

Nottinghamshire Joint Health and Wellbeing Strategy 2018-2022

Physical Activity Priority



What we will cover

Physical Activity benefits/risks.
& local picture

Fit with the Active Notts
Strategy

Fit with Plans for Active Travel
Recommendations to the Board
District Council Perspective
Governance & Conclusion



What is physical activity?

Physical activity
(expenditure of calories,
raised heart rate)

Everyday activity:

- Active travel
(cycling/walking)
- Heavy housework
- Gardening
- DIY
- Occupational activity
(active/manual work)

Active recreation:

- Recreational walking
- Recreational cycling
- Active play
- Dance

Sport:

- Sport walking
- Regular cycling
(≥ 30 min/week)
- Swimming
- Exercise and
fitness training
- Structured competitive
activity
- Individual pursuits
- Informal sport

How much should we do?

0-5 Years



5-15 Years



Department of Health (2016)

What should you do?

For a healthy
heart and mind

To keep your muscles,
bones and joints strong

To reduce your
chance of falls

**Be
Active**

**Sit
Less**

**Build
Strength**

**Improve
Balance**

VIGOROUS

MODERATE



RUN



WALK



SPORT



CYCLE



STAIRS



SWIM



TV



SOFA



COMPUTER



GYM



YOGA



CARRY BAGS



DANCE



TAI CHI



BOWLS

MINUTES PER WEEK

75 OR 150

**VIGOROUS
INTENSITY**

(BREATHING FAST
DIFFICULTY TALKING)

**MODERATE
INTENSITY**

(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH

**BREAK UP
SITTING
TIME**



**2 DAYS PER
WEEK**

Something is better than nothing.

Start small and build up gradually:
just 10 minutes at a time provides benefit.

MAKE A START TODAY: It's never too late!

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://bit.ly/startactive>

Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



Benefits to the individual through the lifecycle

Physical activity for children and young people (5 – 18 Years)



Physical activity benefits for adults and older adults

- BENEFITS HEALTH
- IMPROVES SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGES STRESS
- IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

Type II Diabetes	-40%
Cardiovascular Disease	-35%
Falls, Depression and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

Health & Wellbeing Benefits of Physical Activity

Health and
social care
services

Community
safety

Economic
Development

Air quality

Productivity

Social capital

Community
Cohesion

Congestion

Everyday activity:

Active travel
(cycling/walking)
Heavy housework
Gardening
DIY
Occupational activity
(active/manual work)

Active recreation:

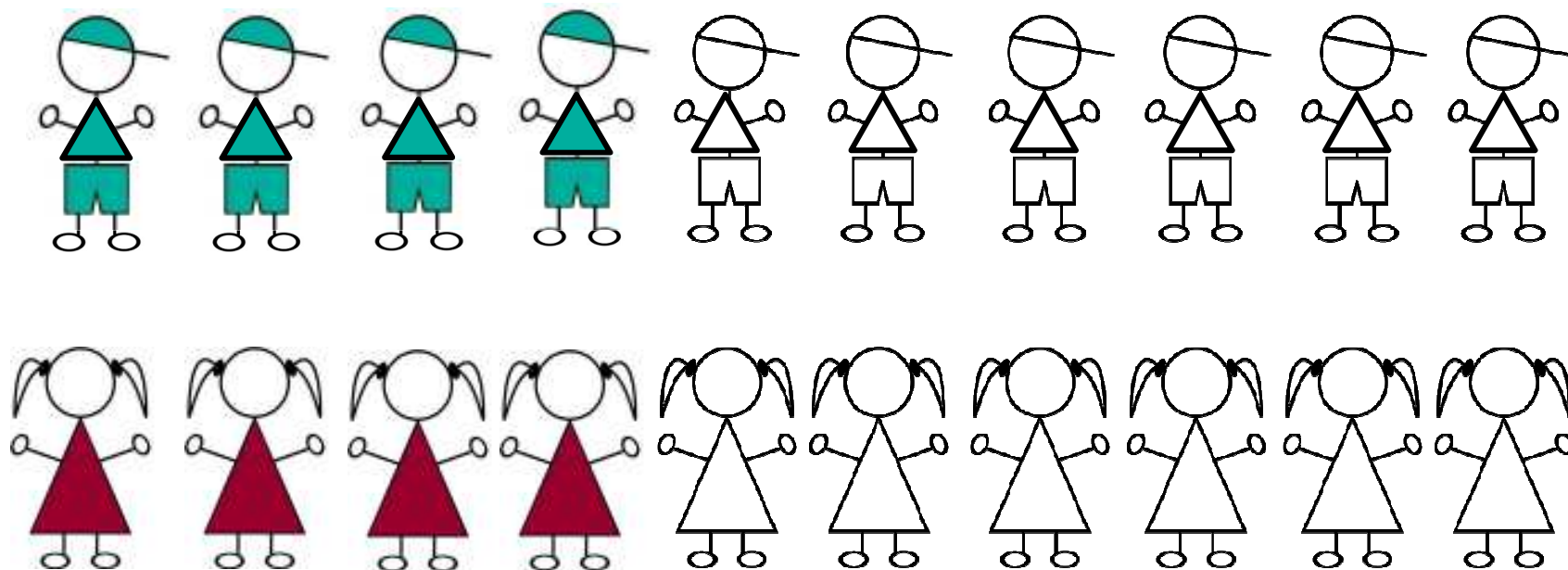
Recreational walking
Recreational cycling
Active play
Dance

