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**Short Report.**  
**Kent 2005 Survey of Health and Lifestyle:**  
**Moderate Physical Activity and Obesity**  
**by Local Authority**



**Ann Palmer, Linda Jenkins, Charlotte Hastie**

**Health and Social Survey Unit**

**Centre for Health Services Studies  
University of Kent**

**Commissioned by Kent County Council**

**April 2007**



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## **Acknowledgements**

The authors would like to thank Kent County Council and in particular Richard Spoerry and Debbie Smith for funding the survey and their continued interest support and encouragement. We would also like to thank the Public Health Network for their support and advice in particular in developing the questionnaire.

Kent has taken exercise as the key to monitoring progress towards a healthier Kent. Discussions with Kent County Council, Department of Health and the Office of Deputy Prime Minister have identified the importance of measuring how many people are undertaking at least moderate activity five times a week.

We would also like to thank the team at CHSS who have administered the survey, painstakingly ensuring that all the questionnaires were delivered, receiving calls from participants and receiving and entering completed questionnaires; in particular we would like to thank Tony Rees and Paula Loader.

**Further copies can be obtained directly from CHSS at the above address or as a PDF via the web site**

**[http://www.kent.ac.uk/chss/docs/short\\_obesity\\_report.pdf](http://www.kent.ac.uk/chss/docs/short_obesity_report.pdf)**

## Contents

	Page
Summary	4
The Kent 2005 Survey	5
Local Authority representation	5
Physical Activity	6
Direct Standardisation	7
Observed number of people active	8
Indirect Standardisation	9
Obesity	13
Direct Standardisation	13
Indirect Standardisation	14
Obesity and Activity compared	19
APPENDICES	
Appendix A - Local Authority name by age and ten year groups	21
Appendix B – Tables 1,2 Moderate Physical Activity by local Authority and sex	23
Tables 3,4 BMI by Local Authority and sex	25
Appendix C - Standardised Rate / 100 persons of 30 minutes moderate activity 5 days a week by Local Authority	27
Appendix D - Rates of Moderate Physical Activity 30 minutes 5 days a week Standardised to Kent population for Males and Females ordered by sex	28
Appendix E - Rates of Moderate Physical Activity 30 minutes 5 days a week Standardised to Kent population for Males and Females ordered by sex	29

## **Summary**

This short report provides preliminary information at Local Authority level aimed to provide planners with data on physical activity and obesity. It provides an analysis from the Kent 2005 Survey at Local Authority level of data on moderate physical activity and obesity.

Data have been standardised by both direct and indirect methods. Standardisation means that results are comparable across Local Authorities and differences in age structures are taken into account; however low response rates in younger age groups particularly, and a possible bias towards less healthy people responding, are likely to have affected results.

For planning purposes observed numbers for each Local Authority have been calculated from the sample rates in the survey multiplied by the number of people in the district in each age group and estimates the number of people active locally at the time of the survey.

In most Local Authorities there has been some consistency in reporting moderate activity between men and women. Thanet was the only district where women had a higher rate of activity than men. In every other locality men reported greater activity than women. The ranges of activity for men and for women were similar. There was no relationship between the rates of activity for men and for women each Local Authority.

The variation around the Kent mean between the Local Authorities for obesity is much greater than seen for physical activity. There was also more variation in obesity amongst the districts for men than there was for women, and secondly there was not very much correlation between the rate for men and the rate for women. Whilst there was some relationship between rates of obesity for men and for women this was not significant; only in Dover was there clearly a high rate for both sexes.

There is some correlation between activity and obesity rates for men, but this is not as would be expected in that obesity is increasing with increasing moderate physical activity. For women the trend was still an increase in activity as well as obesity, but much less so than for men.

## **The Kent 2005 Survey**

In autumn 2005 a postal survey of 22,861 people across Kent was carried out by the Health and Social Survey Unit at the Centre for Health Services Studies in the University of Kent, funded by Kent County Council.

The sampling frame was the GP registration list from the Kent Primary Care Agency. Contact details for patients aged 16 and over registered with the Kent Primary Care Agency were downloaded and a one in fifty sample obtained electronically.

In all, 5800 people in Kent responded to the survey (a response rate of 27% when Post Office returns, people who died or moved away were removed). There are 5714 respondents who gave both age and sex and in some analyses the people who did not respond to age and/or sex have been excluded. More information on the survey and its representativeness can be found in the First Report<sup>1</sup>

### **Local Authority representation**

Response from women (3292 cases) overall was better than for men (2419 cases). Men responding tended to be older than the women (Appendix A Tables 1 and 2); there were more younger men in samples from Dartford, Swale and Shepway, and younger women in samples from Gravesham, Maidstone and Tonbridge and Malling (Appendix A Tables 1 and 2).

Overall 14.8% of men and 15.0% of women did not respond to the activity question. There were high rates of non response on activity for men in Dartford (25.7%) and Gravesham (19.4%) and for women in Sevenoaks (23.6%) (Appendix B Tables 1 and 2). This is not confined to older people but seems to be spread across all ages (Appendix E).

There was some variation in the age / sex structure of response across the local authorities (districts); this means that overall rates for Local Authorities were not directly comparable (see Appendix D , Local Authority moderate activity rates by age and sex) and therefore results have been standardised for the purpose of this report.

Much lower rates of non-response were found for obesity results, men in Shepway and Tunbridge Wells had non-response rates above 5/100 and Gravesham was the highest at 6.5/100; non-

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<sup>1</sup> Palmer A, Jenkins L, Hastie C, 2006. First Report of Physical Activity and Obesity from the Kent 2005 Survey of Health and Lifestyle. CHSS Occasional Report.

response for women was slightly higher with Canterbury at 6.3/100 and Shepway at 6.5/100 (Appendix B, Tables 3 and 4).

## Physical Activity

The survey asked two questions in relation to how much moderate physical activity they undertook in a week. From the question which asked how many days a week they undertook moderate activity for thirty minutes at a time, it has been estimated that 25.7% of all men and 23.7% of all women were undertaking moderate physical activity for 30 minutes on 5 or more days a week<sup>2</sup>. Note this report does not include people who did not respond to the first question but indicated they were active for one hour five days a week<sup>3</sup>.

Data have been analysed in several ways to help planners.

1. Direct Standardisation<sup>4</sup> using Local Authority rates by 10 year age bands and sex applied to Kent as the standard population
2. Calculation of the estimated (or observed) number of cases in each Local Authority using the Local Authority 10 year age / sex rates applied to the Local Authority populations.
3. Calculation of the expected number of cases in the Local Authority using Kent rates applied to the Local Authority population together with 95% confidence intervals<sup>5</sup>
4. Indirect Standardisation<sup>6</sup> - Standardised (Activity / Obesity) Ratio =  
observed numbers x 100 / expected numbers

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<sup>2</sup> Palmer AP, Jenkins LM, Hastie CL. 2007. Second Report on Obesity and Physical Activity from the Kent 2005 survey. CHSS Occasional Report.

<sup>3</sup> An additional 244 people (4.2%) not respond to Question 45(a) but have answered Question 45(b) stating they are moderately active for an hour or longer 5 or more days a week

<sup>4</sup> The directly age-standardised rate for an indicator is the number of events that would occur in a standard population (per 100,000) if that population had the age-specific rates of a given area. See NHS Performance indicators methodology [http://www.chi.nhs.uk/Ratings/Downloads/direct\\_standardn\\_meth.pdf](http://www.chi.nhs.uk/Ratings/Downloads/direct_standardn_meth.pdf)

<sup>5</sup> A confidence interval gives an estimated range of values which is likely to include an unknown population parameter, the estimated range being calculated from a given set of sample data  
[http://www.cas.lancs.ac.uk/glossary\\_v1.1/confint.html](http://www.cas.lancs.ac.uk/glossary_v1.1/confint.html)

<sup>6</sup> The standardised ratio (SR) for persons is then calculated as: SR = sum of observed values / sum of expected values  
“the reference population used for standardisation will be the appropriate relevant population for that indicator, as opposed to the European Standard Population. For PCTs the reference population is the actual PCT populations.” See NHS Performance indicators, Indirect Standardisation  
[http://www.chi.nhs.uk/Ratings/Downloads/indirect\\_standardn\\_meth.pdf](http://www.chi.nhs.uk/Ratings/Downloads/indirect_standardn_meth.pdf)



## Direct Standardisation

A comparative analysis of moderate physical activity 30 minutes 5 days a week has been carried out by standardising the survey results in ten year age groups to the Kent population providing an overall rate for each local authority by sex.

Using this method of standardisation Maidstone had the lowest rate of men moderately active 30 minutes for 5 days a week, with 20.2/100 men +/- 1.9 (i.e. between 18.3/100 and 22.1/100); in Tonbridge and Malling it is estimated 28.9/100 men +/- 1.8 (i.e. between 27.1/100 and 30.7/100) said they were active 5 days a week; this means the locality with the highest rate was 1.43 times higher than the locality with the lowest rate (Appendix D)

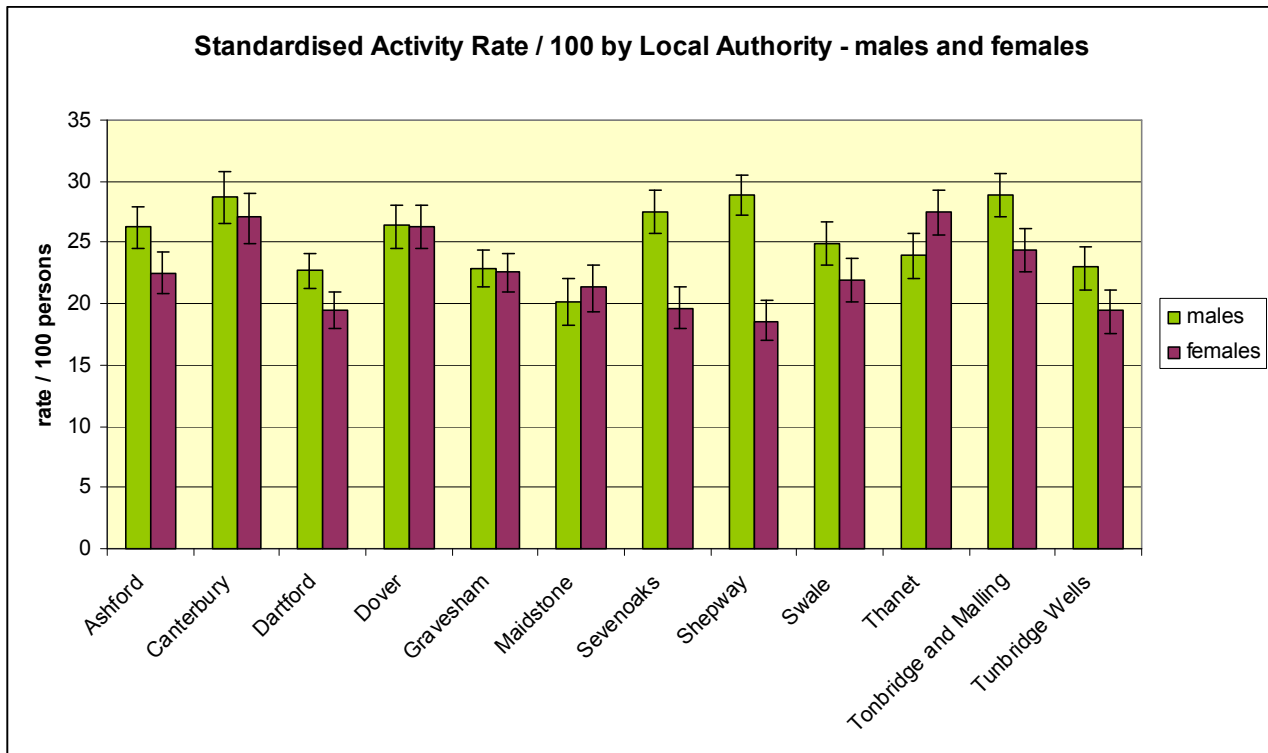
Shepway was the locality with the lowest rate for women; the rate was 18.6/100 +/- 1.5% (i.e. between 17.1/100 and 20.1/100). The locality with the highest rate for women was Thanet with 27.6/100 +/- 2.0 (i.e. between 25.6/100 and 29.6/100). There was a 1.48 times difference for the rate in the highest locality for women compared to the lowest.

