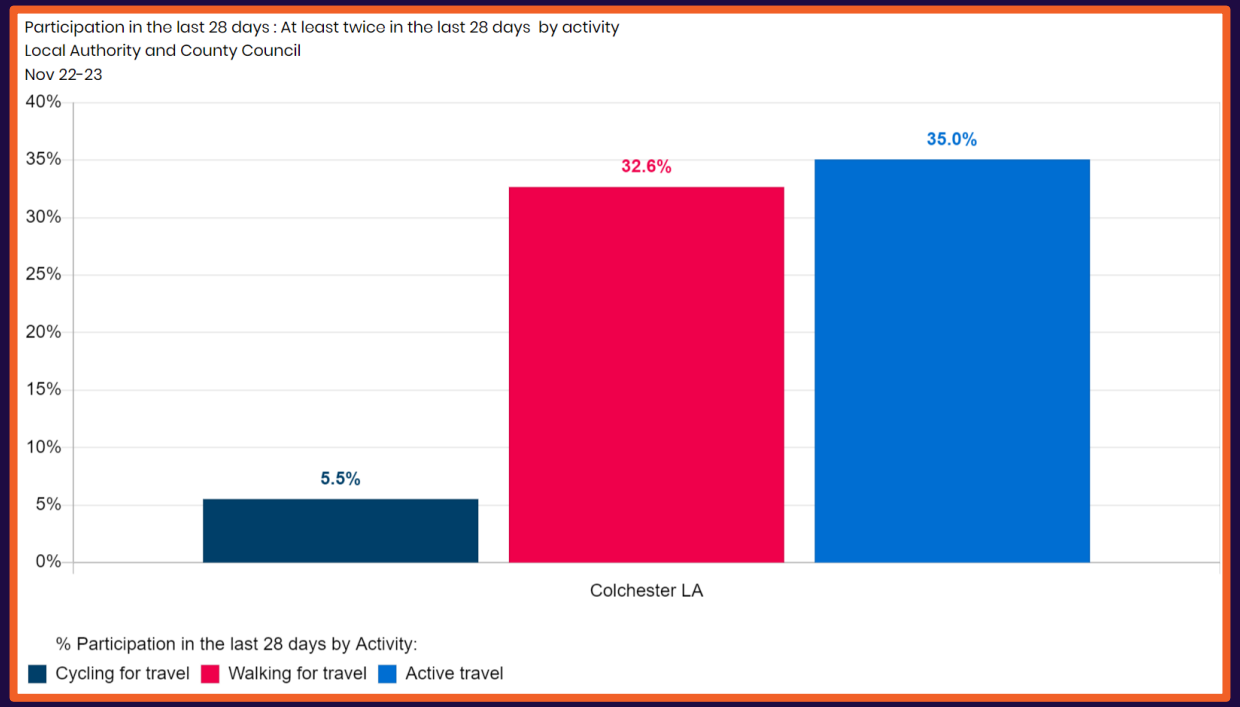
Andy Fagan

Assistant Relationship Manager (Cycling Projects)

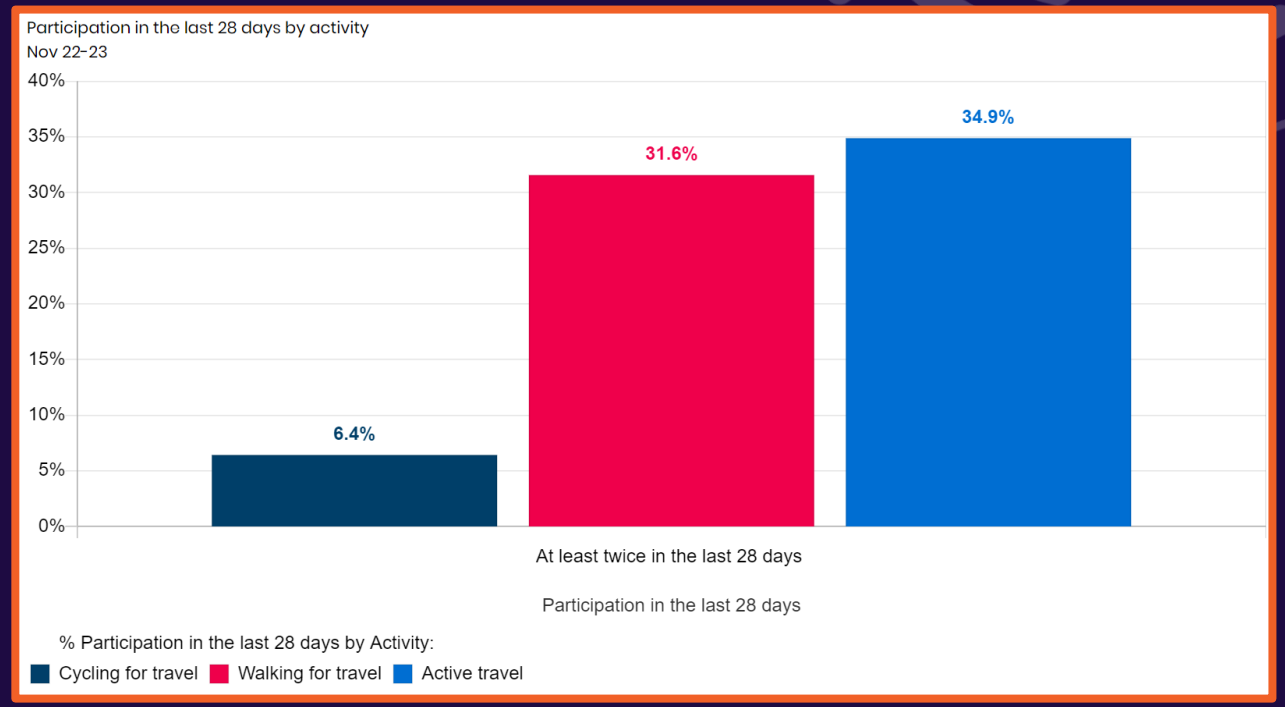
**Active Essex**

Andrew.Fagan@essex.gov.uk

# What does the data say?




Sport England Active Lives – Participation in the last 28 days: At least twice in the last 28 days by activity. Colchester LA, Nov 22-23

