



Physical inactivity in later life costs the NHS around  
**£92m a year**



**53.7%**  
of inactive people aged 55+ do not do any physical activity whatsoever

Physical inactivity in later life will cost the NHS

**£103m** this year\*, rising to **£120m** by 2030

based on population projections

\*in the 2019/2020 financial year

Physical inactivity was responsible for

**23,881 avoidable deaths**

in 2017

If left unaddressed, the NHS will spend over

**£1.3bn**

on later life physical inactivity in real terms between now and 2030



Physical activity can reduce falls, depression and dementia by

**30%**

The right physical activities could prevent over a million falls a year

Around

**6.4 million people**

aged 55+ are inactive - over half of all inactive people in England