Standardisation means that results are comparable across Local Authorities and differences in age structures are taken into account; however low response rates in younger age groups particularly, and a possible bias towards less healthy people responding, are likely to have affected results.

There is a lot of variation between districts (Figure 1), and between men and women; this graph also shows the confidence intervals (as reported above as +/-).

In most Local Authorities there has been some consistency in reporting moderate activity between men and women. Thanet was the only district where women had a higher rate of activity than men. In every other locality men reported greater activity than women; for example in Sevenoaks 27.5/100 +/- 1.8 men (i.e. between 25.7/100 and 29.3/100) reported being moderately active for 30 minutes 5 days a week whilst 23.4/100 +/- 1.7 women (i.e. between 21.7/100 and 25.1/100) reported the same. Even in Canterbury which had the second highest rate for women (27.0/100 +/- 2.2), men still had a higher activity rate (28.2/100 +/- 2.0).

**Figure 1**



**Observed number of people active**

Observed numbers for each Local Authority have been calculated from the sample rates in the survey multiplied by the number of people in the district in each age group and estimates the number of people active locally at the time of the survey. This is thought to be useful for individual authorities when working with their people living in their districts.

Table 1 shows the range between which it is expected lay the number of people actually moderately active for 30 minutes 5 days a week (derived by adding / subtracting the 95% Confidence Intervals to the rate applied to the local population see p.3) . Note the range because with a survey of this kind which takes a sample from the population it is not possible to indicate the exact number.

**Table 1**

**Number of people calculated to be moderately active for 30 minutes 5 days a week using rates in survey and 2005 LA populations**

**(NB this is not the same as the standardised rates seen above)**

Local Authority	Males		Females	
	Low number	High number	Low number	High number
Ashford	7490 (17.90%)	13979 (33.41%)	7873 (17.49%)	12306 (27.33%)
Canterbury	12607 (22.57%)	19907 (35.64%)	13946 (22.42%)	20059 (32.24%)
Dartford	4643 (13.83%)	10967 (32.67%)	4654 (13.05%)	9170 (25.71%)
Dover	7650 (18.83%)	13716 (33.76%)	9356 (20.75%)	14271 (31.65%)
Gravesham	5025 (13.73%)	12009 (32.82%)	6525 (16.69%)	11366 (29.07%)
Maidstone	7848 (13.85%)	15273 (26.96%)	10135 (17.03%)	15365 (25.82%)
Sevenoaks	8663 (20.33%)	14926 (35.02%)	6777 (14.56%)	11309 (24.30%)
Shepway	8595 (22.38%)	13644 (35.52%)	5607 (13.17%)	9932 (23.34%)
Swale	9391 (19.10%)	15452 (31.43%)	8747 (17.00%)	14152 (27.51%)
Thanet	8563 (17.84%)	14127 (29.44%)	11751 (21.31%)	17277 (31.34%)
Tonbridge and Malling	8816 (20.52%)	15704 (36.55%)	8959 (19.53%)	13809 (30.10%)
Tunbridge Wells	6259 (15.48%)	12020 (29.72%)	12032 (27.42%)	17029 (38.81%)

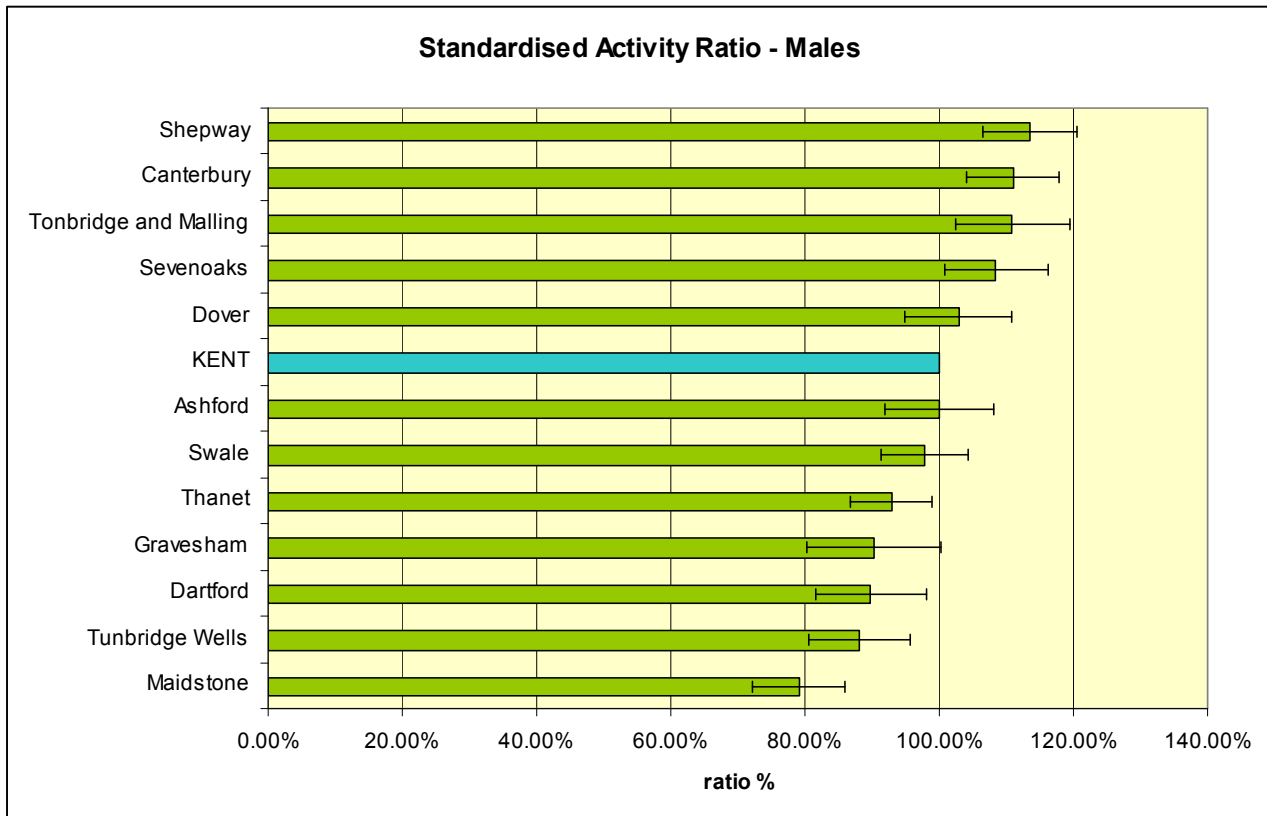
### Indirect Standardisation

Figures 2 and 3 show a different approach to standardising the data against the Kent population; this time the expected number of active people is calculated using the Kent rates which are applied to the 2005 Local Authority population. This is compared to the observed numbers by Local Authority calculated from the sex and age specific Local Authority rates found in the survey multiplied by the 2005 population. The ratio of the two is the Standardised Activity Ratio (SAR)<sup>7</sup>; Kent is on 100%. This demonstrates the % by which each Local Authority was higher or lower than the Kent mean. The ranges of activity for men and for women were similar.

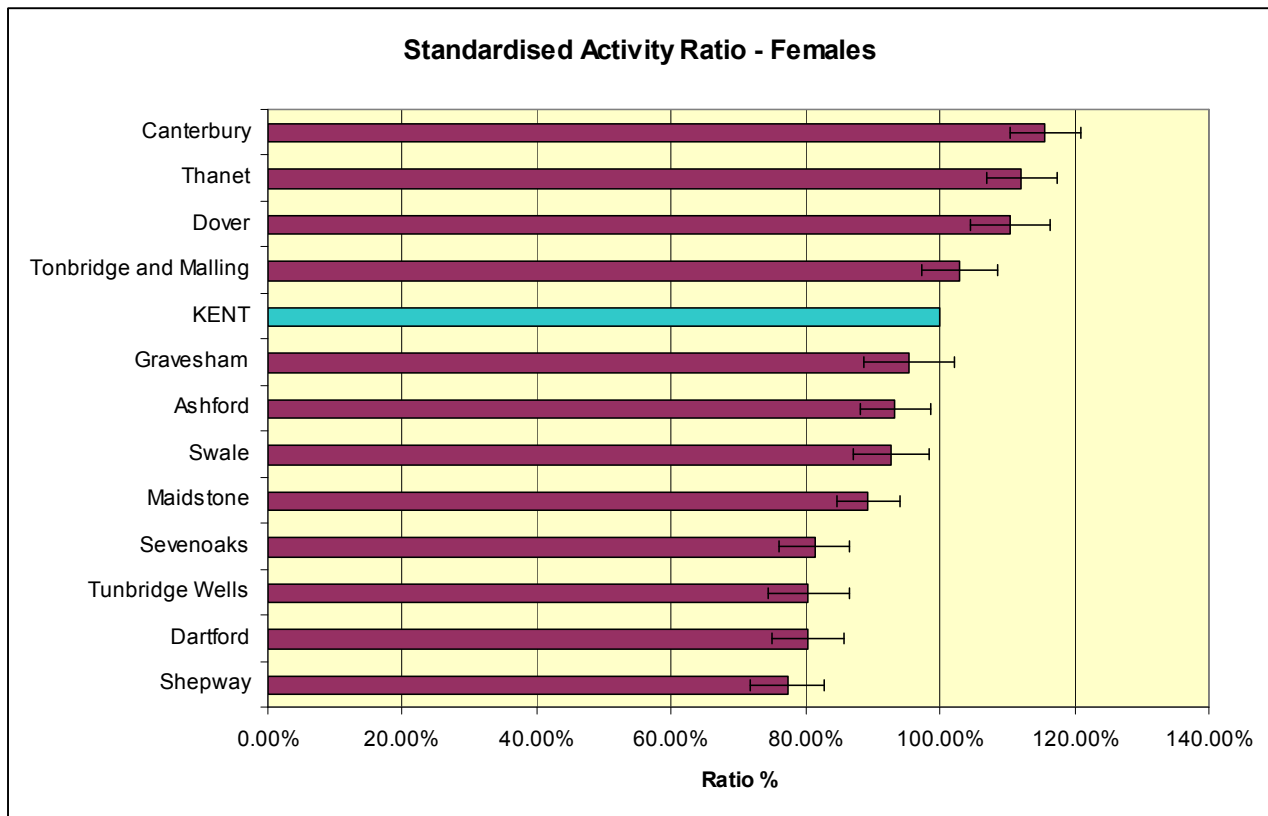
<sup>7</sup> SAR = observed x 100 / expected (%)

Tonbridge and Malling had the highest activity for men; Thanet had the highest activity for women. Shepway had the second highest observed activity for men but lowest for women. Tonbridge and Malling, Canterbury and Dover were consistently high for both sexes. Maidstone, Dartford, Gravesham, Thanet and Swale were all low for men compared to Kent; Shepway, Dartford, Tunbridge Wells and Sevenoaks were much lower for women than expected (Figures 2 and 3).

**Figure 2**



**Figure 3**



There is consistency in ranking produced by the two methods of standardisation of the data (Table 2); slight variations are most likely due to small sample sizes.

There was no relationship between the rates of activity for men and for women each Local Authority (Figure 4) although it is possible to imagine in certain districts there was a low rate comparative to other districts for both sexes such as in Dartford, Tunbridge Wells and Maidstone.