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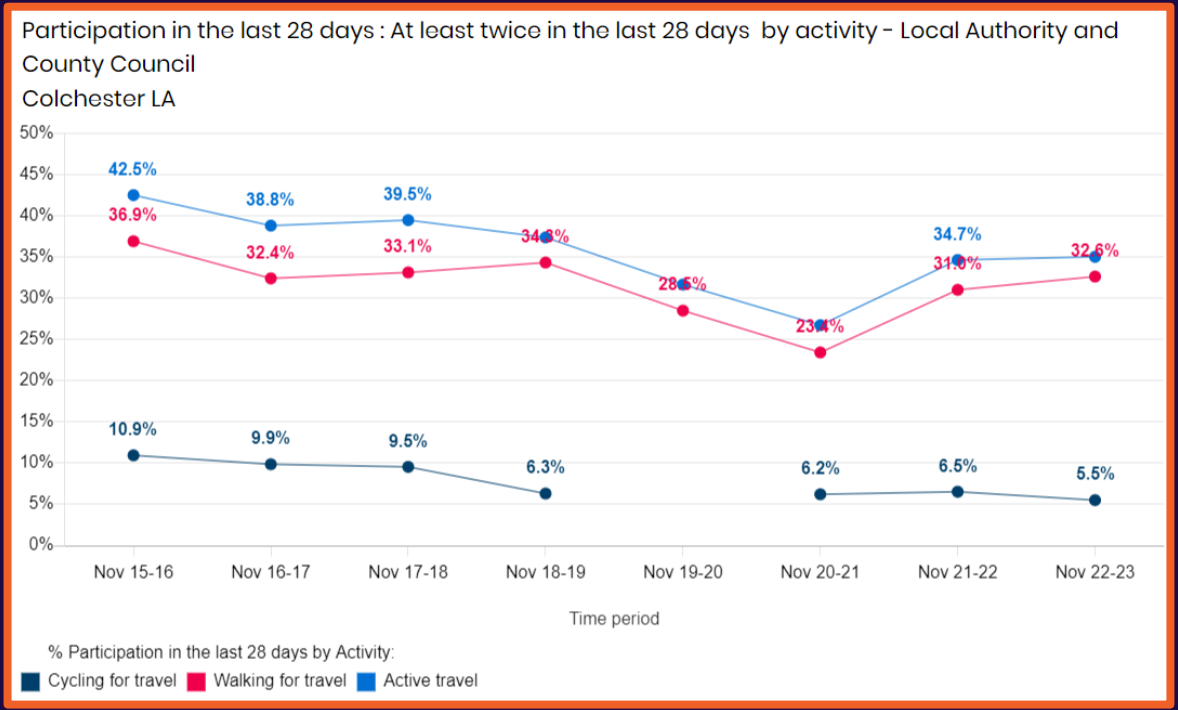


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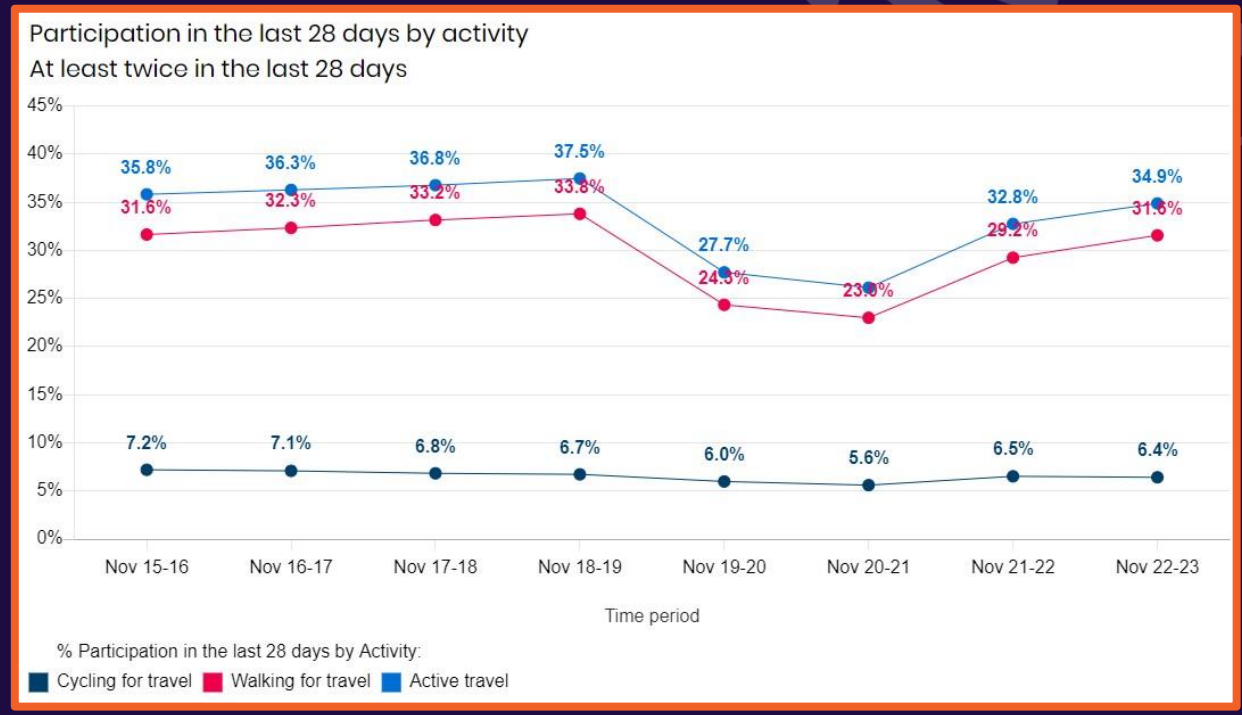