Sport:

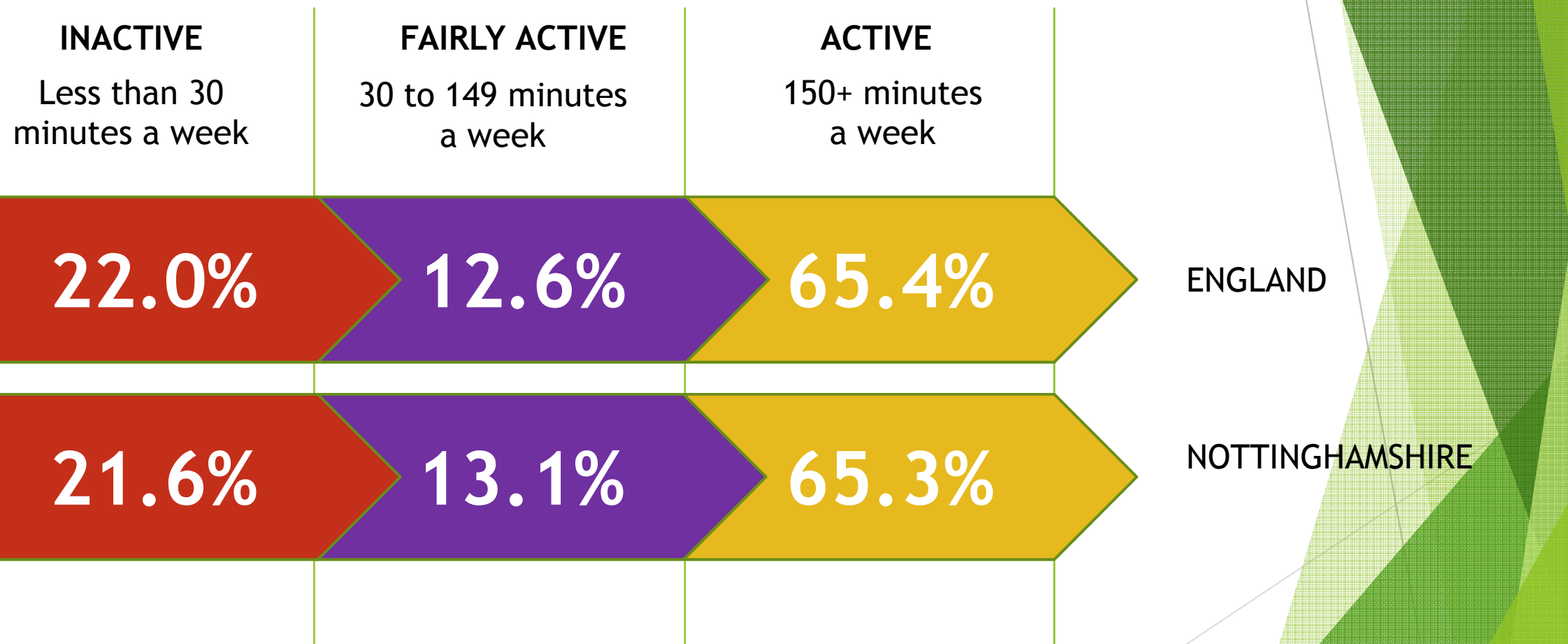
Sport walking
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(≥ 30 min/week)
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fitness training
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activity
Individual pursuits
Informal sport

We are not as active as we need to be (children aged 5-15 years)

Around four in ten children aged 5-15 years are physically inactive*
(boys 39%, girls 45%)

