

## Strategy into Action

### Action plan to deliver the priority areas grouped by performance measures (Physical Activity)

PHYSICAL ACTIVITY							
Objective	Actions	Lead	Indicator ref	Local value	England Value	Target tbc	Timeline
1. Utilisation of outdoor space for exercise/health reasons	1.1 Provision of new / improved community centres, sports and leisure, parks	Wokingham Planning Authority	PHOF 1.16		17.9		Aim to open in Summer 2020
	1.2 Connecting communities and provision of new / enhanced local facilities for existing / new residents through provision of new / improved community centres, sports and leisure, parks						
	1.3 Refurbishment of existing leisure centres: New Centre build in Woodley - Working closely with leisure provider to provide gym/swimming opportunities	WBC Sport and Leisure					
2. To reduce the number of children who are obese Prevalence of overweight (including obesity)	2.1 Public Health to provide children's services PH Development funds to tackle obesity and increase physical activity in children and young people	Public Health Children's Services	PHOF 2.06i	16.2	22.4		
	2.2 To commission the NCMP for children in reception – identifying children who are overweight in reception	Public Health	PHOF 2.06i	16.2	22.4		
	2.3 To deliver Mums Zone, mother and baby exercise class. Providing gentle physical exercise for mother and baby to do together. Improving physical and mental health of new mothers, sessions will also include healthy snack and information on mental health/mindfulness	(Places Leisure) WBC Customer and Localities	PHOF 2.06i	16.2	22.4		
	2.4 Talks on combating obesity and healthy menu planning and Change4Life activity sessions for families at all libraries	WBC Libraries	PHOF 2.06i	16.2	22.4		
3. To reduce the number of children who are obese - Year 6: Prevalence of	3.1 To commission the NCMP for all children in Year 6 – identifying children who are overweight via the School Nursing service	Public Health	PHOF 2.06ii	26.1	34.3		
	3.2 School holiday programme that runs at two leisure sites – 5 – 12 years of age (2900 on database)						

<p>overweight (including obesity)</p>	<p>3.3 Programmes for ages 5 – 25 years ( CYP (Special needs)</p>	<p>Wokingham Active Kids/ Active Adults</p>					
<p><b>4. To reduce the % of adults who are classified as overweight or obese</b></p>	<p>Health Walks - over 800 participants weekly average</p>	<p>WBC Sport and Leisure</p>	<p>PHOF 2.12</p>	<p>50.9</p>	<p>62.0</p>		
	<p>Programmes for 25 – 60 year olds</p>	<p>Wokingham Active Adults</p>					
	<p>Two groups that have whole day in leisure centre twice a week programme of activities</p>	<p>Optalis</p>					
	<p>GP refer for Physical Activity – Obesity, Stress, Mental Health, Back, Rehab – 24 week programme variety of programmes per week</p>	<p>GP Referral Programme</p>					
	<p>Zumba Gold, weekly on a Tuesday at Alexandra place – in partnership with Places leisure (Aims to provide exercise and activities for the over 50's, also providing a social element to support reducing social isolation)</p>	<p>WBC Customer and Localities</p>					
	<p>Fit for Life – weekly on a Wednesday at St Sebastian's memorial hall , Wokingham without (Aims to provide exercise and activities for the over 50's, also providing a social element to support reducing social isolation)</p>	<p>WBC Customer and Localities</p>					
	<p>Bowls, run by a Centre Forward Community Action Group, at the Rainbow Park Community Centre (Connecting communities, low cost sport accessible to elderly residents)</p>	<p>WBC Customer and Localities</p>					
	<p>Reducing mental health issues through sport &amp; activity through a Mental Health programme with over 6 sessions per week for participants</p>	<p>WBC Sport and Leisure</p>					
	<p>Bowls, run by a Centre Forward Community Action Group, at the Rainbow Park Community Centre (Connecting communities, low cost sport accessible to elderly residents)</p>	<p>WBC Customer and Localities</p>	<p>PHOF 2.12 4.04ii</p>				
	<p><b>5. Under 75 mortality rate from cardiovascular diseases considered preventable (Persons)</b></p>						