**Table 2**

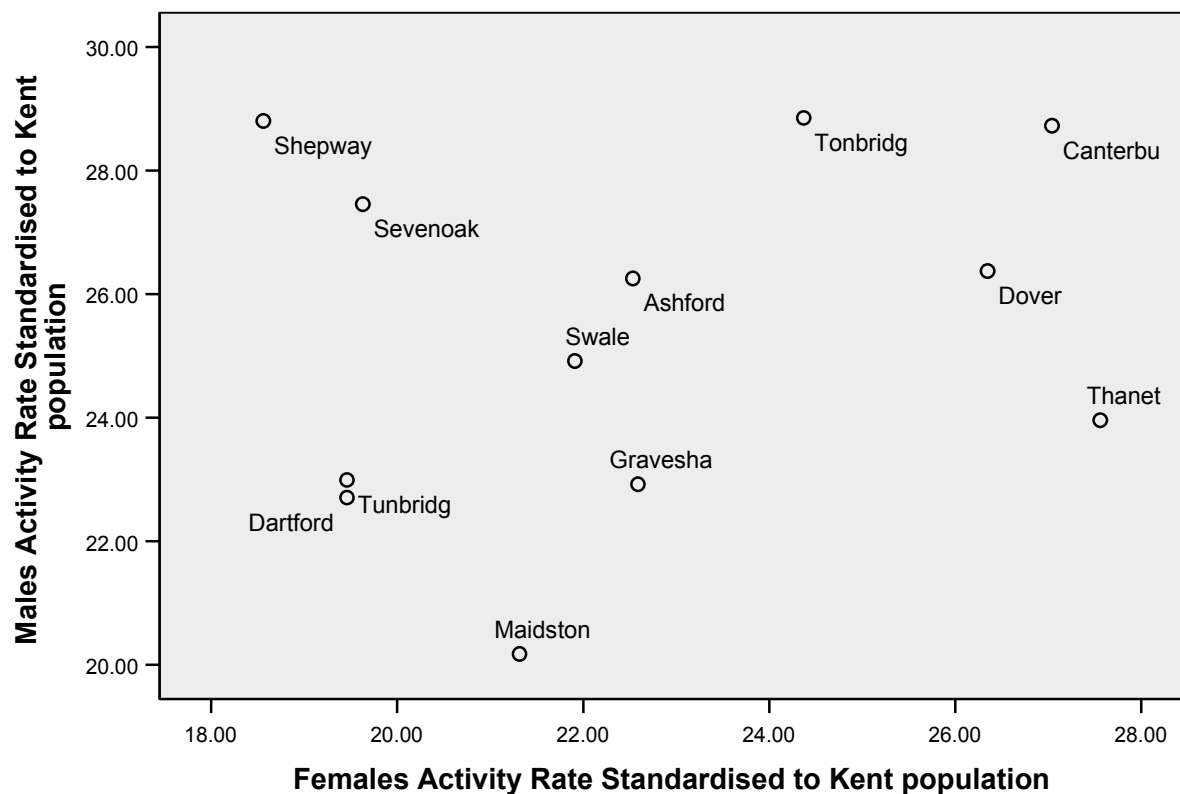
**Comparison of ranks for men and women between Standardised Rates (direct method) and Standardised Ratios (indirect method) – Moderate Physical Activity**

<b>MALES</b>	<b>Stand rate / 100</b>	<b>SAR</b>
Maidstone	20.18	79.17%
Dartford	22.71	89.83%
Gravesham	22.92	90.15%
Tunbridge Wells	22.99	88.08%
Thanet	23.96	92.85%
Swale	24.92	97.77%
Ashford	26.25	99.97%
Dover	26.37	102.84%
Sevenoaks	27.46	108.49%
Canterbury	28.73	110.98%
Shepway	28.81	113.57%
Tonbridge and Malling	28.86	110.93%

<b>FEMALES</b>	<b>Stand rate / 100</b>	<b>SAR</b>
Shepway	18.56	77.26%
Dartford	19.46	80.41%
Tunbridge Wells	19.46	80.41%
Sevenoaks	19.63	81.35%
Maidstone	21.32	89.27%
Swale	21.91	92.64%
Ashford	22.53	93.34%
Gravesham	22.59	95.40%
Tonbridge and Malling	24.37	103.00%
Dover	26.35	110.48%
Canterbury	27.04	115.61%
Thanet	27.56	112.18%

Figure 4

**Comparison of Male and Female Moderate Physical Activity Rates Standardised to Kent population - Local Authority**



Pearson  $r = 0.007$  (n.s.)

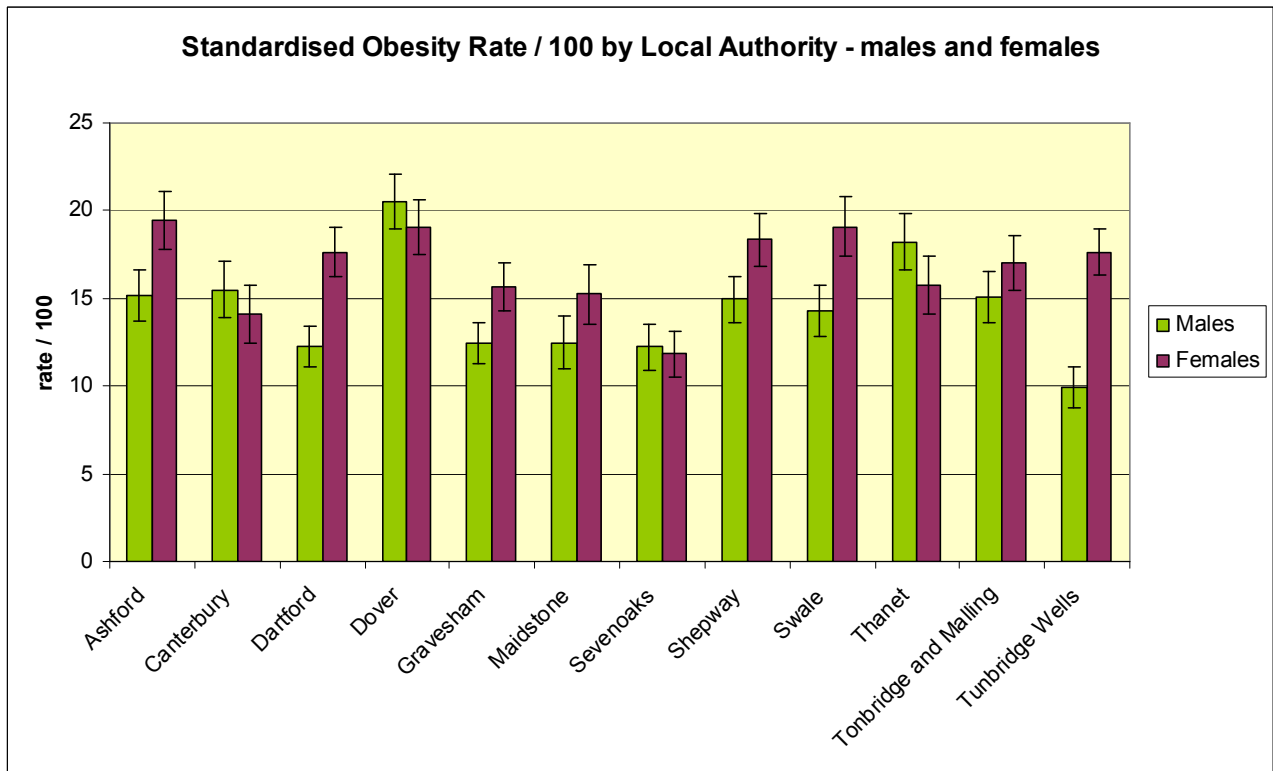
**Obesity**

The variation between the Local Authorities for obesity was much greater than seen for physical activity. There was also more variation in obesity amongst the districts for men than there was for women, and secondly there was not very much correlation between the rate for men and the rate for women.

**Direct Standardisation**

Tunbridge Wells had the lowest obesity rate for men (standardised to the Kent population) and Dover the highest. Sevenoaks was lowest for women and Ashford the highest. In Canterbury, Dover, Thanet and Sevenoaks the obesity rate for men was higher than for women; in all the other Local Authorities women had a higher obesity rate than men (Figure 5).

**Figure 5**



### Indirect Standardisation

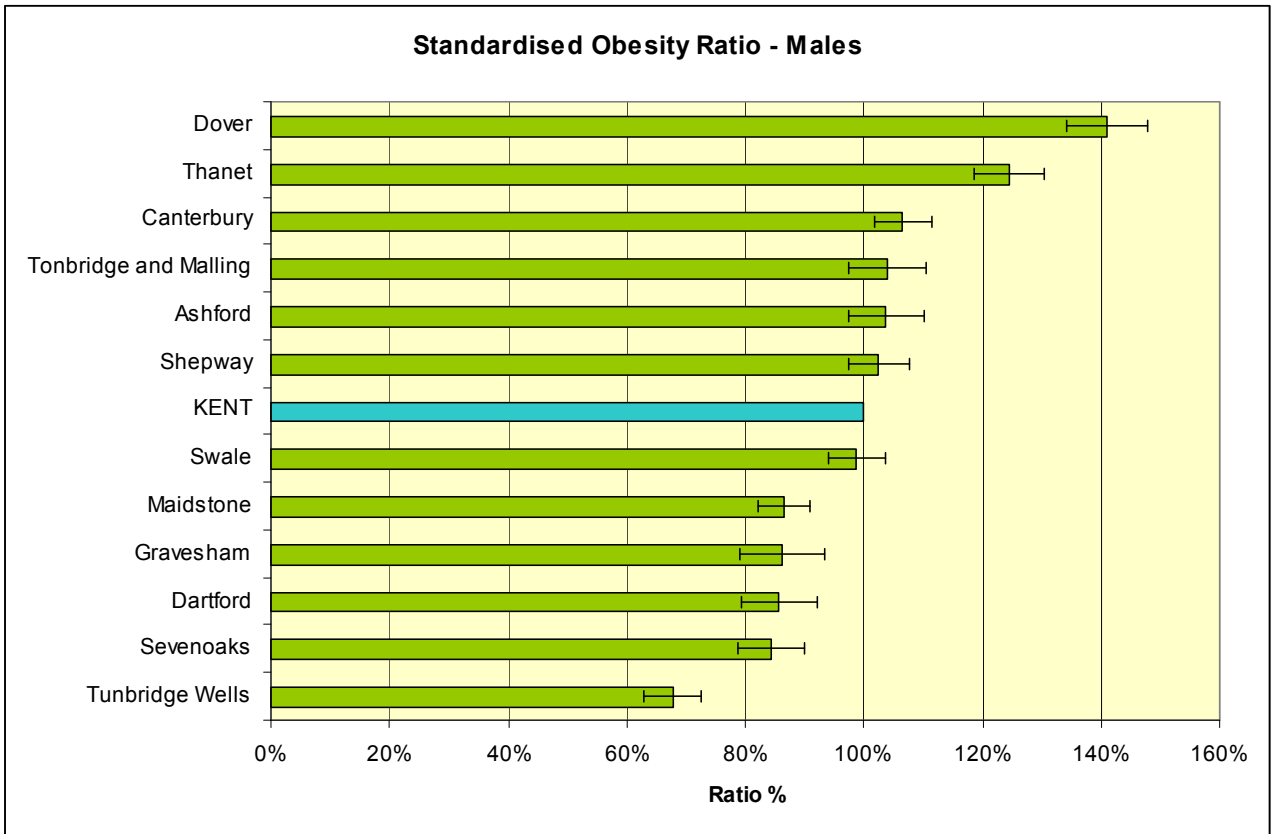
The Standardised Obesity Ratios show us there was greater variation around the Kent mean (100%) for men with a range from 67.7% for Tunbridge Wells and 84.3% for Sevenoaks to 124.5% for Thanet and 140.9% for Dover. The range for women was 75.4% for Sevenoaks and 89.7% for Canterbury to 121.0 for Swale and 122.1% for Ashford..

The data also shows that men and women in East Kent tended to be more obese than in West Kent (Tonbridge and Malling excepted).