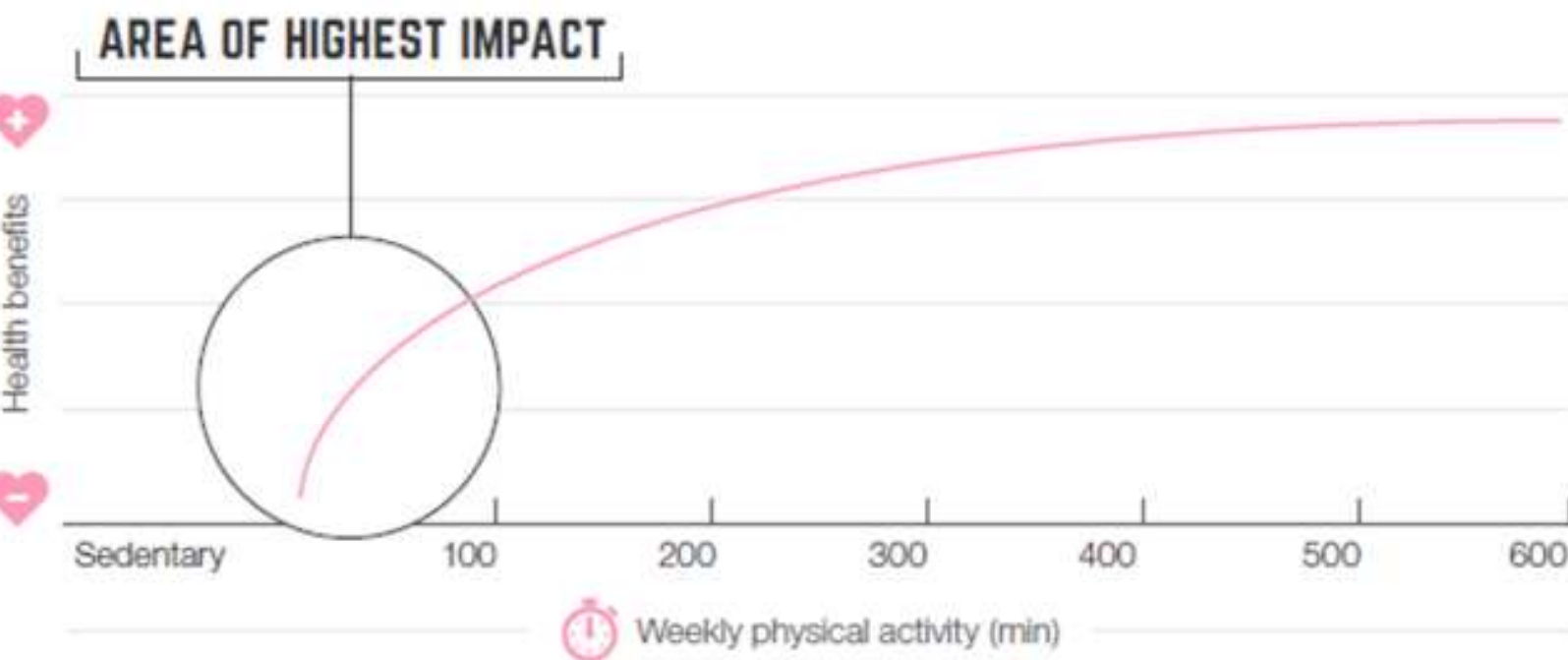


are not as active as we need to be (adults aged 16+)



Source: = Active Lives including gardening (Nov 15 - Nov 16)

Area of highest impact

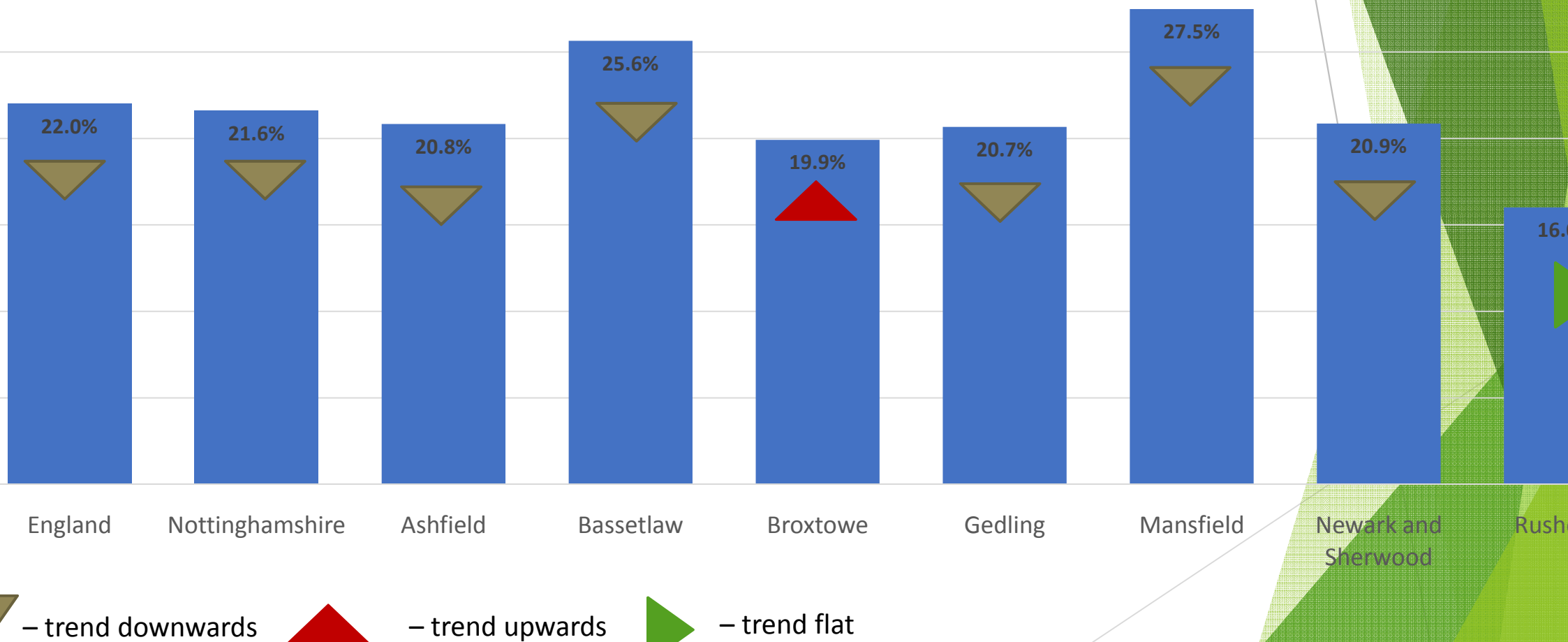


Sport England (2016)

the greatest health impact can be gained by
concentrating on the inactive

How do inactivity levels differ across our population?