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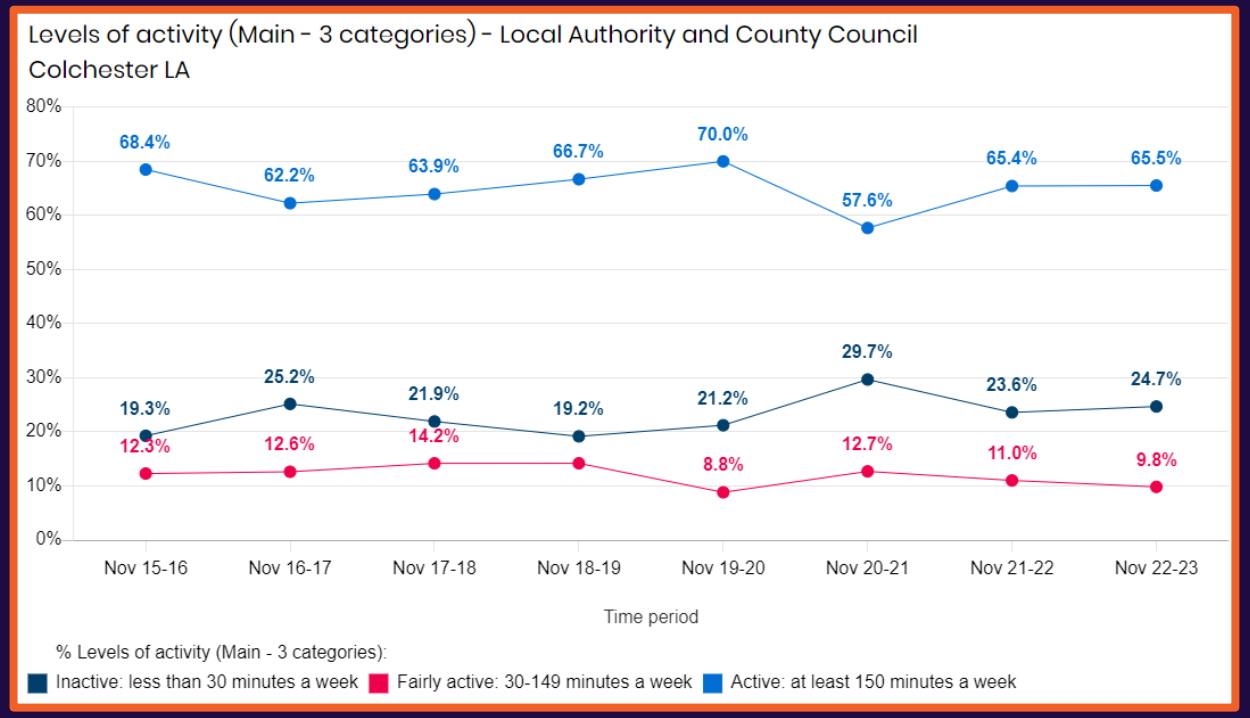
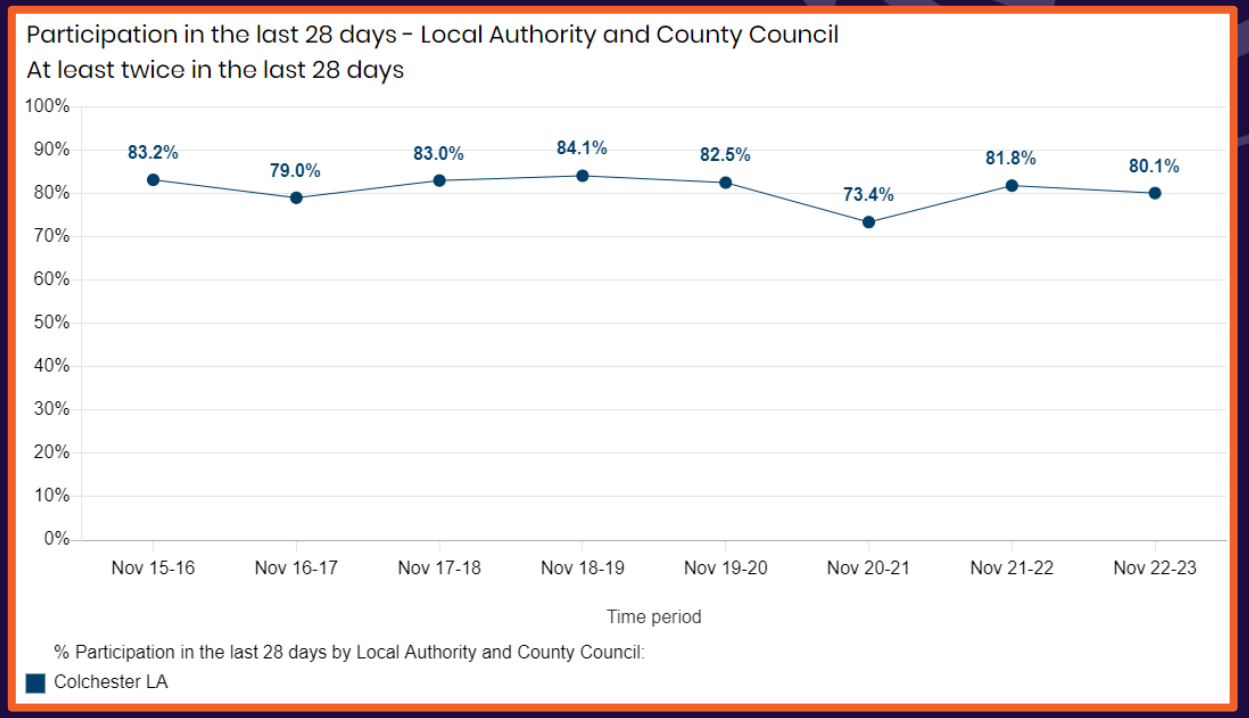



Sport England Active Lives – Levels of activity. Colchester LA




Sport England Active Lives – Participation in the last 28 days: At least twice in the last 28 days. Colchester LA

