

Agenda Item 22.

TITLE	Get Active: Creating Physically Active Communities in Wokingham
FOR CONSIDERATION BY	Health and Wellbeing Board on Thursday, 9 August 2018
WARD	None Specific;
DIRECTOR/ KEY OFFICER	Julie Hotchkiss, Interim Consultant in Public Health

Health and Wellbeing Strategy priority/priorities most progressed through the report	Enabling and empowering resilient communities, Promoting and supporting good mental health Reducing health inequalities in our Borough
Key outcomes achieved against the Strategy priority/priorities	This item will showcase existing work to increase physical activity and all the benefits that brings to the priorities list above.

Reason for consideration by Health and Wellbeing Board	To allow Board members to see current programmes and input into the design of future programmes. Partners may consider how their own organisations might increase their involvement in promoting physical activity.
What (if any) public engagement has been carried out?	None specific to this item, although all the programmes area carried out with members of the public.
State the financial implications of the decision	None.

RECOMMENDATION

That the Board watch the presentation, participate in the activities and give feedback to the development of new programmes.

SUMMARY OF REPORT

The report briefly summarises the numerous benefits of physical activity and the harms of physical inactivity. It describes the scale of the issue of physical inactivity. It then very briefly outlines some of the assets that we have in Wokingham to help the community be more physically active. These will be expanded on during the presentation.

Background

Benefits of physical activity

Regular physical activity can reduce the risk of many chronic conditions including coronary heart disease, stroke, type 2 diabetes, some common cancers (breast and colon), obesity, mental health problems such as depression and dementia, and musculoskeletal conditions. Even relatively small increases in physical activity are associated with some protection against chronic diseases and an improved quality of life.

Activity also provides benefits for wellbeing, for example improved mood, a sense of achievement, relaxation or release from daily stress. Many activities provide scope for companionship and are a way of reducing social isolation.

The importance physical activity goes across the life course, from the youngest children to the oldest adults, and even severely physically disabled people can benefit from some form of physical activity.

These benefits can deliver cost savings for health and social care services. Moreover, the benefits of physical activity extend further to improved productivity in the workplace, reduced congestion and pollution through active travel, and healthy development of children and young people, including diversion from anti-social behaviour.

Scale of physical inactivity

We consider “physical inactivity” to be when a person is active for less than 30 minutes in a week.

This is now considered to be one of the top 10 risk factors for poor health worldwide. In England one in four adult women are physically inactive, and for men it is one in five. And nearly a half of adult women and a third of men are not active enough to promote good health. Even so there is a 3 year gap in life expectancy in those who are inactive compared to those who are minimally active.

The figures for children are not much better – only 21% of boys and 16% of girls aged 5 to 15 achieve recommended levels of physical activity.

Only 18% of disabled adults regularly take part in sport, compared to 39% of the non-disabled.

Sedentary behaviour, that is sitting or lying for a long period of time (a low energy posture), is also associated with poor health outcomes even in people who meet the recommended weekly activity thresholds. 40% of women and 35% of men spend 6 hours a day desk bound or sitting still. This is the case as much for 16 to 24 year olds as for 64 to 75 year olds.

Sitting is the new Smoking!

Recommended levels of physical activity

The level and type of activity varies with age, unsurprisingly – children need to be able to run around – they should be active for at least 3 hours a day from when they can walk. School age children should have at least one hour a day of moderate or vigorous activity to adults who should have at least 150 minutes of moderate physical activity per week, including strength building activities (even carrying heavy shopping) to older people whose activity should include something which promotes balance and “core stability” to help prevent falls.

Unless one is a professional athlete, it is likely that one would benefit from more physical activity. We need to get more people moving more often.

Analysis of Issues

The UK performs poorly in terms of international comparison of physical inactivity (using in a different measure to that used in the UK).

Country	Physical inactivity ages 15 and over
Holland	18%
Germany	28%
France	33%
Finland	38%
Australia	38%
USA	41%
UK	63%

The results of the 2014/15 YOUth Survey, showed that only 16% of Wokingham’s young people were physically active for 1 hour per day.

Not physical activity per se, but we have height and weight data for children. In Wokingham over 6% of reception age children (4 – 5 years) are obese, and by the time they leave primary school at age 11, this has risen to 14%. In adults we don’t have good quality on weight at the local data, but the national figure for adult obesity is 27%, with over half of women and two thirds of men being overweight.

In 2016/17, 71% of adults aged 19 and over in Wokingham reported that they had at least 150 minutes of physical activity per week in accordance with the recommended guidelines. This was significantly better than the England figure of 66% and similar to other boroughs with a similar low level of socioeconomic deprivation.

There are factors in Wokingham which mitigate against physical activity. Car is king. The Borough has the second highest car ownership in the country, and the layout of the settlements is often not conducive to walking. However in the early stages of the design and layout of the new housing and roads in the Strategic Development areas there is scope to build in pedestrian and cycle routes. A great asset is the My Journey programme, which encourages new residents to start out using active travel by providing them with information on getting about in their local areas.

Another two great assets are Wokingham Borough Council’s Sport and Leisure Team and Countryside. The former have developed and run bespoke offers for people with

various long-term conditions, as well as the programme of Health Walks around the Borough. The Countryside team look after the leisure offers at Dinton Pastures, and generally ensure that areas of natural space are protected, to enhance people's experience of being active out-of-doors.

And finally Get Berkshire Active is the county-wide Sports Partnership which supports a very wide range of local sports clubs at all levels, runs campaigns and programmes and organises annual awards.

Partner Implications

All partners should be looking for ways to maximise activity in their staff and clients.
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Reasons for considering the report in Part 2

N/A

List of Background Papers

Infographic of Benefits of Physical Activity
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https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/541233/Physical_activity_infographic.PDF

Everybody Active, every day. An evidence-based approach to physical activity. Public Health England, October 2014. https://www.gov.uk/government/publications/everybody-active-every-day-a-framework-to-embed-physical-activity-into-daily-life
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