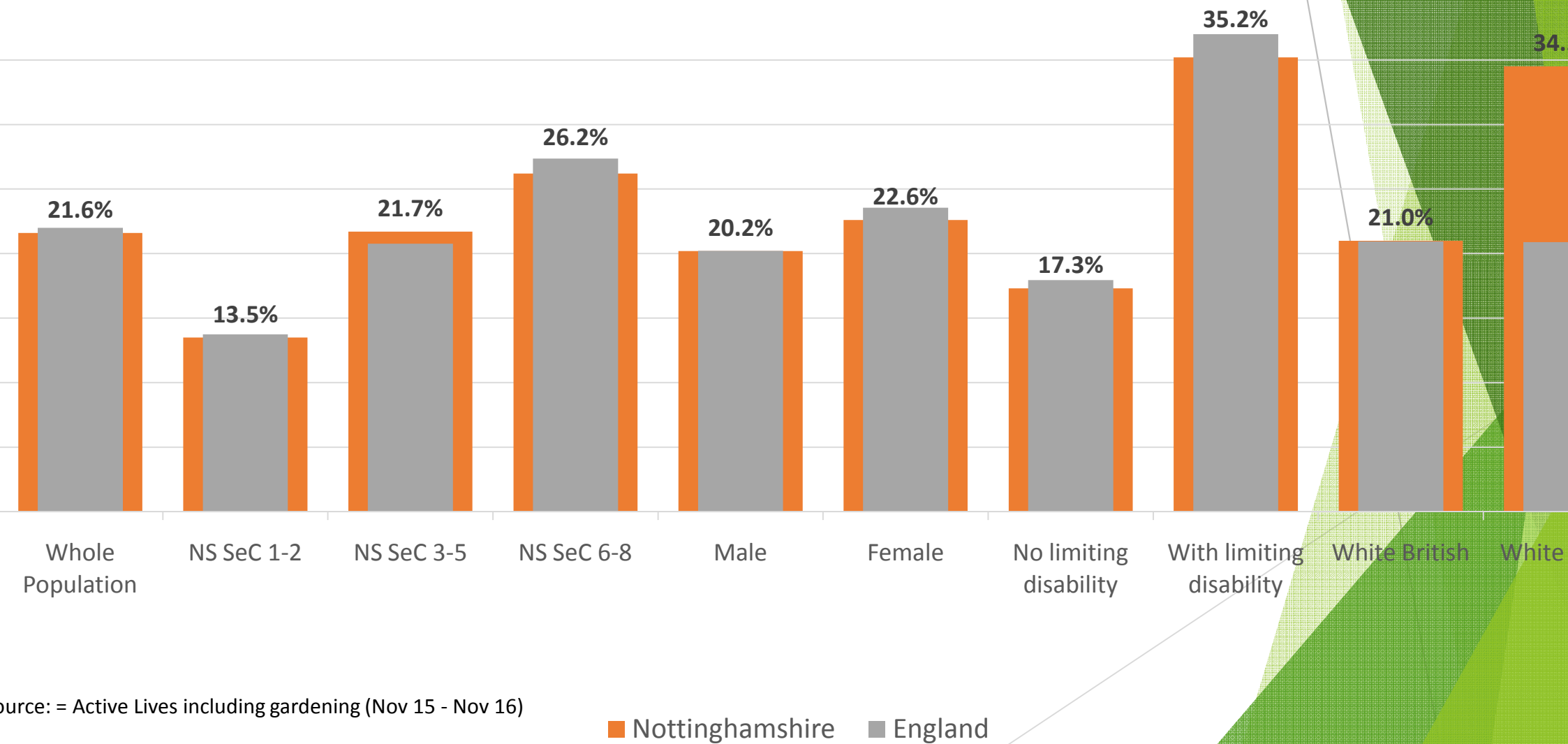
% of inactive people by locality



Source: For proportions, Active Lives including gardening (Nov 15 - Nov 16)
For trends APS, (Jan 12 to Jan 16)

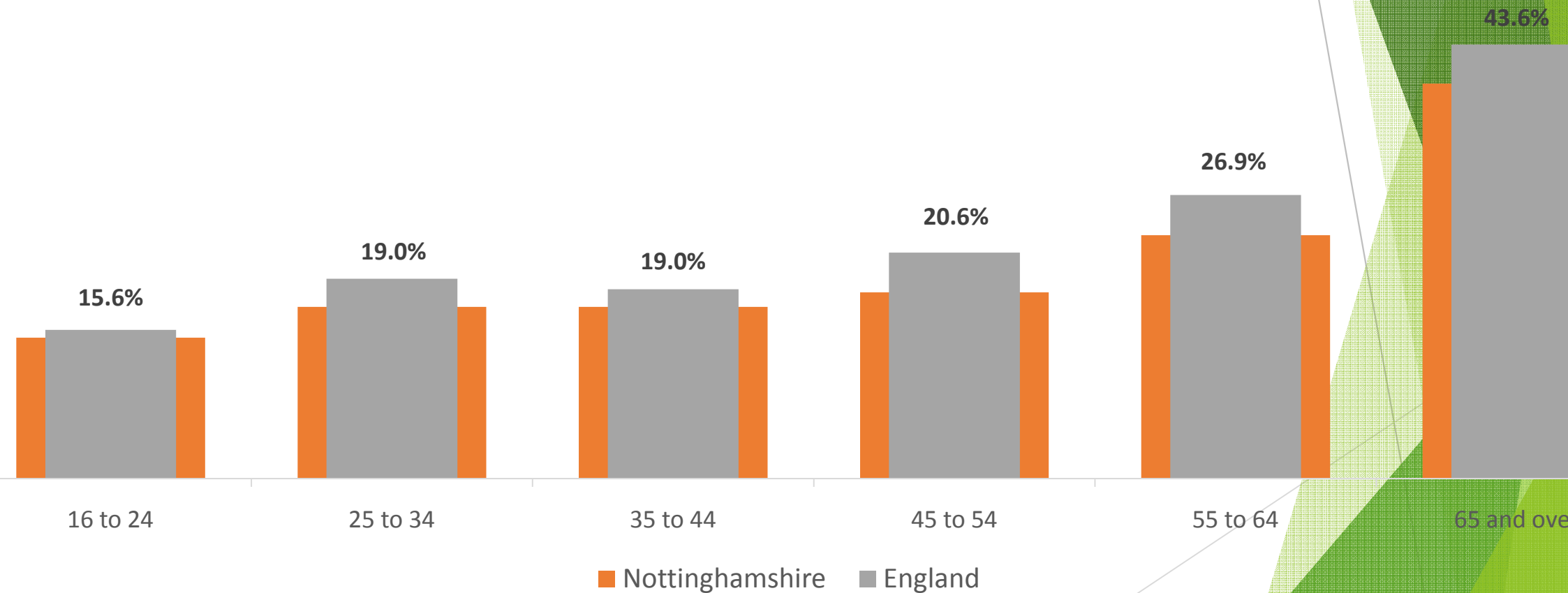
How do inactivity levels differ across our population?