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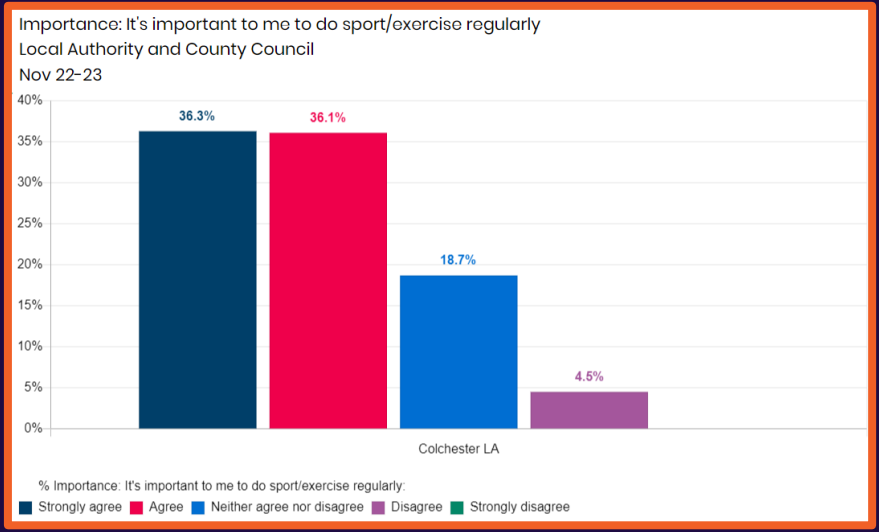
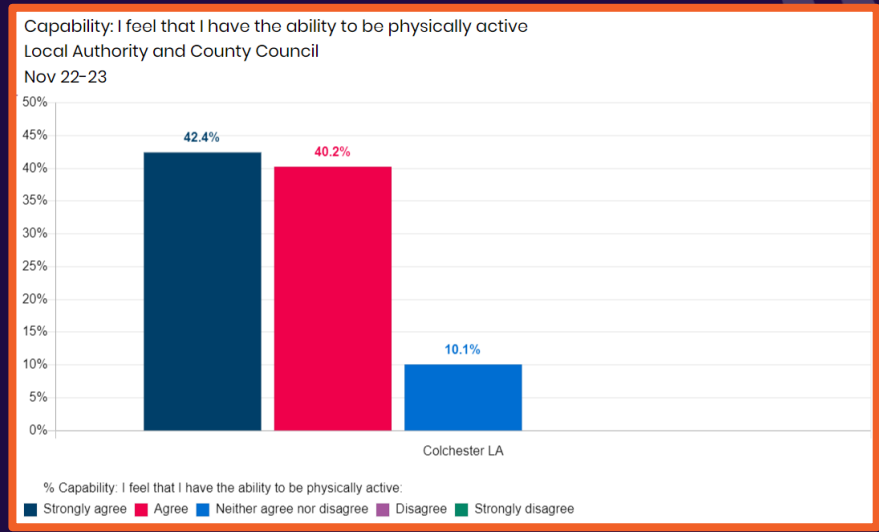
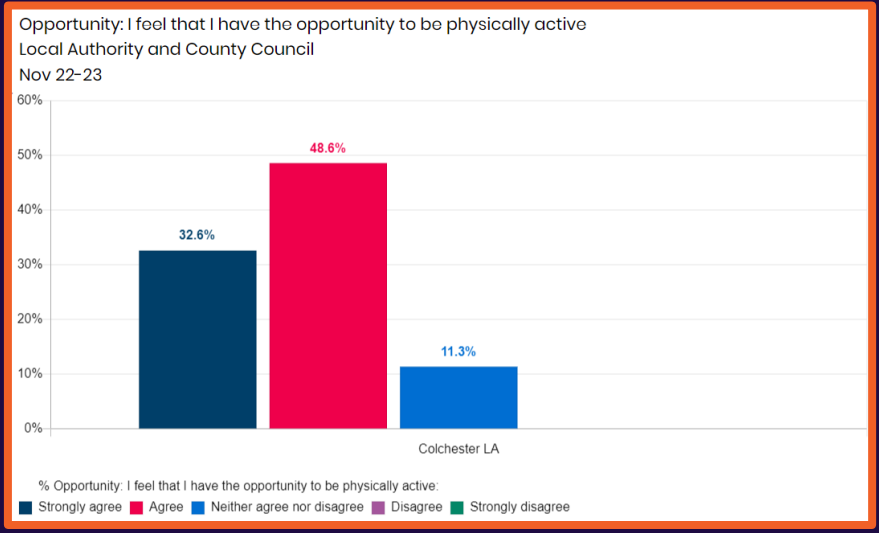


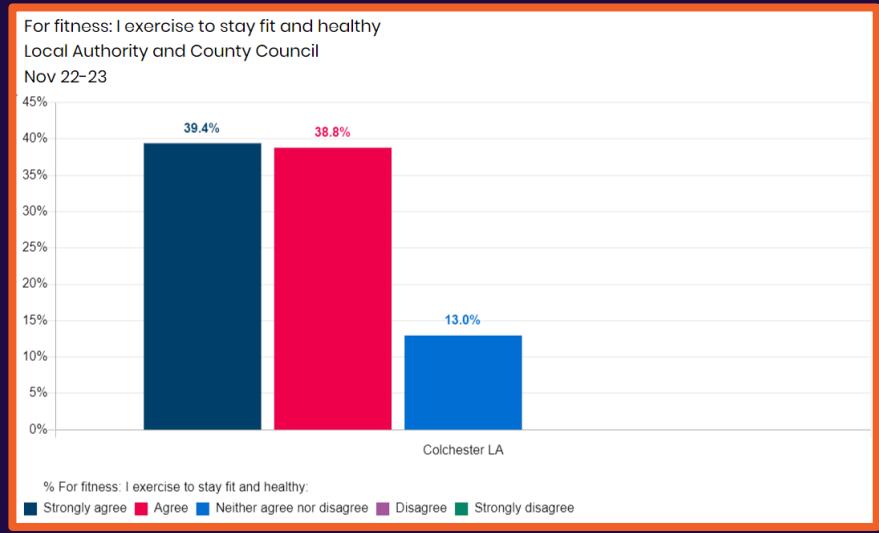

Sport England Active lives – it's important to me to do sport/exercise regularly – Colchester LA, Nov 22-23




Sport England Active lives – I feel that I have the ability to be physically active – Colchester LA, Nov 22-23




Sport England Active lives – I feel that I have the opportunity to be physically active – Colchester LA, Nov 22-23




Sport England Active lives – I exercise to stay fit and healthy – Colchester LA, Nov 22/23