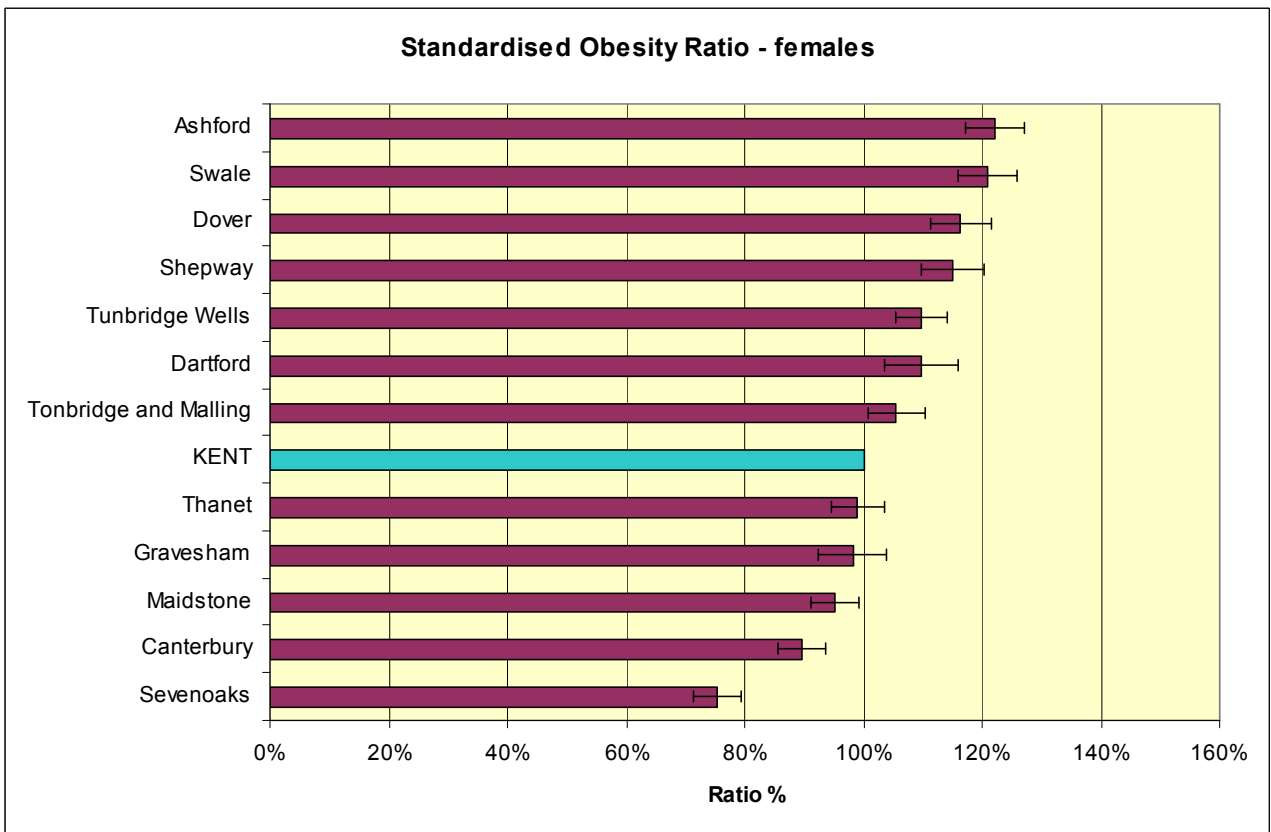
Men in Dover, Thanet, and Canterbury were significantly more obese than expected on the Kent average; in Maidstone, Gravesham, Dartford, Sevenoaks and Tunbridge Wells men were significantly less obese than the Kent average (Figure 6).



**Figure 6**



**Figure 7**



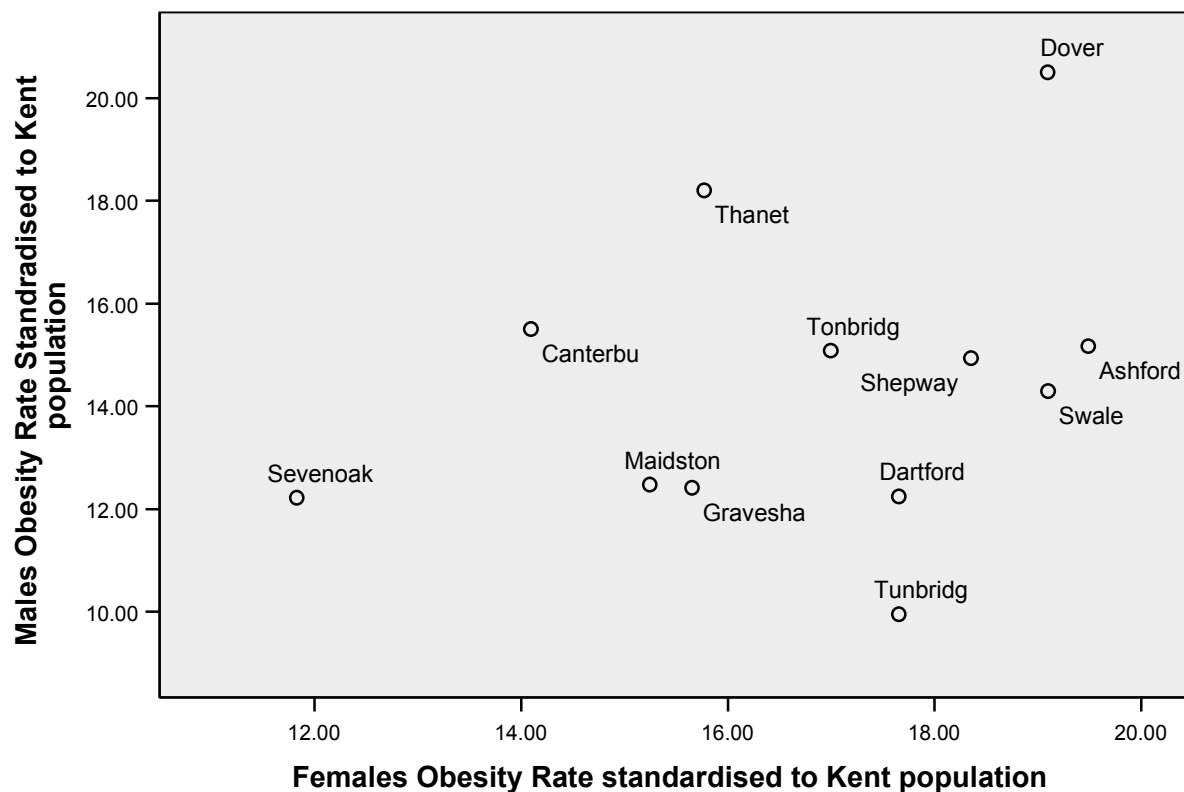
**Table 3****Comparison of ranks for men and women between Standardised Rates (direct method) and Standardised Ratios (indirect method) – Obesity**

<b>Males</b>	<b>Stand rate / 100</b>	<b>SOR</b>
Tunbridge Wells	9.95	67.74%
Sevenoaks	12.22	84.30%
Dartford	12.24	85.71%
Gravesham	12.41	86.11%
Maidstone	12.47	86.56%
Swale	14.30	98.80%
Shepway	14.94	102.56%
Tonbridge and Malling	15.08	104.06%
Ashford	15.17	103.76%
Canterbury	15.50	106.57%
Thanet	18.20	124.53%
Dover	20.50	140.95%

<b>Females</b>	<b>Stand rate / 100</b>	<b>SOR</b>
Sevenoaks	11.83	75.38%
Canterbury	14.09	89.72%
Maidstone	15.24	95.18%
Gravesham	15.65	98.15%
Thanet	15.77	99.03%
Tonbridge and Malling	16.99	105.50%
Dartford	17.65	109.71%
Tunbridge Wells	17.65	109.71%
Shepway	18.35	114.98%
Dover	19.09	116.34%
Swale	19.10	121.03%
Ashford	19.49	122.15%

Figure 8

**Comparison of Male and Female Obesity Rates both Standardised to Kent population - Local Authority**



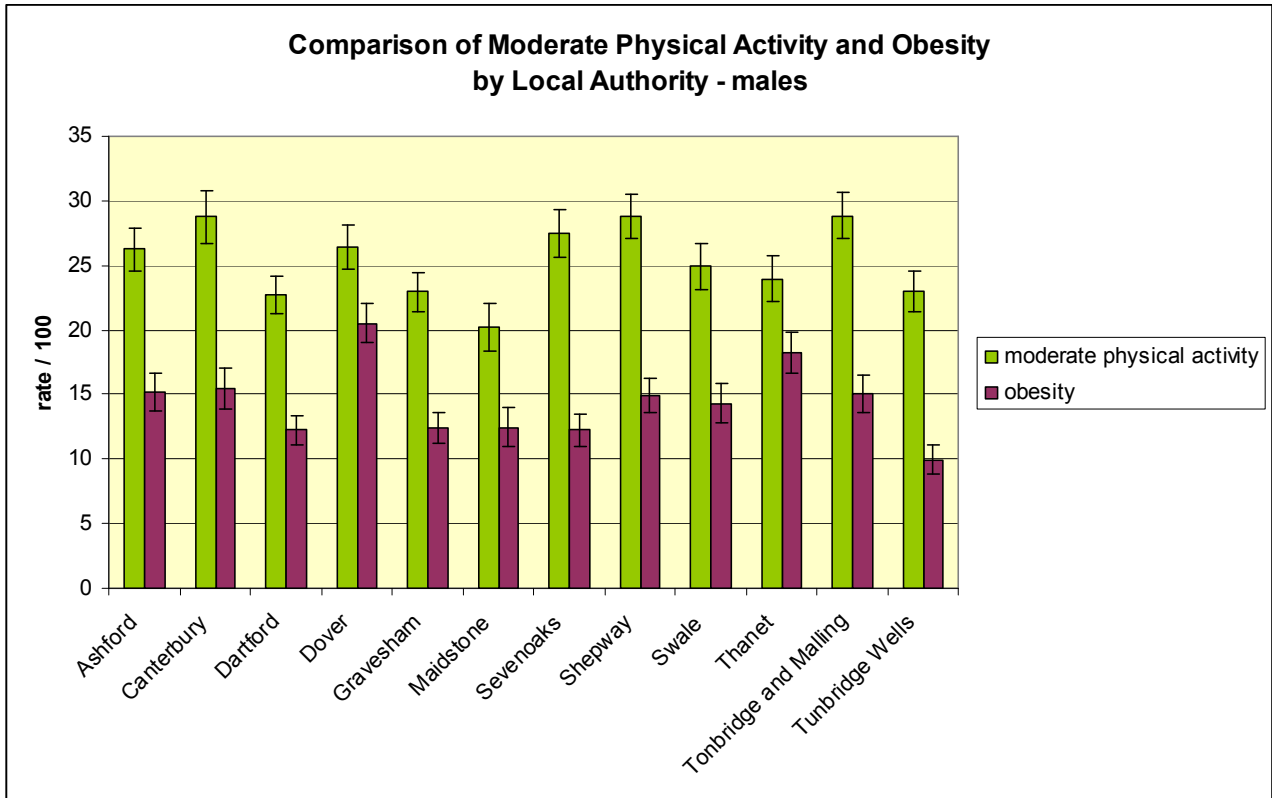
Pearson Correlation = 0.279 (n.s.)

Women in Ashford, Swale, Dover, Shepway, Tunbridge Wells and Dartford were all significantly more likely to be obese than the Kent average; in Sevenoaks, Canterbury and Maidstone women were significantly less likely to be obese than the Kent average (Figure 7).

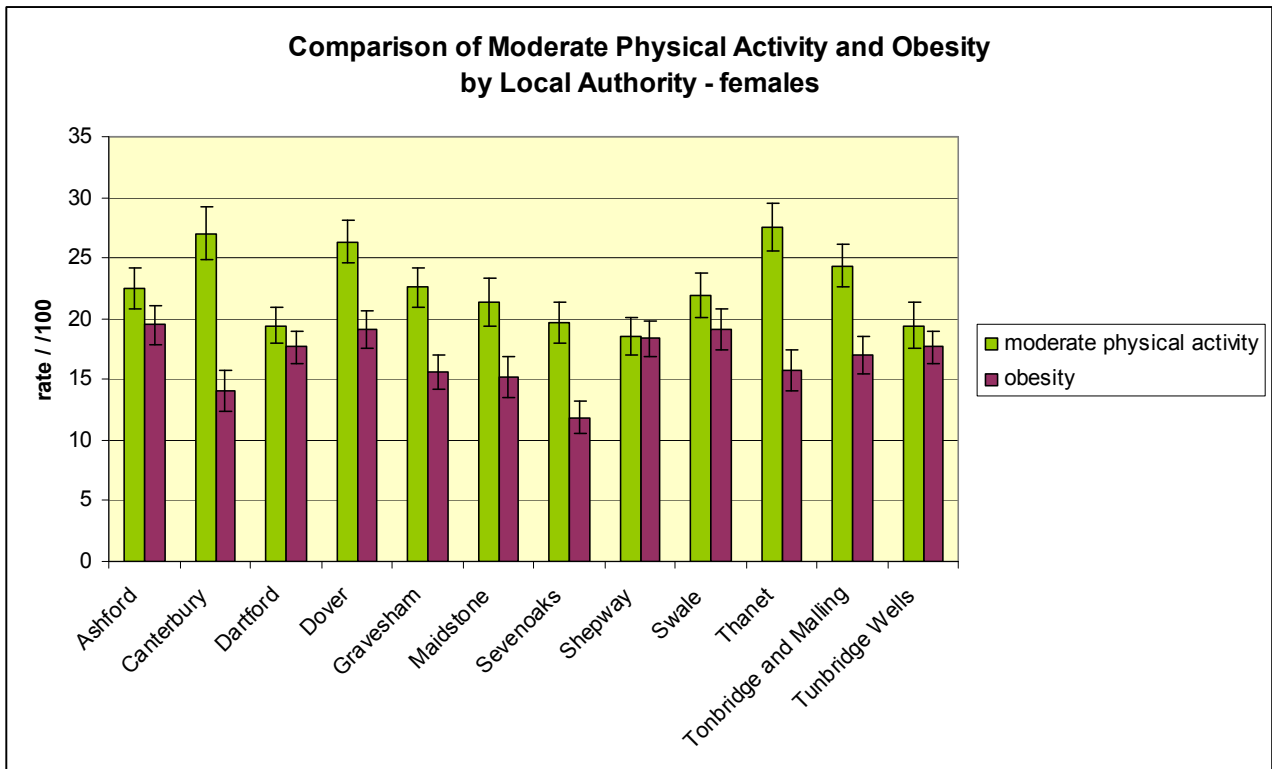
As for Physical Activity and as expected there was consistency in results between the two methods of standardisation (Table 3) with only the Ashford results for men being out of order.