Inactive by demographic group compared to England



How do inactivity levels differ across our population?

Inactive by age group compared to England



Source: = APS (Jan 15 - Jan 16)



Countywide Sport and Physical Activity Strategy



Local Transport Plan

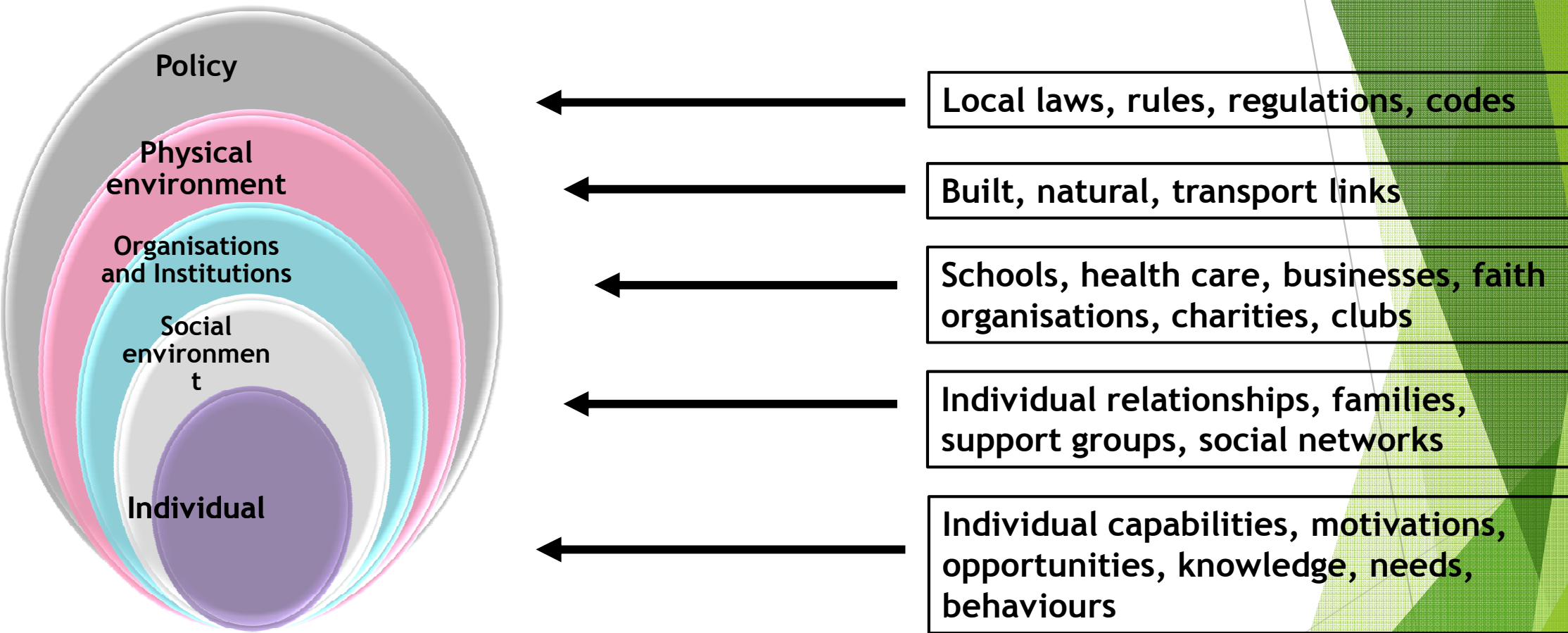


District Strategies



Health & Wellbeing Strategy

A whole system approach



transformative, co-ordinated action across a wide variety of sectors, many outside the sport and physical activity sector, to bring about major change.

Source: Socio-Ecological Model

physical Activity strategy for Nottinghamshire



Recommendations to the Board



Insight mapping and behaviour change.

Active Design Principles.

Use green and open space.

Focusing on competence and enjoyment for children and young people.

Cycling and walking infrastructure.

Workplace wellbeing and Active Travel plans.