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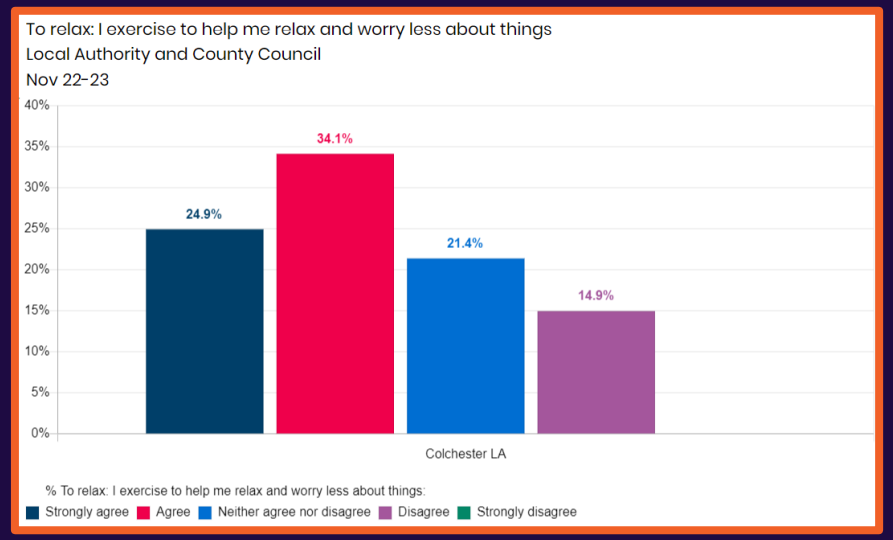
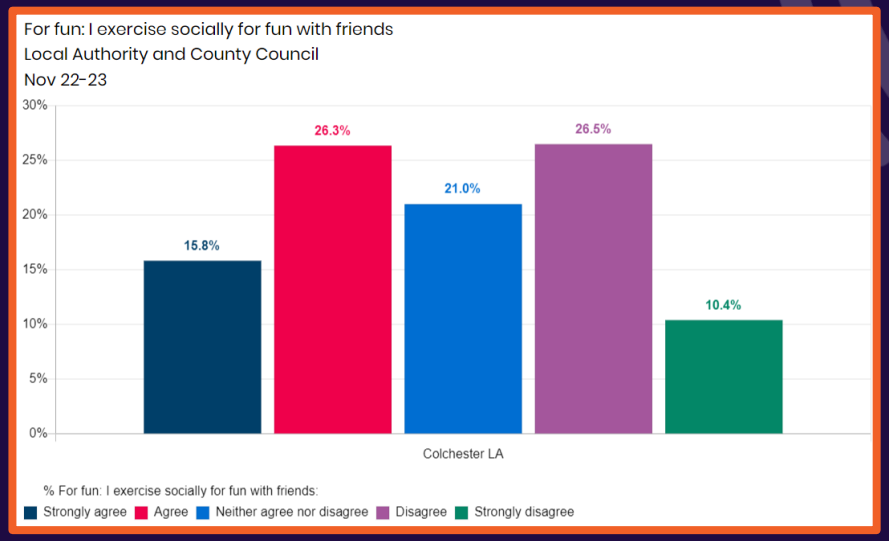
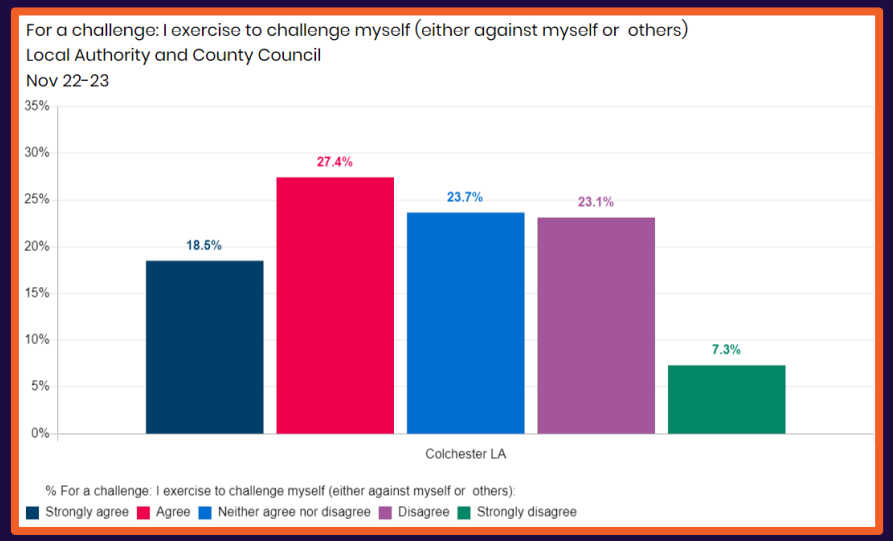


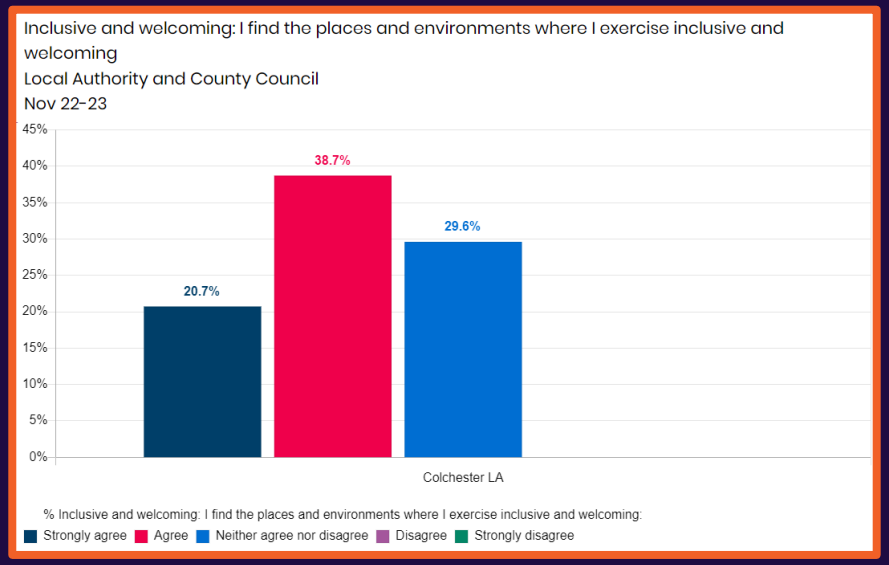

Sport England Active lives – I exercise to help me relax and worry less about things – Colchester LA, Nov 22-23




Sport England Active lives – I exercise socially for fun with friends – Colchester LA, Nov 22-23




Sport England Active lives – I exercise to challenge myself (either against myself or others) – Colchester LA, Nov 22-23




Sport England Active lives – I find the places and environments where I exercise inclusive and welcoming– Colchester LA, Nov 22/23

