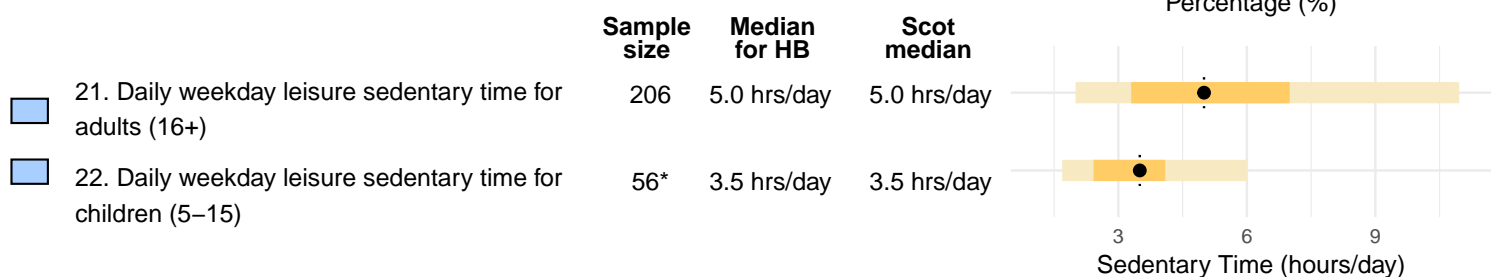
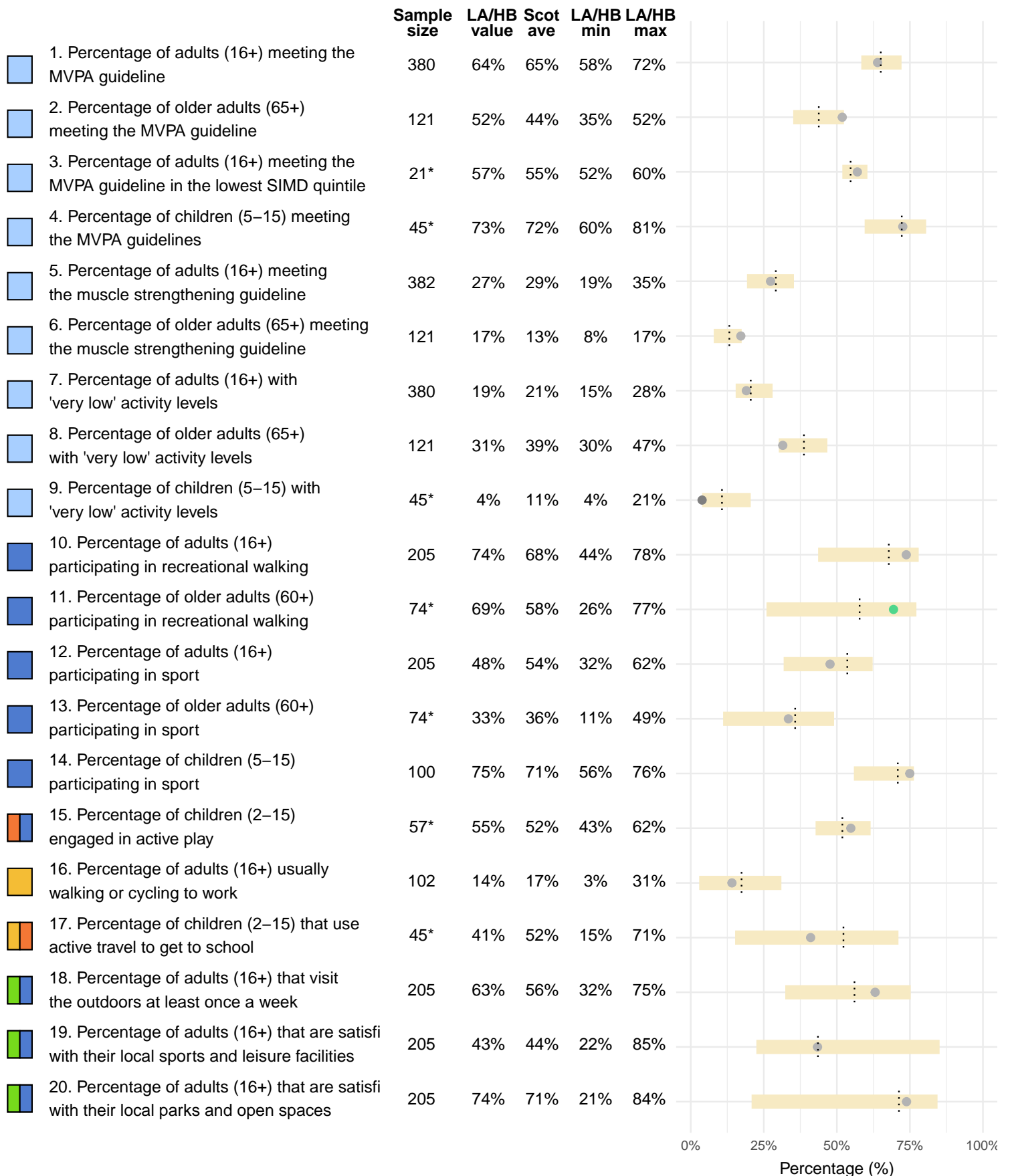
## ***Authorship team***