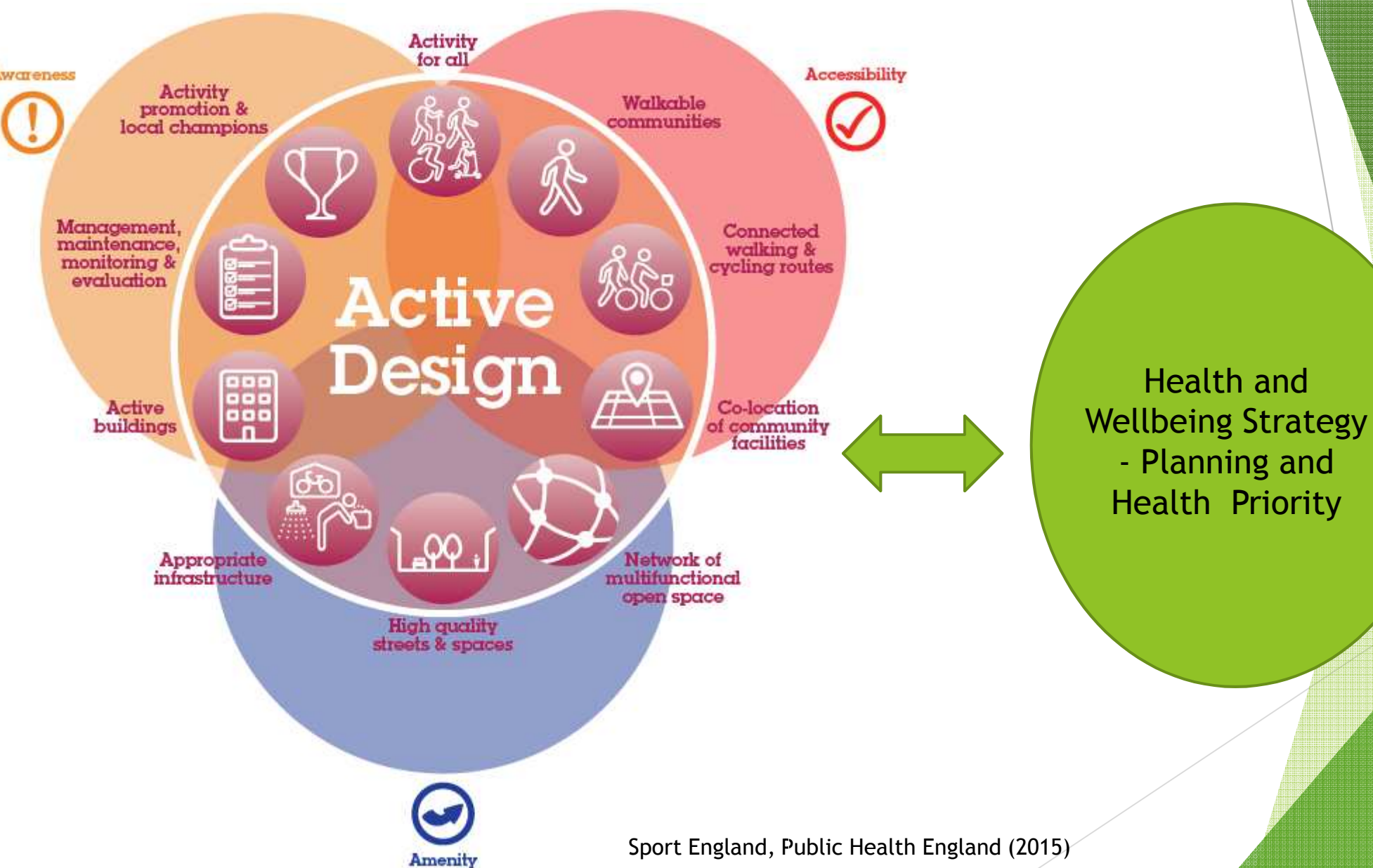
Brief intervention and health and social care commissioning.

Older people's programme.

How will we do it?