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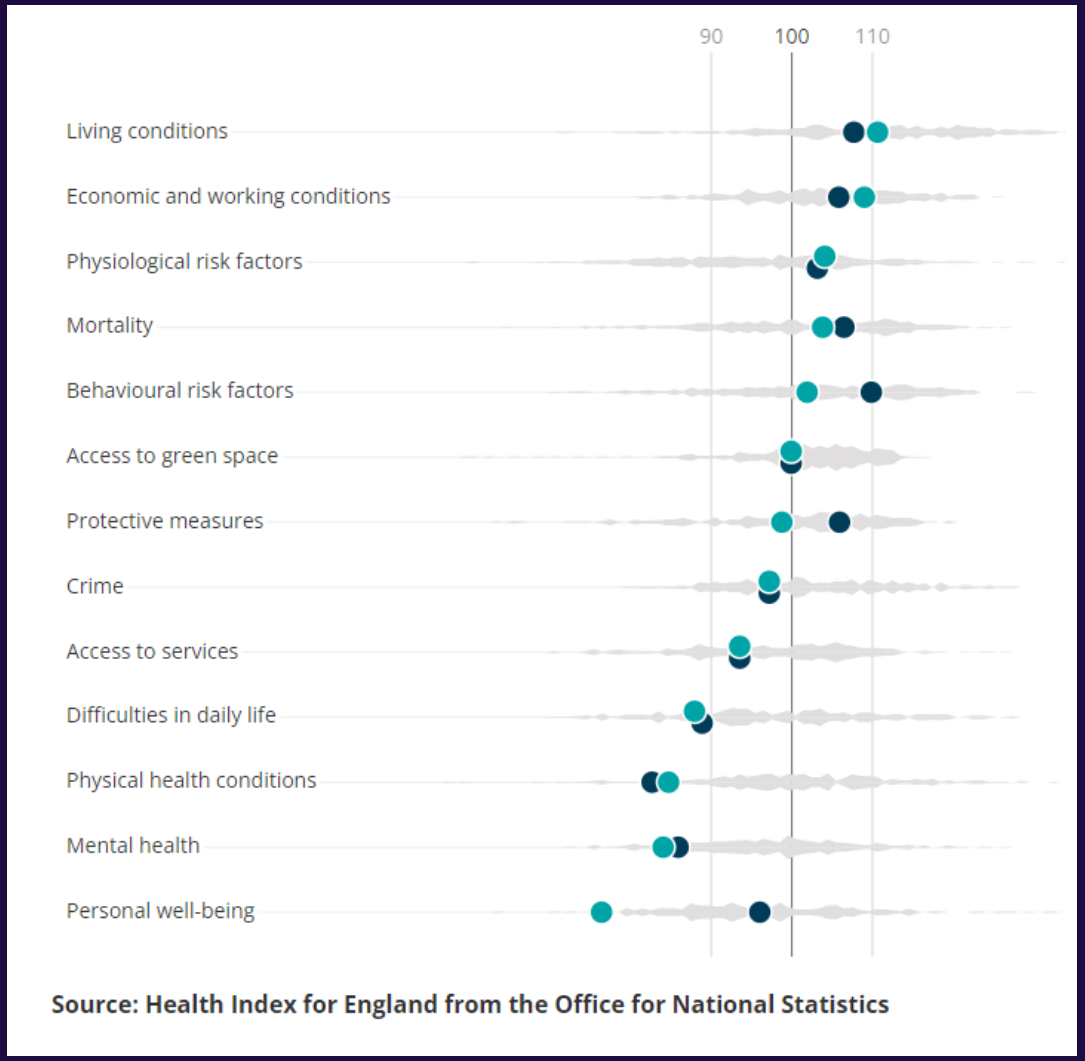


**Source: Health Index for England from the Office for National Statistics**

**Health Index score for Colchester:** **96.5**

Colchester's Health Index score decreased in 2021.

Colchester has an overall Health Index score of 96.5, which **is down 3.5 points** compared with the previous year.

A score of 100 represents average levels of health in England in 2015. A higher number always means better health and a lower number means worse health.

Colchester ranked in the bottom 30 percent of local authority areas in England for health in 2021.

**Source: Health Index for England from the Office for National Statistics**
Note: Scores of 90 and 110 are one standard deviation away from 100, the average score for England in 2015.

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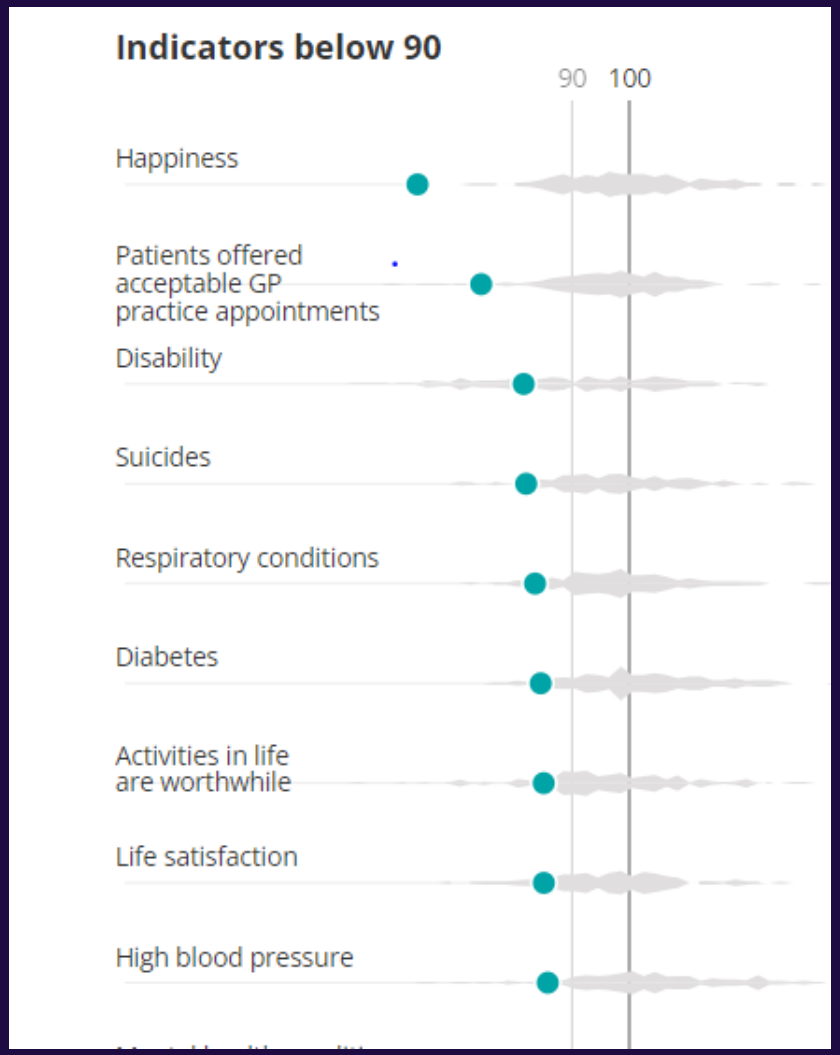
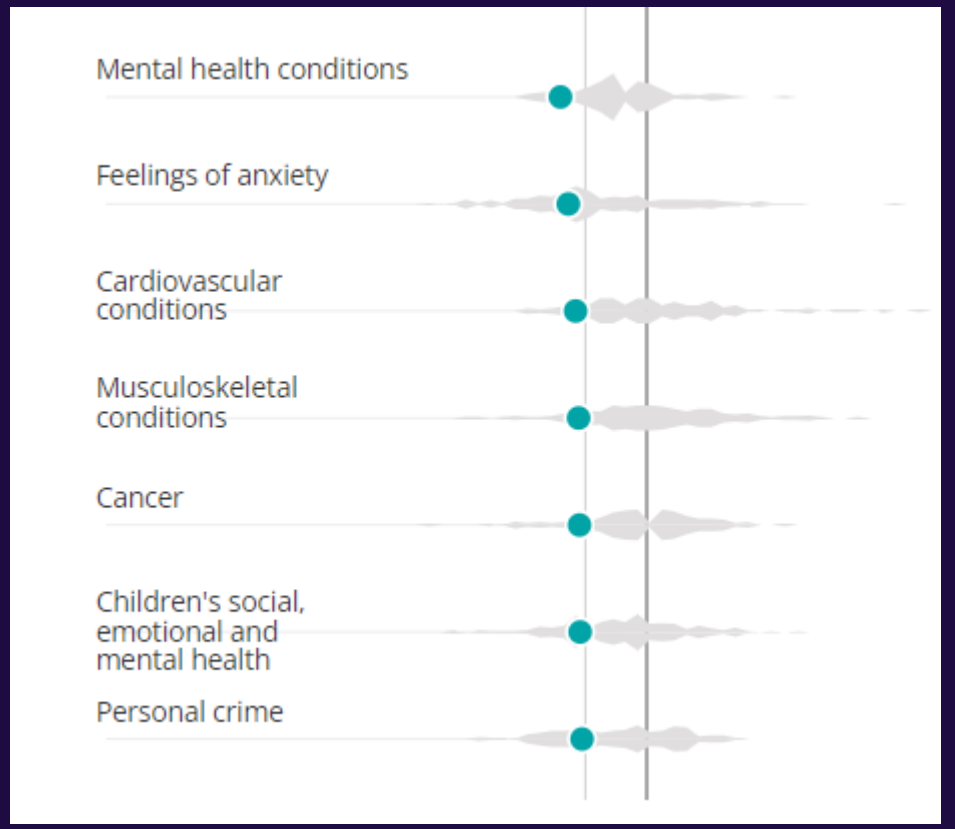
# What does the data say?