These charts have been produced by Jian Lei, Jinghua Chen, and Tessa Strain of the Physical Activity for Health Research Centre, University of Edinburgh, in collaboration with The Scottish Government, Public Health Scotland and NHS Dumfries and Galloway.

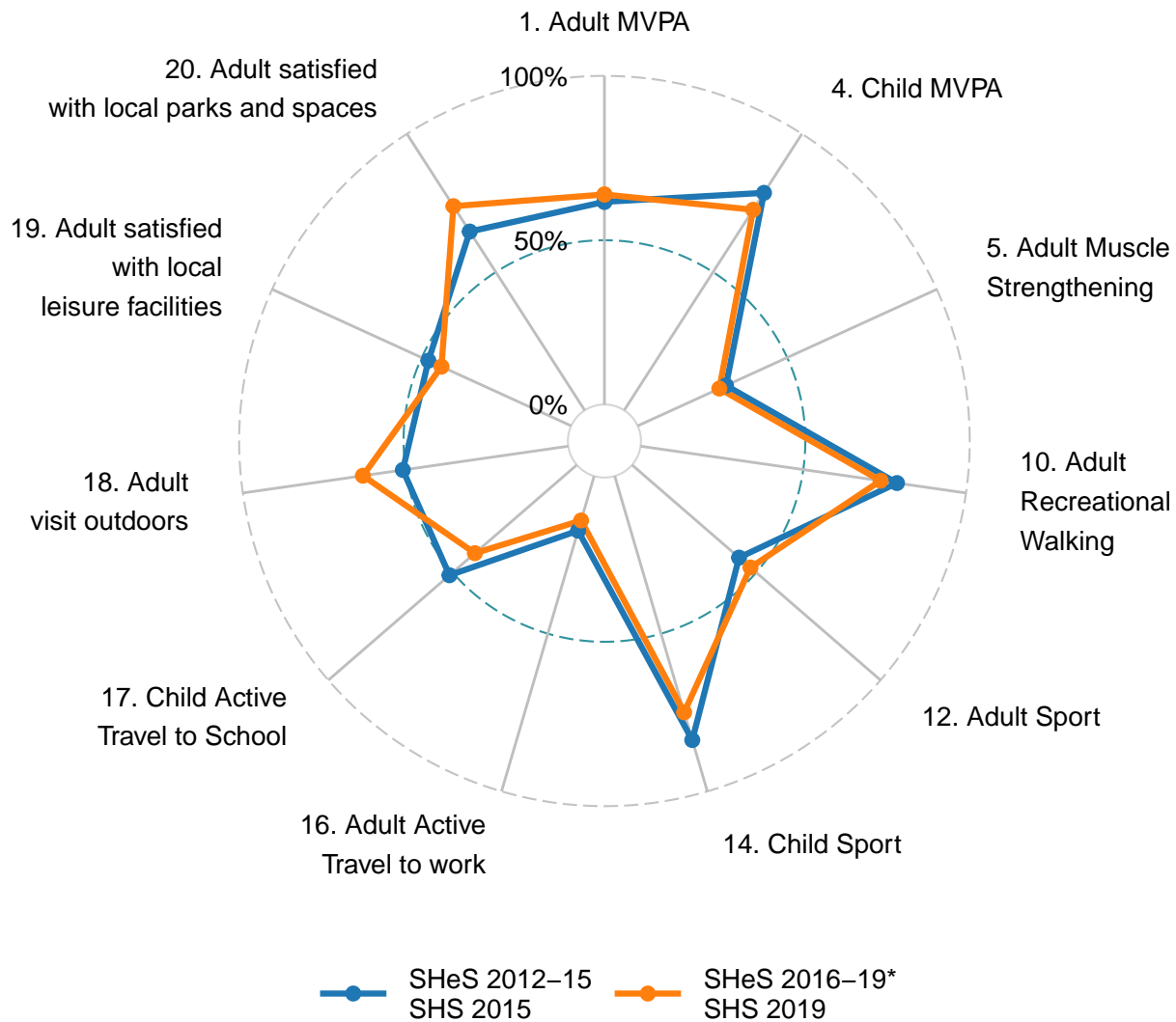
## ***Further resources***

- [Scotland's National Framework on Physical Activity for Health](#)
- [Estimating the burden of disease attributable to physical inactivity in Scotland](#)
- [A systems-based approach to physical activity in Scotland](#)