Whilst there was some relationship between rates of obesity for men and for women this was not significant (Figure 8); only in Dover was there clearly a high rate for both sexes. Ashford and Swale both had high rates for female obesity but were lower for men.

**Figure 9**



**Figure 10**



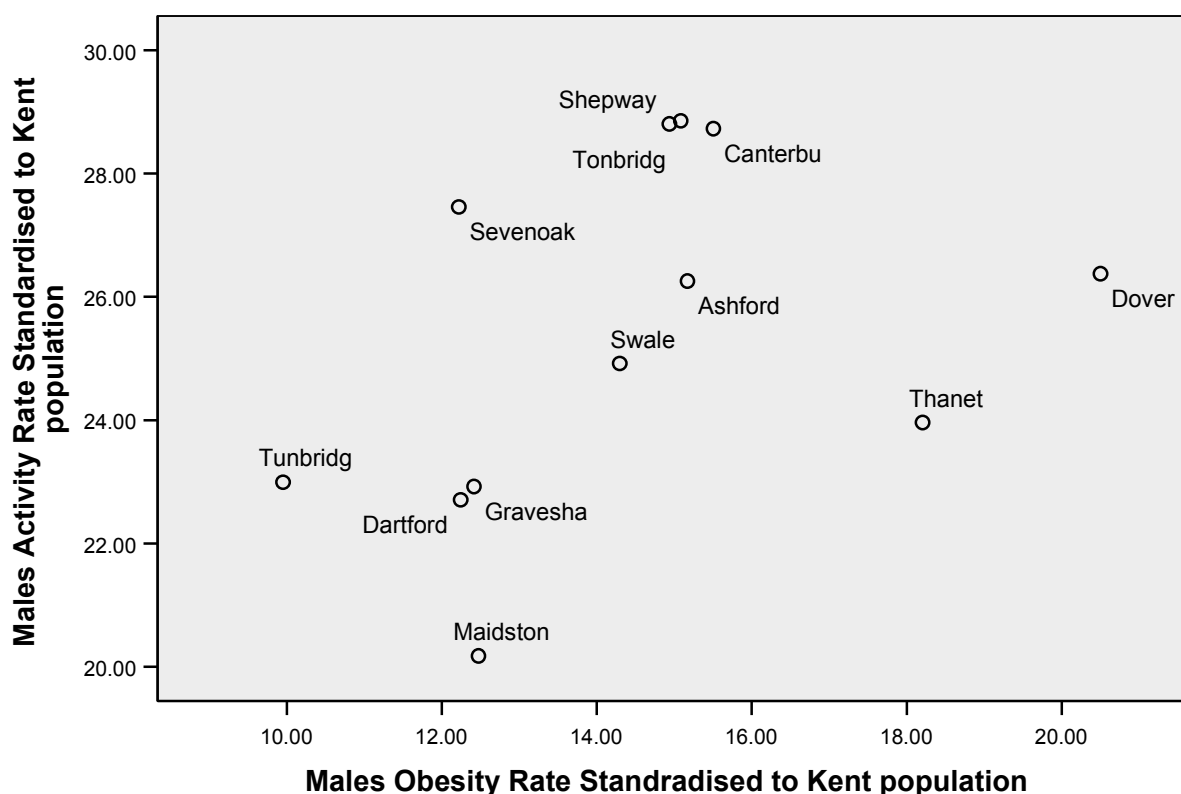
## Obesity and Activity compared

So if Canterbury, Tonbridge and Malling and Dover were highest for activity, were they also the districts with the lowest obesity? Were the districts with poorer activity rates also those with most obesity?

Figures 9 and 10 bring together the bar charts for the standardised rates for activity and obesity for men and for women to look for any comparison between the two.

Figure 11

Comparison of Male Moderate Physical Activity Rates and Male Obesity Rates both Standardised to Kent population - Local Authority



Pearson  $r = 0.400$  ( $p = 0.198$  n.s.)

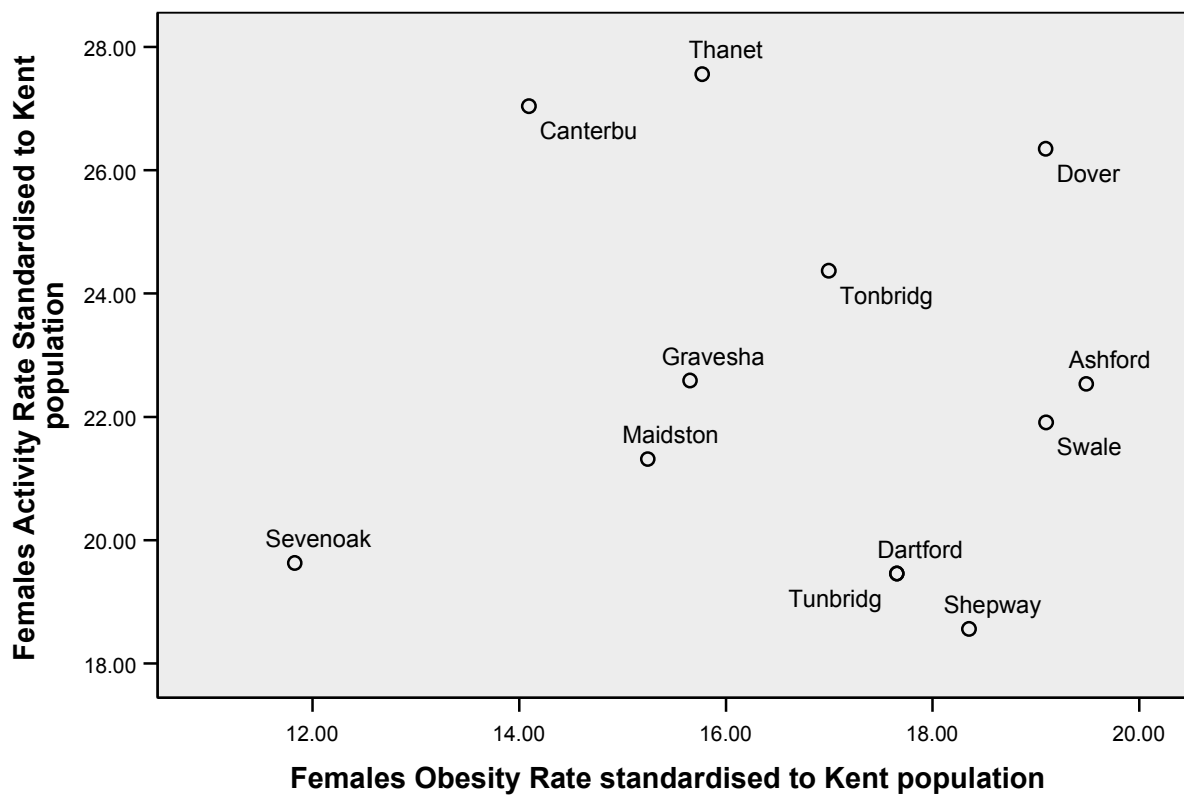
There was some correlation between activity and obesity rates for men (Figure 11) ( $r = .400$ ), but this was not as would be expected in that obesity increased with increasing moderate physical activity; outliers such as Dover and Thanet show high obesity rates with lower activity; Maidstone also was an outlier with low activity and low obesity. It is possible the sample data include men involved in heavy work or who undertake body-building activities but more work is

required to understand why men who are categorised as obese (i.e. BMI is 30 or more) also appear to be undertaking more activity.

For women the trend was still an increase in activity as well as obesity, but much less so than for men (Figure 12). Thanet and Canterbury women had both high activity and lower obesity rates. Districts with lower obesity rates for women (Canterbury, Sevenoaks) had high activity rates; Dartford, Shepway and Tunbridge Wells had low activity and high obesity rates. In Sevenoaks women had both low activity and low obesity rates.

**Figure 12**

**Comparison of Female Moderate Physical Activity Rates and Male Obesity Rates both Standardised to Kent population - Local Authority**



Pearson  $r = .061$  (n.s.)

## Appendix A

**Table I**  
**Local Authority name by age and ten year groups – Males UNWEIGHTED**

Local Authority name	ten year groups							Total
	16-24	25-34	35-44	45-54	55-64	65-74	75+	
	7	8	6	12	13	4	4	54
	13.0%	14.8%	11.1%	22.2%	24.1%	7.4%	7.4%	100.0%
Ashford	9	10	16	30	37	45	25	172
	5.2%	5.8%	9.3%	17.4%	21.5%	26.2%	14.5%	100.0%
Canterbury	17	19	27	51	60	45	36	255
	6.7%	7.5%	10.6%	20.0%	23.5%	17.6%	14.1%	100.0%
Dartford	5	10	21	23	23	29	11	122
	4.1%	8.2%	17.2%	18.9%	18.9%	23.8%	9.0%	100.0%
Dover	8	9	25	33	45	49	32	201
	4.0%	4.5%	12.4%	16.4%	22.4%	24.4%	15.9%	100.0%
Gravesham	5	6	18	21	38	36	19	143
	3.5%	4.2%	12.6%	14.7%	26.6%	25.2%	13.3%	100.0%
Maidstone	7	12	33	50	73	50	31	256
	2.7%	4.7%	12.9%	19.5%	28.5%	19.5%	12.1%	100.0%
Medway	0	0	0	0	0	0	1	1
	.0%	.0%	.0%	.0%	.0%	.0%	100.0%	100.0%
Sevenoaks	9	12	21	36	38	38	27	181
	5.0%	6.6%	11.6%	19.9%	21.0%	21.0%	14.9%	100.0%
Shepway	10	17	27	26	56	34	31	201
	5.0%	8.5%	13.4%	12.9%	27.9%	16.9%	15.4%	100.0%
Swale	13	26	38	34	50	39	27	227
	5.7%	11.5%	16.7%	15.0%	22.0%	17.2%	11.9%	100.0%
Thanet	10	10	33	34	49	44	37	217
	4.6%	4.6%	15.2%	15.7%	22.6%	20.3%	17.1%	100.0%
Tonbridge and Malling	6	13	31	34	58	37	28	207
	2.9%	6.3%	15.0%	16.4%	28.0%	17.9%	13.5%	100.0%
Tunbridge Wells	12	10	29	29	35	35	32	182
	6.6%	5.5%	15.9%	15.9%	19.2%	19.2%	17.6%	100.0%
Total	118	162	325	413	575	485	341	2419
	4.9%	6.7%	13.4%	17.1%	23.8%	20.0%	14.1%	100.0%

