

Wellbeing Index City Spotlight

Newcastle

The northern city of Newcastle has moved down the rankings in this quarter's Wellbeing Index, dropping from 4th to 8th in the city league table.

Physical activity doesn't appear to be high on the list of priorities for people in Newcastle. This spotlight reveals that residents aren't as interested in exercise, or the impact it can have on their health, as they lag behind some of the national averages for physical wellbeing.



Exercise overview:

There is a mixed attitude to exercise in Newcastle:



25% of people in Newcastle admit that they never exercise, compared with a nationwide average of 18%.

30%

of respondents in Newcastle rarely get the recommended 150 minutes of exercise per week.

37%

of people in Newcastle know the recommend guidelines for how much they should be exercising, compared with a national average of 42%.



Residents in Newcastle are the least likely nationally to be members of a gym. Only 7% are members, compared with a city average of 22%.

Some of the most popular forms of exercise in other cities are not as favoured by the respondents in Newcastle:



Just 5% like to run, compared with a national average of 18%.



10% choose swimming compared with a national average of 17%.

The preferred form of exercise for people in Newcastle is walking/hiking, which at 72% is higher than the UK average of 64%.

Employer support:

Employers in Newcastle are falling behind when it comes to supporting their workers' physical wellbeing with respondents rating the level of support they receive as follows:



7%
excellent



17%
above average



53%
average



17%
below average



6%
poor

53%

of respondents in Newcastle are offered no physical wellbeing facilities at work.

40%

of those that do have facilities say they never use them, with only 5% using them every day.

Employers need to engage with their workers to find out their reasons for not using the facilities and to reinforce the positive benefits of physical exercise.

77%

of people in Newcastle say they spend 4-8 hours a day sitting down.



33% said they are not very worried about their sedentary lifestyle, while a further 12% said they aren't at all worried about it.