# Scottish Borders: Physical activity indicators

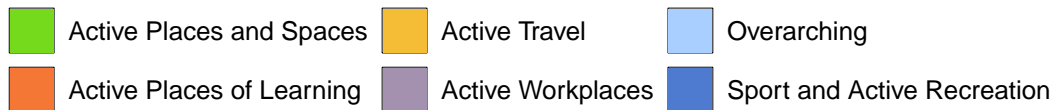


# Scottish Borders: Changes over time

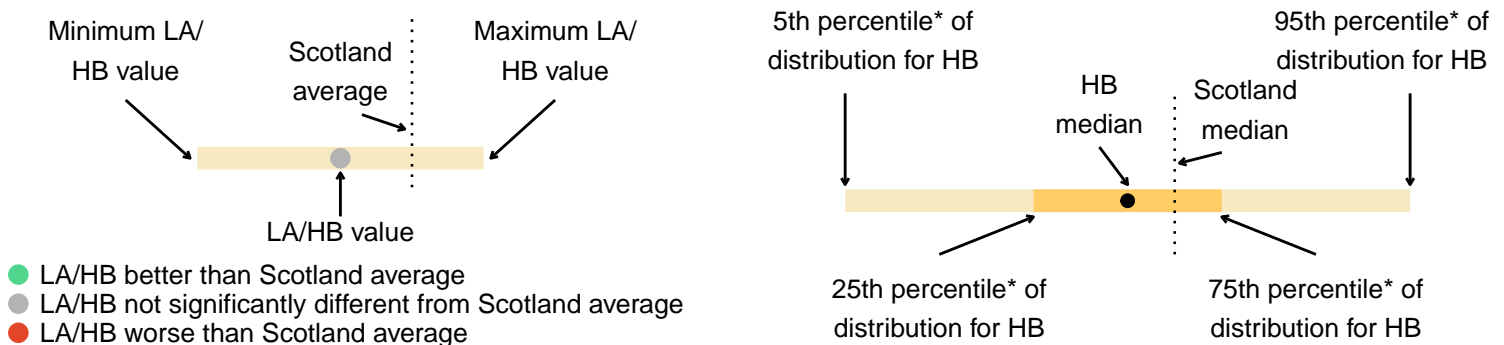


The indicator numbers refer to table on page 4 for the full definitions and the survey that provides the data for each indicator. SHeS: Scottish Health Survey; SHS: Scottish Household Survey. For the earliest data (blue line), SHS indicators use 2015 and SHeS indicators use 2012-15 combined years of data. For the current data (orange line), SHS indicators use 2019. Please refer to page 4 for the years of SHeS data as this can vary due to questionnaire changes during the period.

## Subsystem colour legend



## Indicator plot legends



\*Percentiles give an indication of the spread of the data. The 25th percentile is higher than 25% and lower than 75% of the data.

## Definitions of Indicators

Indicator	Dataset	Definition
1. % adults (16+) meeting the MVPA guideline 2. % older adults (65+) meeting the MVPA guideline 3. % adults (16+) meeting the MVPA guideline in the lowest SIMD quintile	SHeS 2016-19	≥150 minutes of moderate intensity activity or ≥75 minutes of vigorous intensity activity or an equivalent combination of the two in the past four weeks
4. % children (5-15) meeting the MVPA guideline	SHeS 2016 & 2019	An average of ≥60 minutes of at least moderate intensity activity per day in the past 7 days
5. % adults (16+) meeting the muscle strengthening guideline 6. % older adults (65+) meeting the muscle strengthening guideline	SHeS 2016-19	≥2 sessions per week of muscle strengthening activities in the past 4 weeks
7. % adults (16+) with 'very low' activity levels 8. % older adults (65+) with 'very low' activity levels	SHeS 2016-19	≤30 minutes of moderate intensity activity or ≤15 minutes of vigorous intensity activity or an equivalent combination of the two in the past 4 weeks
9. % children (5-15) with 'very low' activity levels	SHeS 2016 & 2019	An average of ≤30 minutes of at least moderate intensity activity per day in the past 7 days