**Table 2**  
**Local Authority name by age and ten year groups – Females UNWEIGHTED**

Local Authority name	ten year groups							Total
	16-24	25-34	35-44	45-54	55-64	65-74	75+	
	7	12	16	12	7	4	6	64
	10.9%	18.8%	25.0%	18.8%	10.9%	6.3%	9.4%	100.0%
Ashford	25	32	42	46	69	36	31	281
	8.9%	11.4%	14.9%	16.4%	24.6%	12.8%	11.0%	100.0%
Canterbury	33	42	50	54	71	44	53	347
	9.5%	12.1%	14.4%	15.6%	20.5%	12.7%	15.3%	100.0%
Dartford	16	23	26	26	36	23	13	163
	9.8%	14.1%	16.0%	16.0%	22.1%	14.1%	8.0%	100.0%
Dover	20	29	37	51	45	35	30	247
	8.1%	11.7%	15.0%	20.6%	18.2%	14.2%	12.1%	100.0%
Gravesham	15	21	36	30	36	32	15	185
	8.1%	11.4%	19.5%	16.2%	19.5%	17.3%	8.1%	100.0%
Maidstone	20	40	69	61	75	47	44	356
	5.6%	11.2%	19.4%	17.1%	21.1%	13.2%	12.4%	100.0%
Medway	2	1	0	0	1	0	1	5
	40.0%	20.0%	.0%	.0%	20.0%	.0%	20.0%	100.0%
Sevenoaks	21	26	41	54	50	36	38	266
	7.9%	9.8%	15.4%	20.3%	18.8%	13.5%	14.3%	100.0%
Shepway	13	21	33	50	57	38	28	240
	5.4%	8.8%	13.8%	20.8%	23.8%	15.8%	11.7%	100.0%
Swale	18	32	42	42	59	37	36	266
	6.8%	12.0%	15.8%	15.8%	22.2%	13.9%	13.5%	100.0%
Thanet	26	28	41	43	61	51	40	290
	9.0%	9.7%	14.1%	14.8%	21.0%	17.6%	13.8%	100.0%
Tonbridge and Malling	15	32	56	54	56	40	30	283
	5.3%	11.3%	19.8%	19.1%	19.8%	14.1%	10.6%	100.0%
Tunbridge Wells	14	36	48	69	63	33	36	299
	4.7%	12.0%	16.1%	23.1%	21.1%	11.0%	12.0%	100.0%
Total	245	375	537	592	686	456	401	3292
	7.4%	11.4%	16.3%	18.0%	20.8%	13.9%	12.2%	100.0%



**Appendix B**  
**Table I WEIGHTED**

**Aname Local Authority name \* Q45A On how many days a week would you say, on average, you undertake at least moderate activity - For 30 minutes at a time \* Q83**  
**Sex: are you... Crosstabulation**

Q83 Sex: are you...			Q45A On how many days a week would you say, on average, you undertake at least moderate activity - For 30 minutes at a time								Total
			no answer	not at all	less than one day a week	one day a week	two days a week	three days a week	four days a week	five days or more	
male	LName Local Authority name	Ashford	28 13.1%	26 12.2%	15 7.0%	15 7.0%	27 12.7%	24 11.3%	23 10.8%	55 25.8%	213 100.0%
		Canterbury	35 12.3%	41 14.4%	34 11.9%	22 7.7%	22 7.7%	20 7.0%	28 9.8%	83 29.1%	285 100.0%
		Dartford	44 25.7%	21 12.3%	9 5.3%	10 5.8%	11 6.4%	21 12.3%	15 8.8%	40 23.4%	171 100.0%
		Dover	25 12.1%	38 18.4%	9 4.3%	21 10.1%	24 11.6%	21 10.1%	15 7.2%	54 26.1%	207 100.0%
		Gravesham	36 19.4%	16 8.6%	14 7.5%	19 10.2%	13 7.0%	17 9.1%	28 15.1%	43 23.1%	186 100.0%
		Maidstone	43 14.9%	39 13.5%	34 11.8%	16 5.5%	36 12.5%	37 12.8%	25 8.7%	59 20.4%	289 100.0%
		Sevenoaks	32 14.7%	20 9.2%	12 5.5%	19 8.8%	26 12.0%	27 12.4%	21 9.7%	60 27.6%	217 100.0%
		Shepway	27 13.8%	22 11.2%	19 9.7%	18 9.2%	18 9.2%	18 9.2%	17 8.7%	57 29.1%	196 100.0%
		Swale	32 12.9%	39 15.7%	27 10.8%	24 9.6%	21 8.4%	26 10.4%	17 6.8%	63 25.3%	249 100.0%
		Thanet	36 14.8%	45 18.4%	25 10.2%	13 5.3%	18 7.4%	30 12.3%	19 7.8%	58 23.8%	244 100.0%
		Tonbridge and Malling	26 11.9%	31 14.2%	21 9.6%	18 8.3%	30 13.8%	18 8.3%	12 5.5%	62 28.4%	218 100.0%
		Tunbridge Wells	32 15.5%	26 12.6%	19 9.2%	21 10.2%	22 10.7%	32 15.5%	8 3.9%	46 22.3%	206 100.0%
		Total		396 14.8%	364 13.6%	238 8.9%	216 8.1%	268 10.0%	291 10.9%	228 8.5%	680 25.4%

**Appendix B**  
**Table 2 WEIGHTED**

**\_Aname Local Authority name \* Q45A On how many days a week would you say, on average, you undertake at least moderate activity - For 30 minutes at a time \* Q83 Sex: are you... Crosstabulation**

Q83 Sex: are you...			Q45A On how many days a week would you say, on average, you undertake at least moderate activity - For 30 minutes at a time							Total		
			no answer	not at all	less than one day a week	one day a week	two days a week	three days a week	four days a week		five days or more	
female	LName Local Authority name	Ashford	35 15.4%	42 18.4%	18 7.9%	16 7.0%	28 12.3%	25 11.0%	13 5.7%	51 22.4%	228 100.0%	
		Canterbury	38 12.0%	49 15.5%	24 7.6%	29 9.2%	31 9.8%	34 10.8%	25 7.9%	86 27.2%	316 100.0%	
		Dartford	24 13.3%	28 15.5%	17 9.4%	17 9.4%	18 9.9%	26 14.4%	16 8.8%	35 19.3%	181 100.0%	
		Dover	32 14.0%	34 14.9%	15 6.6%	19 8.3%	31 13.6%	24 10.5%	13 5.7%	60 26.3%	228 100.0%	
		Gravesham	28 14.2%	45 22.8%	12 6.1%	15 7.6%	23 11.7%	21 10.7%	8 4.1%	45 22.8%	197 100.0%	
		Maidstone	44 14.6%	38 12.6%	27 8.9%	25 8.3%	38 12.6%	47 15.6%	18 6.0%	65 21.5%	302 100.0%	
		Sevenoaks	56 23.6%	38 16.0%	10 4.2%	14 5.9%	22 9.3%	27 11.4%	24 10.1%	46 19.4%	237 100.0%	
		Shepway	25 11.5%	41 18.9%	13 6.0%	20 9.2%	22 10.1%	28 12.9%	28 12.9%	40 18.4%	217 100.0%	
		Swale	38 14.5%	49 18.7%	20 7.6%	25 9.5%	26 9.9%	26 9.9%	20 7.6%	58 22.1%	262 100.0%	
		Thanet	40 14.3%	44 15.7%	18 6.4%	32 11.4%	31 11.1%	25 8.9%	16 5.7%	74 26.4%	280 100.0%	
		Tonbridge and Malling	38 16.2%	28 12.0%	13 5.6%	22 9.4%	24 10.3%	31 13.2%	20 8.5%	58 24.8%	234 100.0%	
		Tunbridge Wells	37 16.5%	18 8.0%	16 7.1%	10 4.5%	29 12.9%	25 11.2%	15 6.7%	74 33.0%	224 100.0%	
		Total		435 15.0%	454 15.6%	203 7.0%	244 8.4%	323 11.1%	339 11.7%	216 7.4%	692 23.8%	2906 100.0%

**Appendix B**

**Table 3**

**Local Authority by BMI – Males – WEIGHTED data**

			BMI30 BMI recoded for BMI 30 or over			Total
			no answer	BMI less than 30	BMI 30 or over	
Local Authority name	Ashford	Count	9	171	32	212
		% within Local Authority name	4.2%	80.7%	15.1%	100.0%
	Canterbury	Count	12	231	41	284
		% within Local Authority name	4.2%	81.3%	14.4%	100.0%
	Dartford	Count	5	145	21	171
		% within Local Authority name	2.9%	84.8%	12.3%	100.0%
	Dover	Count	8	157	42	207
		% within Local Authority name	3.9%	75.8%	20.3%	100.0%
	Gravesham	Count	12	151	23	186
		% within Local Authority name	6.5%	81.2%	12.4%	100.0%
	Maidstone	Count	9	243	36	288
		% within Local Authority name	3.1%	84.4%	12.5%	100.0%
	Sevenoaks	Count	3	186	27	216
		% within Local Authority name	1.4%	86.1%	12.5%	100.0%
	Shepway	Count	10	157	29	196
		% within Local Authority name	5.1%	80.1%	14.8%	100.0%
	Swale	Count	9	205	36	250
		% within Local Authority name	3.6%	82.0%	14.4%	100.0%
	Thanet	Count	10	190	44	244
		% within Local Authority name	4.1%	77.9%	18.0%	100.0%
	Tonbridge and Malling	Count	8	178	33	219
		% within Local Authority name	3.7%	81.3%	15.1%	100.0%
	Tunbridge Wells	Count	11	175	20	206
		% within Local Authority name	5.3%	85.0%	9.7%	100.0%
Total		Count	106	2189	384	2679
		% within Local Authority name	4.0%	81.7%	14.3%	100.0%

**Appendix B**

**Table 4**

**Local Authority by BMI - Women – WEIGHTED data**

			BMI30 BMI recoded for BMI 30 or over			Total
			no answer	BMI less than 30	BMI 30 or over	
Local Authority name	Ashford	Count	10	174	45	229
		% within Local Authority name	4.4%	76.0%	19.7%	100.0%
	Canterbury	Count	20	252	44	316
		% within Local Authority name	6.3%	79.7%	13.9%	100.0%
	Dartford	Count	7	143	32	182
		% within Local Authority name	3.8%	78.6%	17.6%	100.0%
	Dover	Count	11	175	43	229
		% within Local Authority name	4.8%	76.4%	18.8%	100.0%
	Gravesham	Count	5	162	31	198
		% within Local Authority name	2.5%	81.8%	15.7%	100.0%
	Maidstone	Count	17	240	46	303
		% within Local Authority name	5.6%	79.2%	15.2%	100.0%
	Sevenoaks	Count	10	197	29	236
		% within Local Authority name	4.2%	83.5%	12.3%	100.0%
	Shepway	Count	14	163	40	217
		% within Local Authority name	6.5%	75.1%	18.4%	100.0%
	Swale	Count	15	196	51	262
		% within Local Authority name	5.7%	74.8%	19.5%	100.0%
	Thanet	Count	16	220	44	280
		% within Local Authority name	5.7%	78.6%	15.7%	100.0%
	Tonbridge and Malling	Count	12	182	40	234
		% within Local Authority name	5.1%	77.8%	17.1%	100.0%
	Tunbridge Wells	Count	3	193	28	224
		% within Local Authority name	1.3%	86.2%	12.5%	100.0%
Total		Count	140	2297	473	2910
		% within Local Authority name	4.8%	78.9%	16.3%	100.0%

## Appendix C

**Table 1**

**Standardised Rate / 100 persons of 30 minutes moderate activity 5 days a week by Local Authority ordered by sex**

	<b>Males</b>	<b>Females</b>	<b>Male CI</b>	<b>FemaleCI</b>
Ashford	26.25491	22.53364	1.669044	1.712435
Canterbury	28.72945	27.04047	2.032838	2.156849
Dartford	22.7068	19.45897	1.448314	1.454198
Dover	26.37489	26.34746	1.727072	1.794481
Gravesham	22.92384	22.5886	1.511979	1.594907
Maidstone	20.17609	21.31552	1.858887	1.953697
Sevenoaks	27.45872	19.62952	1.797393	1.667235
Shepway	28.80573	18.56013	1.709274	1.521945
Swale	24.9196	21.90971	1.781235	1.822116
Thanet	23.96113	27.55961	1.738329	1.960342
Tonbridge and Malling	28.85511	24.36985	1.787222	1.797278
Tunbridge Wells	22.99383	19.45897	1.590348	1.925856

## Appendix D

### Rates of Moderate Physical Activity 30 minutes 5 days a week Standardised to Kent population for Males and Females ordered by sex

<b>Stand Activity Rate / 100 - Male order</b>				
	<b>Males</b>	<b>Females</b>	<b>Male CI</b>	<b>Female CI</b>
Maidstone	20.17609	21.31552	1.858887	1.953697
Dartford	22.7068	19.45897	1.448314	1.454198
Gravesham	22.92384	22.5886	1.511979	1.594907
Tunbridge Wells	22.99383	19.45897	1.590348	1.925856
Thanet	23.96113	27.55961	1.738329	1.960342
Swale	24.9196	21.90971	1.781235	1.822116
Ashford	26.25491	22.53364	1.669044	1.712435
Dover	26.37489	26.34746	1.727072	1.794481
Sevenoaks	27.45872	19.62952	1.797393	1.667235
Canterbury	28.72945	27.04047	2.032838	2.156849
Shepway	28.80573	18.56013	1.709274	1.521945
Tonbridge and Malling	28.85511	24.36985	1.787222	1.797278