Active Design Principles



Use Green and Open Space to its full potential



Park, Mansfield District



Canch Park, Bassetlaw

Physical Activity
Central to plans for
parks and open
spaces



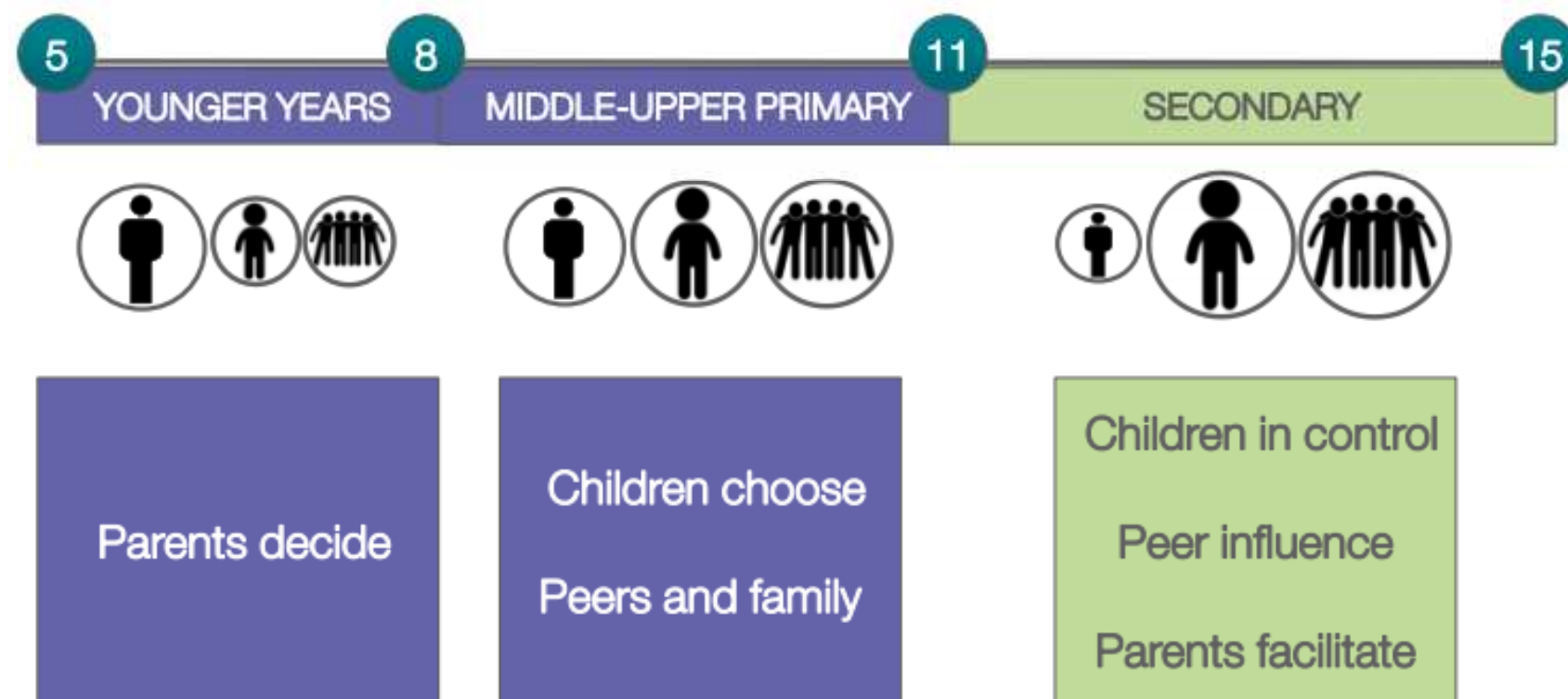
Vicar Walker, Country Park, N & S



Gedling Country Park

Focusing on competence and enjoyment for children and young people

- Develop a positive attitude
- Involve children in the decision making



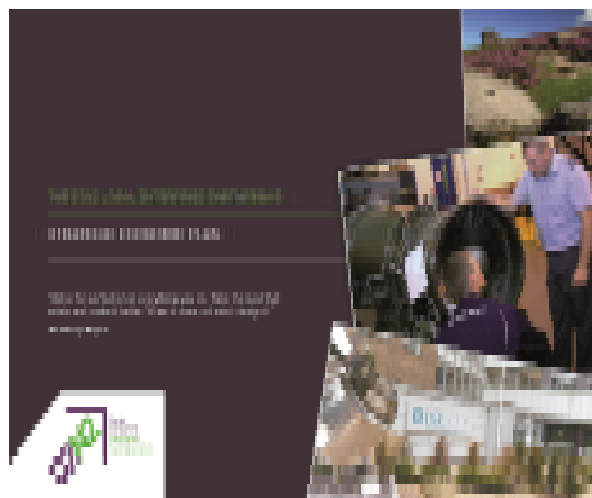
Cycling and walking infrastructure

Local Transport Plan



Small-scale improvements

Local Growth Fund



Large-scale improvements

Cycling & Walking Investment Strategy



Cycling and Walking Investment Strategy

We want to make cycling and walking the natural choices for shorter journeys, or as part of a longer journey

Identification of future improvements

opportunities for Board member organisations to work together to maximise benefits/outcomes:

Programme development

- joined-up walking and cycling infrastructure programmes – leisure/highways

Funding

- securing/making available developer contributions
- consideration of walking and cycling infrastructure in wider funding bids
- co-ordination of bids.

Workplace wellbeing and active travel plans

Encourage people to be more active as part of everyday life through:

- Making people aware of the benefits of being active
- Making people aware of travel options
- Enabling people to make journeys on foot/bike.

Travelchoice
Different ways to travel in Notts



£1m DfT Access Fund secured to deliver personal travel planning in Mansfield, Newark, Daybrook and West Bridgford during 2018/19 and 2019/20.

Opportunities for Board member organisations to maximise benefits/outcomes:

- Lead by example
- Co-ordinate programmes to maximise opportunities
- Co-ordinate future funding bids if/when opportunities arise
- Secure/make available developer contributions.

Brief intervention and health and social care commissioning



<https://blogs.bmj.com/bjasm/2017/11/29/updated-expanded-resources-scheduled-support-teaching-physical-activity-interventions-graduate-health-care-students/>