**Source: Health Index for England from the Office for National Statistics**
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# Opportunities – Love to Ride

LOVE TO RIDE

## CREATING A WORLD IN WHICH MORE PEOPLE FEEL COMFORTABLE AND CONFIDENT TO RIDE A BIKE

01 Love to Ride is a comprehensive program that provides tools to riders and data to partners - enables program managers and planners to achieve mode shift and measure their impact.

02 Working in 7 Countries, 142 cites, 14,000 workplaces, 670,000 users

03 Behavior change at our core + woven throughout our platform

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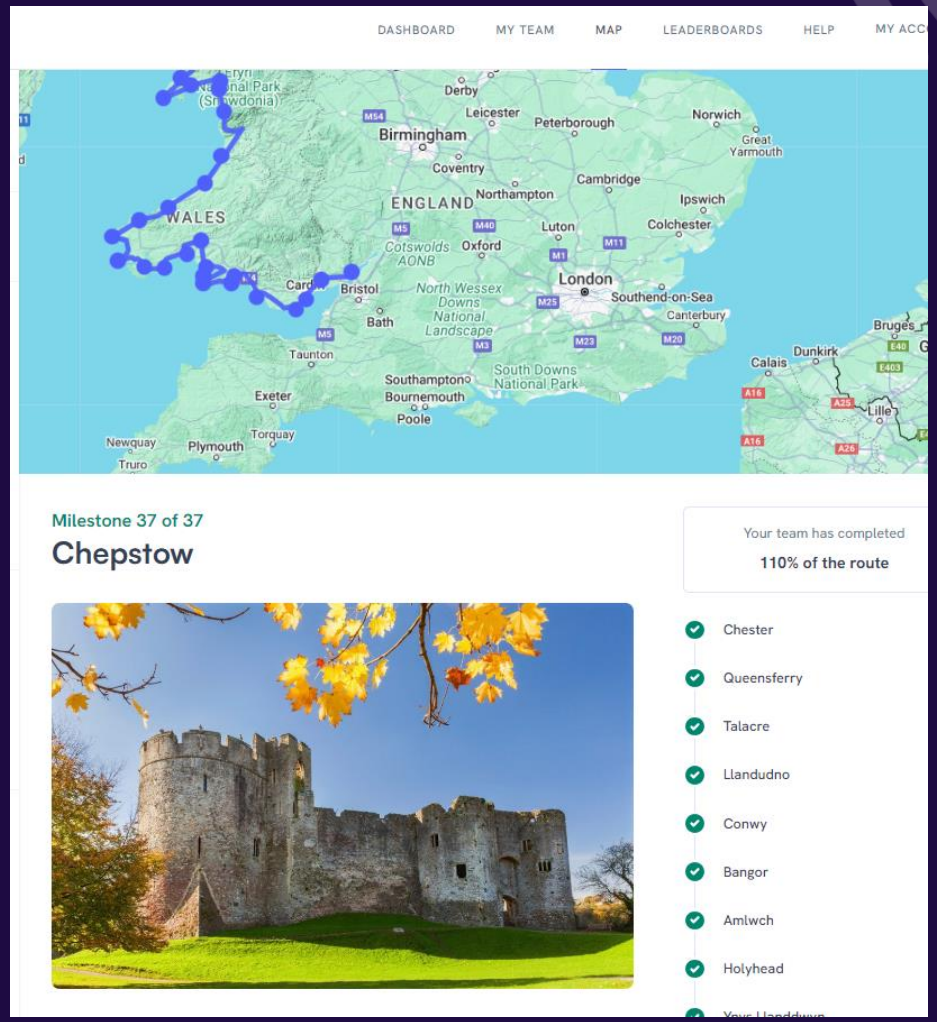
# Opportunities – Big Team Challenge

Big Team Challenge provides a fantastic mechanism to encourage workplaces from across Essex to incorporate regular physical activity into their daily routines. As a result, it has served as a catalyst for community groups to embrace a more active lifestyle.