<b>Stand Activity Rate / 100 - Females</b>				
	<b>Males</b>	<b>Females</b>	<b>Male CI</b>	<b>Female CI</b>
Shepway	28.80573	18.56013	1.709274	1.521945
Dartford	22.7068	19.45897	1.448314	1.454198
Tunbridge Wells	22.99383	19.45897	1.590348	1.925856
Sevenoaks	27.45872	19.62952	1.797393	1.667235
Maidstone	20.17609	21.31552	1.858887	1.953697
Swale	24.9196	21.90971	1.781235	1.822116
Ashford	26.25491	22.53364	1.669044	1.712435
Gravesham	22.92384	22.5886	1.511979	1.594907
Tonbridge and Malling	28.85511	24.36985	1.787222	1.797278
Dover	26.37489	26.34746	1.727072	1.794481
Canterbury	28.72945	27.04047	2.032838	2.156849
Thanet	23.96113	27.55961	1.738329	1.960342

**APPENDIX E**

**Survey results un-weighted: Moderate Physical Activity 30 minutes 5 days a week by LOCAL AUTHORITY, age and sex**

**ASHFORD: Males**

			shortened version of original 45a moderate activity for 30 mins a day					
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	Total
Age recoded into broad age bands	16-24	Count	0	1	1	2	5	9
		% within Age recoded into broad age bands	.0%	11.1%	11.1%	22.2%	55.6%	100.0%
	25-44	Count	3	4	7	7	5	26
		% within Age recoded into broad age bands	11.5%	15.4%	26.9%	26.9%	19.2%	100.0%
	45-64	Count	10	19	11	14	13	67
		% within Age recoded into broad age bands	14.9%	28.4%	16.4%	20.9%	19.4%	100.0%
	65-74	Count	11	8	9	7	10	45
		% within Age recoded into broad age bands	24.4%	17.8%	20.0%	15.6%	22.2%	100.0%
	75+	Count	7	4	3	3	8	25
		% within Age recoded into broad age bands	28.0%	16.0%	12.0%	12.0%	32.0%	100.0%
Total		Count	31	36	31	33	41	172
			18.0%	20.9%	18.0%	19.2%	23.8%	100.0%

## ASHFORD: Females

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	1	7	9	3	5	25
		% within Age recoded into broad age bands	4.0%	28.0%	36.0%	12.0%	20.0%	100.0%
	25-44	Count	11	13	17	19	14	74
		% within Age recoded into broad age bands	14.9%	17.6%	23.0%	25.7%	18.9%	100.0%
	45-64	Count	19	32	18	19	27	115
		% within Age recoded into broad age bands	16.5%	27.8%	15.7%	16.5%	23.5%	100.0%
	65-74	Count	7	11	3	2	13	36
		% within Age recoded into broad age bands	19.4%	30.6%	8.3%	5.6%	36.1%	100.0%
	75+	Count	7	13	2	2	7	31
		% within Age recoded into broad age bands	22.6%	41.9%	6.5%	6.5%	22.6%	100.0%
Total		Count	45	76	49	45	66	281
			16.0%	27.0%	17.4%	16.0%	23.5%	100.0%



## CANTERBURY: Males

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	3	2	1	4	7	17
		% within Age recoded into broad age bands	17.6%	11.8%	5.9%	23.5%	41.2%	100.0%
	25-44	Count	1	14	11	9	11	46
		% within Age recoded into broad age bands	2.2%	30.4%	23.9%	19.6%	23.9%	100.0%
	45-64	Count	17	30	14	14	36	111
		% within Age recoded into broad age bands	15.3%	27.0%	12.6%	12.6%	32.4%	100.0%
	65-74	Count	10	13	4	8	10	45
		% within Age recoded into broad age bands	22.2%	28.9%	8.9%	17.8%	22.2%	100.0%
	75+	Count	4	14	5	4	9	36
		% within Age recoded into broad age bands	11.1%	38.9%	13.9%	11.1%	25.0%	100.0%
Total		Count	35	73	35	39	73	255
		% within Age recoded into broad age bands	13.7%	28.6%	13.7%	15.3%	28.6%	100.0%

## CANTERBURY: Females

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	2	5	8	8	10	33
		% within Age recoded into broad age bands	6.1%	15.2%	24.2%	24.2%	30.3%	100.0%
	25-44	Count	7	24	20	18	23	92
		% within Age recoded into broad age bands	7.6%	26.1%	21.7%	19.6%	25.0%	100.0%
	45-64	Count	17	23	26	24	35	125
		% within Age recoded into broad age bands	13.6%	18.4%	20.8%	19.2%	28.0%	100.0%
	65-74	Count	11	8	4	9	12	44
		% within Age recoded into broad age bands	25.0%	18.2%	9.1%	20.5%	27.3%	100.0%
	75+	Count	9	23	5	3	13	53
		% within Age recoded into broad age bands	17.0%	43.4%	9.4%	5.7%	24.5%	100.0%
Total		Count	46	83	63	62	93	347
		% within Age recoded into broad age bands	13.3%	23.9%	18.2%	17.9%	26.8%	100.0%

**DARTFORD: Males**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	2	0	0	1	2	5
		% within Age recoded into broad age bands	40.0%	.0%	.0%	20.0%	40.0%	100.0%
	25-44	Count	8	6	5	6	6	31
		% within Age recoded into broad age bands	25.8%	19.4%	16.1%	19.4%	19.4%	100.0%
	45-64	Count	9	9	9	9	10	46
		% within Age recoded into broad age bands	19.6%	19.6%	19.6%	19.6%	21.7%	100.0%
	65-74	Count	11	6	4	6	2	29
		% within Age recoded into broad age bands	37.9%	20.7%	13.8%	20.7%	6.9%	100.0%
	75+	Count	2	3	0	4	2	11
		% within Age recoded into broad age bands	18.2%	27.3%	.0%	36.4%	18.2%	100.0%
Total		Count	32	24	18	26	22	122
		% within Age recoded into broad age bands	26.2%	19.7%	14.8%	21.3%	18.0%	100.0%

**DARTFORD: Females**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	2	2	5	3	4	16
		% within Age recoded into broad age bands	12.5%	12.5%	31.3%	18.8%	25.0%	100.0%
	25-44	Count	4	12	7	17	9	49
		% within Age recoded into broad age bands	8.2%	24.5%	14.3%	34.7%	18.4%	100.0%
	45-64	Count	9	15	14	11	13	62
		% within Age recoded into broad age bands	14.5%	24.2%	22.6%	17.7%	21.0%	100.0%
	65-74	Count	5	7	5	4	2	23
		% within Age recoded into broad age bands	21.7%	30.4%	21.7%	17.4%	8.7%	100.0%
	75+	Count	3	5	1	1	3	13
		% within Age recoded into broad age bands	23.1%	38.5%	7.7%	7.7%	23.1%	100.0%
Total		Count	23	41	32	36	31	163
		% within Age recoded into broad age bands	14.1%	25.2%	19.6%	22.1%	19.0%	100.0%

**DOVER: Males**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	1	1	3	1	2	8
		% within Age recoded into broad age bands	12.5%	12.5%	37.5%	12.5%	25.0%	100.0%
	25-44	Count	4	6	9	7	8	34
		% within Age recoded into broad age bands	11.8%	17.6%	26.5%	20.6%	23.5%	100.0%
	45-64	Count	10	23	12	12	21	78
		% within Age recoded into broad age bands	12.8%	29.5%	15.4%	15.4%	26.9%	100.0%
	65-74	Count	8	11	3	11	16	49
		% within Age recoded into broad age bands	16.3%	22.4%	6.1%	22.4%	32.7%	100.0%
	75+	Count	1	12	7	6	6	32
		% within Age recoded into broad age bands	3.1%	37.5%	21.9%	18.8%	18.8%	100.0%
Total		Count	24	53	34	37	53	201
		% within Age recoded into broad age bands	11.9%	26.4%	16.9%	18.4%	26.4%	100.0%

**DOVER: Females**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	5	3	5	2	5	20
		% within Age recoded into broad age bands	25.0%	15.0%	25.0%	10.0%	25.0%	100.0%
	25-44	Count	5	9	18	15	19	66
		% within Age recoded into broad age bands	7.6%	13.6%	27.3%	22.7%	28.8%	100.0%
	45-64	Count	9	20	24	14	29	96
		% within Age recoded into broad age bands	9.4%	20.8%	25.0%	14.6%	30.2%	100.0%
	65-74	Count	5	11	3	7	9	35
		% within Age recoded into broad age bands	14.3%	31.4%	8.6%	20.0%	25.7%	100.0%
	75+	Count	9	11	4	2	4	30
		% within Age recoded into broad age bands	30.0%	36.7%	13.3%	6.7%	13.3%	100.0%
Total		Count	33	54	54	40	66	247
		% within Age recoded into broad age bands	13.4%	21.9%	21.9%	16.2%	26.7%	100.0%

## GRAVESHAM: Males

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	1	0	2	1	1	5
		% within Age recoded into broad age bands	20.0%	.0%	40.0%	20.0%	20.0%	100.0%
	25-44	Count	6	2	3	5	8	24
		% within Age recoded into broad age bands	25.0%	8.3%	12.5%	20.8%	33.3%	100.0%
	45-64	Count	10	17	8	15	9	59
		% within Age recoded into broad age bands	16.9%	28.8%	13.6%	25.4%	15.3%	100.0%
	65-74	Count	8	8	4	9	7	36
		% within Age recoded into broad age bands	22.2%	22.2%	11.1%	25.0%	19.4%	100.0%
	75+	Count	6	5	3	4	1	19
		% within Age recoded into broad age bands	31.6%	26.3%	15.8%	21.1%	5.3%	100.0%
Total		Count	31	32	20	34	26	143
		% within Age recoded into broad age bands	21.7%	22.4%	14.0%	23.8%	18.2%	100.0%

**GRAVESHAM: Females**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	0	9	2	1	3	15
		% within Age recoded into broad age bands	.0%	60.0%	13.3%	6.7%	20.0%	100.0%
	25-44	Count	8	9	14	10	16	57
		% within Age recoded into broad age bands	14.0%	15.8%	24.6%	17.5%	28.1%	100.0%
	45-64	Count	12	16	11	12	15	66
		% within Age recoded into broad age bands	18.2%	24.2%	16.7%	18.2%	22.7%	100.0%
	65-74	Count	6	9	7	4	6	32
		% within Age recoded into broad age bands	18.8%	28.1%	21.9%	12.5%	18.8%	100.0%
	75+	Count	3	7	2	1	2	15
		% within Age recoded into broad age bands	20.0%	46.7%	13.3%	6.7%	13.3%	100.0%
Total		Count	29	50	36	28	42	185
		% within Age recoded into broad age bands	15.7%	27.0%	19.5%	15.1%	22.7%	100.0%



**MAIDSTONE: Males**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	1	1	2	2	1	7
		% within Age recoded into broad age bands	14.3%	14.3%	28.6%	28.6%	14.3%	100.0%
	25-44	Count	4	12	8	11	10	45
		% within Age recoded into broad age bands	8.9%	26.7%	17.8%	24.4%	22.2%	100.0%
	45-64	Count	19	37	19	20	28	123
		% within Age recoded into broad age bands	15.4%	30.1%	15.4%	16.3%	22.8%	100.0%
	65-74	Count	8	12	7	10	13	50
		% within Age recoded into broad age bands	16.0%	24.0%	14.0%	20.0%	26.0%	100.0%
	75+	Count	10	12	2	6	1	31
		% within Age recoded into broad age bands	32.3%	38.7%	6.5%	19.4%	3.2%	100.0%
Total		Count	42	74	38	49	53	256
		% within Age recoded into broad age bands	16.4%	28.9%	14.8%	19.1%	20.7%	100.0%

**MAIDSTONE: Females**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	2	3	6	6	3	20
		% within Age recoded into broad age bands	10.0%	15.0%	30.0%	30.0%	15.0%	100.0%
	25-44	Count	11	24	25	25	24	109
		% within Age recoded into broad age bands	10.1%	22.0%	22.9%	22.9%	22.0%	100.0%
	45-64	Count	22	23	28	30	33	136
		% within Age recoded into broad age bands	16.2%	16.9%	20.6%	22.1%	24.3%	100.0%
	65-74	Count	12	11	7	7	10	47
		% within Age recoded into broad age bands	25.5%	23.4%	14.9%	14.9%	21.3%	100.0%
	75+	Count	8	17	5	6	8	44
		% within Age recoded into broad age bands	18.2%	38.6%	11.4%	13.6%	18.2%	100.0%
Total		Count	55	78	71	74	78	356
		% within Age recoded into broad age bands	15.4%	21.9%	19.9%	20.8%	21.9%	100.0%

