THE INACTIVITY TIME BOMB

The economic cost of physical inactivity in young people
A StreetGames & Cebr Report / April 2014

Physical Inactivity among today’s 11-25 year olds will cost the UK economy...

£53.3 BILLION
...over their lifetime

Each physically inactive young person will cost the UK economy £12,000 over their lifetime.

Nearly half of all 11-25 year olds in England fail to achieve the Chief Medical Officer’s recommended targets for physical activity.

This equates to over 4.5 million individuals.

A 1% increase in the number of young people meeting physical activity targets...

Girls & Young Women are less active
56% of girls & young women fail to meet recommended activity levels
compared to 39% of boys & young men

...could save £800 million in today’s prices over their lifetime

LOWEST-INCOME HOUSEHOLDS ARE MOST LIKELY TO HAVE THE LEAST ACTIVE CHILDREN

THE POOREST HOUSEHOLDS SPEND LESS THAN £2 PER WEEK ON SPORT