

Reducing the impact of physical inactivity: evidence to support the case for targeting people with chronic mental and physical conditions

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Table III: Extrapolated estimates of numbers of individuals who could benefit from intervention

Long-term condition	Inactive	Inactive (excluding walking)	No physical exercise	No cycling	<1 hour walking
Fatigue	15817	35701	37666	42690	20655
Insomnia	5366	12974	13864	16210	7172
Anxiety	8844	25262	26915	30177	11988
Depression	9593	23508	25039	28118	12011
Diabetes	5157	13446	13992	16465	6821
Breathing Problems	9034	23399	24378	32802	12653
High Blood Pressure	10716	31825	33686	38026	15263
Heart Disease	4154	10237	10671	11964	5731
Stroke	1759	3703	3995	4041	2399
Cancer	1805	4480	4710	5360	2398
Total	72245	184535	194916	225853	97091