**SEVENOAKS: Males**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	2	2	2	1	2	9
		% within Age recoded into broad age bands	22.2%	22.2%	22.2%	11.1%	22.2%	100.0%
	25-44	Count	4	2	8	10	9	33
		% within Age recoded into broad age bands	12.1%	6.1%	24.2%	30.3%	27.3%	100.0%
	45-64	Count	8	13	13	15	25	74
		% within Age recoded into broad age bands	10.8%	17.6%	17.6%	20.3%	33.8%	100.0%
	65-74	Count	9	7	7	7	8	38
		% within Age recoded into broad age bands	23.7%	18.4%	18.4%	18.4%	21.1%	100.0%
	75+	Count	4	6	6	5	6	27
		% within Age recoded into broad age bands	14.8%	22.2%	22.2%	18.5%	22.2%	100.0%
Total		Count	27	30	36	38	50	181
		% within Age recoded into broad age bands	14.9%	16.6%	19.9%	21.0%	27.6%	100.0%

**SEVENOAKS: Females**

			shortened version of original 45a moderate activity for 30 mins a day					
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	Total
Age recoded into broad age bands	16-24	Count	3	4	3	6	5	21
		% within Age recoded into broad age bands	14.3%	19.0%	14.3%	28.6%	23.8%	100.0%
	25-44	Count	17	11	8	18	13	67
		% within Age recoded into broad age bands	25.4%	16.4%	11.9%	26.9%	19.4%	100.0%
	45-64	Count	23	20	25	17	19	104
		% within Age recoded into broad age bands	22.1%	19.2%	24.0%	16.3%	18.3%	100.0%
	65-74	Count	10	10	2	8	6	36
		% within Age recoded into broad age bands	27.8%	27.8%	5.6%	22.2%	16.7%	100.0%
	75+	Count	10	10	4	6	8	38
		% within Age recoded into broad age bands	26.3%	26.3%	10.5%	15.8%	21.1%	100.0%
Total		Count	63	55	42	55	51	266
		% within Age recoded into broad age bands	23.7%	20.7%	15.8%	20.7%	19.2%	100.0%

**SHEPWAY: Males**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	2	4	3	0	1	10
		% within Age recoded into broad age bands	20.0%	40.0%	30.0%	.0%	10.0%	100.0%
	25-44	Count	6	7	5	12	14	44
		% within Age recoded into broad age bands	13.6%	15.9%	11.4%	27.3%	31.8%	100.0%
	45-64	Count	7	12	22	12	29	82
		% within Age recoded into broad age bands	8.5%	14.6%	26.8%	14.6%	35.4%	100.0%
	65-74	Count	10	6	4	7	7	34
		% within Age recoded into broad age bands	29.4%	17.6%	11.8%	20.6%	20.6%	100.0%
	75+	Count	3	11	1	5	11	31
		% within Age recoded into broad age bands	9.7%	35.5%	3.2%	16.1%	35.5%	100.0%
Total		Count	28	40	35	36	62	201
		% within Age recoded into broad age bands	13.9%	19.9%	17.4%	17.9%	30.8%	100.0%

**SHEPWAY: Females**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	0	3	1	6	3	13
		% within Age recoded into broad age bands	.0%	23.1%	7.7%	46.2%	23.1%	100.0%
	25-44	Count	3	12	12	17	10	54
		% within Age recoded into broad age bands	5.6%	22.2%	22.2%	31.5%	18.5%	100.0%
	45-64	Count	13	21	23	23	27	107
		% within Age recoded into broad age bands	12.1%	19.6%	21.5%	21.5%	25.2%	100.0%
	65-74	Count	5	12	9	7	5	38
		% within Age recoded into broad age bands	13.2%	31.6%	23.7%	18.4%	13.2%	100.0%
	75+	Count	9	11	4	3	1	28
		% within Age recoded into broad age bands	32.1%	39.3%	14.3%	10.7%	3.6%	100.0%
Total		Count	30	59	49	56	46	240
		% within Age recoded into broad age bands	12.5%	24.6%	20.4%	23.3%	19.2%	100.0%

**SWALE: Males**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	3	2	0	1	7	13
		% within Age recoded into broad age bands	23.1%	15.4%	.0%	7.7%	53.8%	100.0%
	25-44	Count	4	15	15	13	17	64
		% within Age recoded into broad age bands	6.3%	23.4%	23.4%	20.3%	26.6%	100.0%
	45-64	Count	13	21	19	13	18	84
		% within Age recoded into broad age bands	15.5%	25.0%	22.6%	15.5%	21.4%	100.0%
	65-74	Count	7	15	4	9	4	39
		% within Age recoded into broad age bands	17.9%	38.5%	10.3%	23.1%	10.3%	100.0%
	75+	Count	3	15	2	4	3	27
		% within Age recoded into broad age bands	11.1%	55.6%	7.4%	14.8%	11.1%	100.0%
Total		Count	30	68	40	40	49	227
		% within Age recoded into broad age bands	13.2%	30.0%	17.6%	17.6%	21.6%	100.0%

**SWALE: Females**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	0	6	4	3	5	18
		% within Age recoded into broad age bands	.0%	33.3%	22.2%	16.7%	27.8%	100.0%
	25-44	Count	11	9	17	18	19	74
		% within Age recoded into broad age bands	14.9%	12.2%	23.0%	24.3%	25.7%	100.0%
	45-64	Count	18	27	17	15	24	101
		% within Age recoded into broad age bands	17.8%	26.7%	16.8%	14.9%	23.8%	100.0%
	65-74	Count	10	12	6	3	6	37
		% within Age recoded into broad age bands	27.0%	32.4%	16.2%	8.1%	16.2%	100.0%
	75+	Count	4	20	4	5	3	36
		% within Age recoded into broad age bands	11.1%	55.6%	11.1%	13.9%	8.3%	100.0%
Total		Count	43	74	48	44	57	266
		% within Age recoded into broad age bands	16.2%	27.8%	18.0%	16.5%	21.4%	100.0%



**THANET: Males**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	1	2	2	5	0	10
		% within Age recoded into broad age bands	10.0%	20.0%	20.0%	50.0%	.0%	100.0%
	25-44	Count	4	12	5	5	17	43
		% within Age recoded into broad age bands	9.3%	27.9%	11.6%	11.6%	39.5%	100.0%
	45-64	Count	16	22	9	19	17	83
		% within Age recoded into broad age bands	19.3%	26.5%	10.8%	22.9%	20.5%	100.0%
	65-74	Count	7	12	5	6	14	44
		% within Age recoded into broad age bands	15.9%	27.3%	11.4%	13.6%	31.8%	100.0%
	75+	Count	7	14	3	6	7	37
		% within Age recoded into broad age bands	18.9%	37.8%	8.1%	16.2%	18.9%	100.0%
Total		Count	35	62	24	41	55	217
		% within Age recoded into broad age bands	16.1%	28.6%	11.1%	18.9%	25.3%	100.0%

**THANET: Females**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	3	6	9	3	5	26
		% within Age recoded into broad age bands	11.5%	23.1%	34.6%	11.5%	19.2%	100.0%
	25-44	Count	5	11	15	13	25	69
		% within Age recoded into broad age bands	7.2%	15.9%	21.7%	18.8%	36.2%	100.0%
	45-64	Count	11	19	27	14	33	104
		% within Age recoded into broad age bands	10.6%	18.3%	26.0%	13.5%	31.7%	100.0%
	65-74	Count	11	15	5	10	10	51
		% within Age recoded into broad age bands	21.6%	29.4%	9.8%	19.6%	19.6%	100.0%
	75+	Count	12	14	8	3	3	40
		% within Age recoded into broad age bands	30.0%	35.0%	20.0%	7.5%	7.5%	100.0%
Total		Count	42	65	64	43	76	290
		% within Age recoded into broad age bands	14.5%	22.4%	22.1%	14.8%	26.2%	100.0%

**TONBRIDGE AND MALLING: Males**

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	1	1	1	0	3	6
		% within Age recoded into broad age bands	16.7%	16.7%	16.7%	.0%	50.0%	100.0%
	25-44	Count	5	11	11	6	11	44
		% within Age recoded into broad age bands	11.4%	25.0%	25.0%	13.6%	25.0%	100.0%
	45-64	Count	9	21	22	17	23	92
		% within Age recoded into broad age bands	9.8%	22.8%	23.9%	18.5%	25.0%	100.0%
	65-74	Count	10	11	4	7	5	37
		% within Age recoded into broad age bands	27.0%	29.7%	10.8%	18.9%	13.5%	100.0%
	75+	Count	3	6	5	4	10	28
		% within Age recoded into broad age bands	10.7%	21.4%	17.9%	14.3%	35.7%	100.0%
Total		Count	28	50	43	34	52	207
		% within Age recoded into broad age bands	13.5%	24.2%	20.8%	16.4%	25.1%	100.0%

## TONBRIDGE AND MALLING: Females

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	1	1	4	5	4	15
		% within Age recoded into broad age bands	6.7%	6.7%	26.7%	33.3%	26.7%	100.0%
	25-44	Count	10	13	18	21	26	88
		% within Age recoded into broad age bands	11.4%	14.8%	20.5%	23.9%	29.5%	100.0%
	45-64	Count	18	24	22	20	26	110
		% within Age recoded into broad age bands	16.4%	21.8%	20.0%	18.2%	23.6%	100.0%
	65-74	Count	10	6	6	8	10	40
		% within Age recoded into broad age bands	25.0%	15.0%	15.0%	20.0%	25.0%	100.0%
	75+	Count	10	9	3	5	3	30
		% within Age recoded into broad age bands	33.3%	30.0%	10.0%	16.7%	10.0%	100.0%
Total		Count	49	53	53	59	69	283
		% within Age recoded into broad age bands	17.3%	18.7%	18.7%	20.8%	24.4%	100.0%

## TUNBRIDGE WELLS: Males

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	1	1	2	2	6	12
		% within Age recoded into broad age bands	8.3%	8.3%	16.7%	16.7%	50.0%	100.0%
	25-44	Count	5	6	10	9	9	39
		% within Age recoded into broad age bands	12.8%	15.4%	25.6%	23.1%	23.1%	100.0%
	45-64	Count	11	21	8	13	11	64
		% within Age recoded into broad age bands	17.2%	32.8%	12.5%	20.3%	17.2%	100.0%
	65-74	Count	9	8	5	8	5	35
		% within Age recoded into broad age bands	25.7%	22.9%	14.3%	22.9%	14.3%	100.0%
	75+	Count	7	13	6	2	4	32
		% within Age recoded into broad age bands	21.9%	40.6%	18.8%	6.3%	12.5%	100.0%
Total		Count	33	49	31	34	35	182
		% within Age recoded into broad age bands	18.1%	26.9%	17.0%	18.7%	19.2%	100.0%

## TUNBRIDGE WELLS: Females

			shortened version of original 45a moderate activity for 30 mins a day					Total
			no answer	not at all / less than one day a week	1-2 days a week	3-4 days a week	5 or more days a week	
Age recoded into broad age bands	16-24	Count	2	3	2	2	5	14
		% within Age recoded into broad age bands	14.3%	21.4%	14.3%	14.3%	35.7%	100.0%
	25-44	Count	9	12	21	12	30	84
		% within Age recoded into broad age bands	10.7%	14.3%	25.0%	14.3%	35.7%	100.0%
	45-64	Count	18	16	26	32	40	132
		% within Age recoded into broad age bands	13.6%	12.1%	19.7%	24.2%	30.3%	100.0%
	65-74	Count	12	4	2	4	11	33
		% within Age recoded into broad age bands	36.4%	12.1%	6.1%	12.1%	33.3%	100.0%
	75+	Count	9	8	1	7	11	36
		% within Age recoded into broad age bands	25.0%	22.2%	2.8%	19.4%	30.6%	100.0%
Total		Count	50	43	52	57	97	299
		% within Age recoded into broad age bands	16.7%	14.4%	17.4%	19.1%	32.4%	100.0%