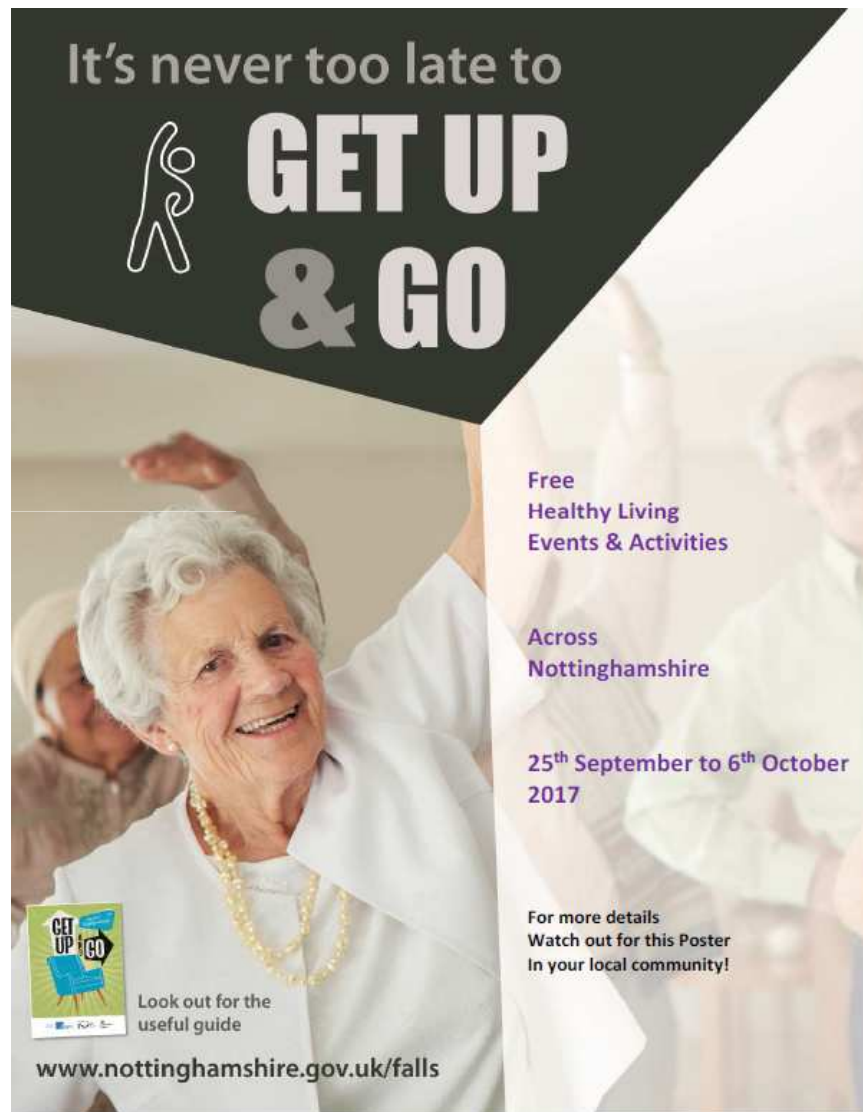
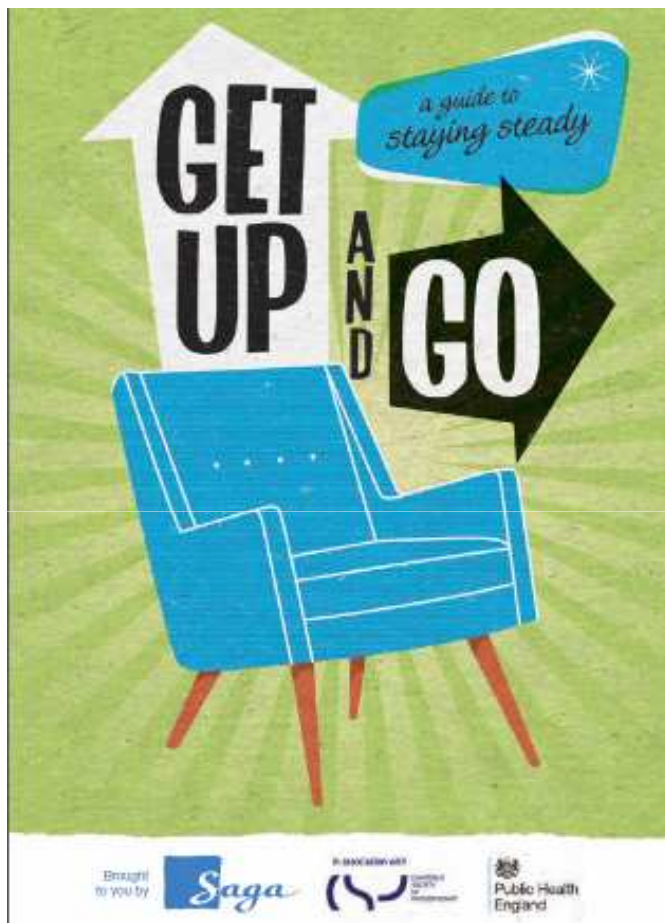
East Midlands Clinical Senate



East Midlands
Clinical Senate Report

**Physical activity and
exercise medicine**

Older people's programme



District Perspective

Active Ashfield Partnership



“To improve the health, wellbeing and quality of life for residents by increasing levels of participation in inclusive Healthy Lifestyles opportunities using a targeted approach.”



District Perspective

The partnerships key achievements

Attracted over £1m of external funding to improve health and wellbeing.

Active Ashfield, is an example of 'best practice' in terms of partnership working.

The partnership delivers events and initiatives to 11,000 participants and 420 volunteers involved annually.

Increased participation in sport and physical activity levels. Reduced adult and children's obesity levels.

Achieve the Nottinghamshire Wellbeing at Work Scheme Gold Award.



District Perspective

Active Ashfield Lifestyles Strategy 2017 -2021

Item 1: Tackling inactivity

Item 2: Engaging children and young people in healthy lifestyle

Item 3: Increasing participation in sport and physical activity and health volunteering

Item 4: Development mass market participation opportunities

Item 5: Supporting the active to stay active

Item 6: Provide local, place based activity

Item 7: Improving local facilities for sport and physical activity



Governance and conclusion

Monitoring

- Target to reduce the % of inactive adults under development.
- Children's target when local data available in the future.

Governance

- Action plans developed reported to the Board.

Recommendation

- To work together to deliver the actions described in the report to develop physical activity and reduce inactivity in the County.

