

Wellbeing Index City Spotlight

Liverpool

Lower scores for physical and mental wellbeing see Liverpool slip down the city league table, as it falls from 7th to 9th place in the latest Wellbeing Index.

Whilst the number of people provided with physical activity provision by their employers is higher than the national average, many feel that the level of support they receive in this area is below average, resulting in low attendance levels to facilities.



Exercise overview:

It's a close call in Liverpool for how much physical activity people in the city manage to achieve in a week:

18%

never get the weekly recommended amount of exercise,

20%

always get the weekly recommended amount of exercise.

Just 39% of people knew what the NHS guidelines on physical activity were. This leaves over half not knowing that they should be aiming for 150 minutes per week.

1 in 5 respondents from Liverpool confess they never exercise. Those who do however, are active:

27%

exercise for more than 2.5 hours a week.



79% of all respondents enjoy walking/hiking, making them the biggest lovers of the activity nationally.

61%

of people in Liverpool are offered facilities in work, more than the average of 54%.

However, the facilities aren't the most popular, as 39% claim they never use them.



Showers are the most common facility offered by employers, followed by changing facilities.



Only 2% of employers offer exercise classes and just 4% provide access to an on-site gym. Less than half of the average.

5%

feel excellently supported by their employer when it comes to physical wellbeing, significantly lower than the national average of 14%.

15%

feel poorly supported by their employer, more than double the UK average of 6%.

32%

strongly agree that employers have a responsibility to support staff and their physical wellbeing and fitness, no one strongly disagreed with this statement.

The main barriers:



Low energy



Low mood



Lack of time

Physical activity options appear to be limited to workers' in Liverpool. Although providing facilities is important, making sure they are of interest to employers is paramount to provide a return on investment.

Low attendance within facilities may indicate a disinterest, causing respondents to feel unsupported for physical wellbeing. Reviewing opinion towards facilities makes it easier to improve interest.