- 127 teams
- 547 participants covering a total of almost 119 million steps!
- This event saw an increase of 350 participants compared to the previous one.

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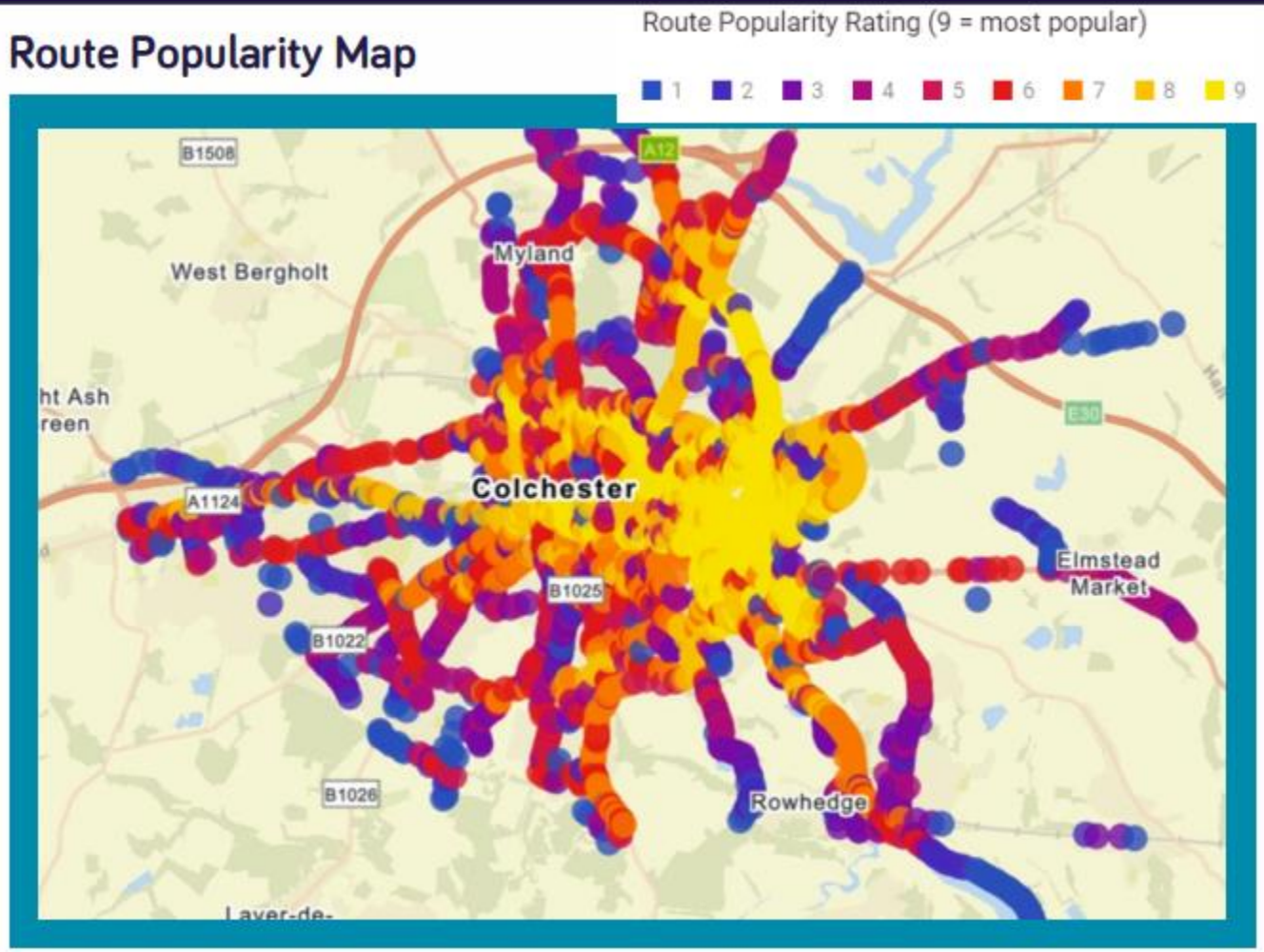
# Opportunities – Essex Pedal Power

## Route Popularity Map




**14,184.86kg**
of CO2 saved in total

**Equivalent to 11,169 10km trips with a diesel car**

**100,954.9km**
travelled by bike recipients

**6,809**
minutes of activity last week

**Equivalent to 63.6 minutes per active rider**

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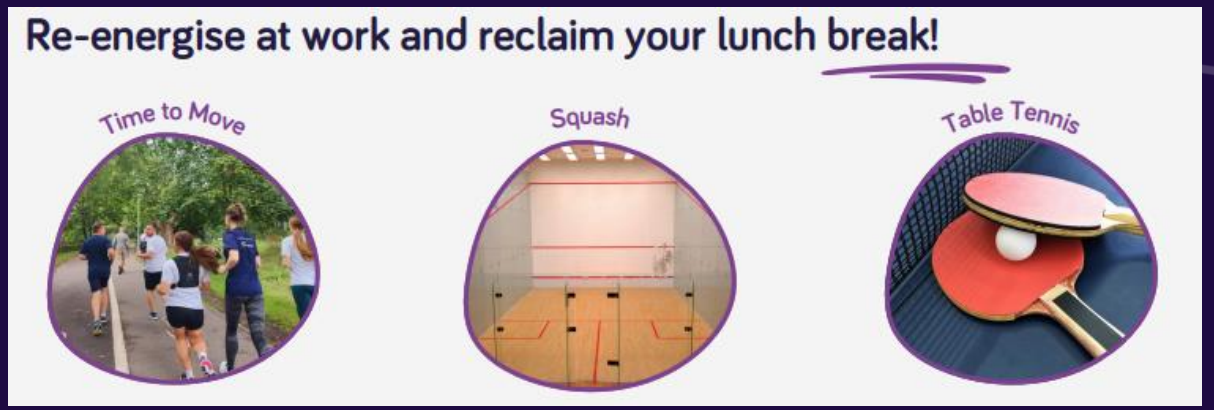
# What are Active Essex doing to support staff?

- Wellbeing Warriors
  - Time to move
  - Activities
- Wellbeing and volunteer days
- Active Essex Inclusion and Wellness passport
- Team challenges
- Away days
- Ways of working