10. % adults (16+) participating in recreational walking 11. % older adults (60+) participating in recreational walking	SHS 2019	Participation in recreational walking for ≥30 minutes in the past four weeks
12. % adults (16+) participating in sport 13. % older adults (60+) participating in sport	SHS 2019	Participation in any sporting activity for ≥30 minutes in the past four weeks
14. % children (5-15) participating in sport	SHeS 2016-19	Participation in any sport or recreation activities in the past 7 days
15. % children (2-15) engaged in active play	SHeS 2016 & 2019	≥30 mins of active play on at least 1 day in the last 7 days
16. % adults (16+) usually walking or cycling to work	SHS 2019	Usual method of travel to work is by walking or cycling
17. % children (2-15) that use active travel to get to school	SHS 2019	Usual method of travel to school is by walking or cycling
18. % adults (16+) that visit the outdoors at least once a week	SHS 2019	Visit the outdoors for leisure or recreation at least once a week in the last 12 months
19. % adults (16+) that are satisfied with their local sports and leisure facilities	SHS 2019	Very or fairly satisfied with local sports and leisure facilities
20. % adults (16+) that are satisfied with their local parks and open spaces	SHS 2019	Very or fairly satisfied with local parks and open spaces
21. Daily weekday sedentary time for adults (16+)	SHeS 2016-19	Median self-reported sitting time on weekdays (hours/day)
22. Daily weekday leisure sedentary time for children (5-15)	SHeS 2018-19	Median self-reported sitting time on weekdays (hours/day)

SHeS: Scottish Health Survey; SHS: Scottish Household Survey. The years refer to the data used for the indicator chart on page 2 and the current data (orange line) on page 3. Due to questionnaire changes during the period 2016-2019, some indicators are based on specific years rather than the full four years. The SHS provides data at local authority level (**Scottish Borders Local Authority**), the SHeS provides data at Health Board level (**Borders Health Board**).