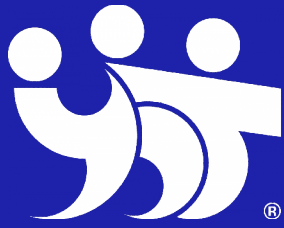


June 2025



**YOUTH
SPORT
TRUST**

Key facts about...

the economic benefits of physical activity



For more facts, please visit [here](#) to access the Youth Sport Trust's Knowledge Bank.

In 2022, there were 4% more children aged 10–11 with overweight and obesity than expected in England (an additional 56,000 children). The additional healthcare cost as a result of this will amount to £800 million, with a cost to society of £8.7 billion (Ochoa-Moreno et al. 2024).

Click [here](#) for the full report.

Active children and young people (aged 11 to 16) generate a wellbeing value of £4,100 annually per active person and £3,100 per 'fairly' active person per year, totalling a value of £8.6 billion in England (Sport England, 2024).

Click [here](#) for the full report.

Improved health from participation in sport and physical activity from adults, children and young people relieves pressure on the NHS in England through saving £10.5 billion in health and social care savings (Sport England, 2024).

Click [here](#) for the full report.

Adults leading active lives prevents 1.3 million cases of depression, 600,000 of diabetes and 57,000 of dementia. Adults leading active lives also saves £540 million on reduced GP visits and £780 million on reduced mental health service use (Sport England, 2024).

Click [here](#) for the full report.

The wellbeing benefit for disabled adults meeting physical activity guidelines has a social value of £6,200 per adult per year. For those doing 'some moderate activity' it is £4,500 per adult per year and for those only doing 'light' activity is £4,400. This totals £35.9 billion in social value in England (Activity Alliance and State of Life, 2024).

Click [here](#) for the full report.

Being active for 30 minutes per day in primary school has a positive effect on happiness which has an economic value of £1,100 per year for children in years 3 to 6. The effect on life satisfaction for years 7 to 11 has an economic value of £1,900 per child per year. The economic values of the provision of physical activity in schools is at least £4.5 billion (Youth Sport Trust and State of Life, 2024).

Click [here](#) for the full report.

Poor mental health in those aged up to 14 costs the UK over £7 billion per year (Mental Health Foundation, 2022).

Click [here](#) for the full report.

The UK spends the smallest proportion of general government expenditure on recreation and sport in Europe, compared with the Netherlands and Sweden which spend the highest (Sport Recreation Alliance, 2024).

Click [here](#) for the full report.

The UK has the 3rd highest direct healthcare costs in Europe attributable to physical inactivity. Sweden and Finland have the lowest costs (Sport Recreation Alliance, 2024).

Click [here](#) for the full report.

Across all ages, in England, every £1 invested in sport generates £3.91 for the economy and society (Sport England, 2020).

Click [here](#) for the full report.