

## **AGENDA ITEM**

### **REPORT TO HEALTH AND WELLBEING BOARD**

**31 OCTOBER 2018**

#### **JOINT REPORT OF DIRECTOR OF ADULT SERVICES AND HEALTH AND DIRECTOR CULTURE, EVENTS AND LEISURE**

## **LGA PEER REVIEW, PHYSICAL ACTIVITY**

### **SUMMARY**

Stockton Council invited the LGA Peers to conduct a review of how we work as a local authority and with our partners to promote ease of access to, uptake of and the benefits of physical activity. The benefits of physical activity reach beyond the immediate and have a clear impact on demand on our care services. The Review was conducted over 3 days in September 2018, involving Councillors, staff and key partner organisations. This report provides an outline of the Review process and the findings of the Peer Team. In response to the Review, this report advocates the production of a strategic action plan showing how we intend to continue to target physical activity programmes that support improving health, preventing ill health and promoting wellbeing in-line with the Joint Health and Wellbeing Strategy and the Council Plan.

### **RECOMMENDATIONS**

That the report be noted.

### **DETAIL**

1. Physical activity and sport are powerful forces in transforming lives. There is clear and growing evidence of the health, economic and social benefits physical activity and sport can bring to individuals and communities.
2. Lack of physical activity is costing the UK an estimated £7.4 billion a year. On average, it is costing the economy in each local authority in England £18 million per 100,000 people every year, equating to £35.64 million in Stockton on Tees. Physical inactivity has been likened by scholars to smoking due to the harm caused to an individual by a sedentary lifestyle.
3. The Chief Medical Officer recommends adults accumulate 150 minutes of moderate activity each week (resulting in increased breathing, but still able to talk). Achieving this recommendation significantly reduces the chances of developing diabetes, high blood pressure, dementia, depression or joint and back pain (amongst others) and promotes physical strength, balance, healthy weight, mental well-being, reduced stress and improved sleep.
4. Over the last 50 years, physical activity levels have declined by 20 per cent in the UK, with projections indicating a further 15 per cent drop by 2030.

5. In Stockton-on-Tees the percentage of active adults is lower than the national average and the percentage of inactive adults is higher than the national average. By increasing engagement and participation in physical activity we can improve health and reduce onset and intensity of illness associated with social care needs in later life as well as increasing participation in the local economy.
6. Our vision is to make people more active, more often throughout their lives.
7. Our intent in the designing of the scope was to focus on our efforts to reach individuals whose levels of physical inactivity were likely to be causing health problems. We asked the Peers 'how can we better engage with our most inactive communities'.
8. The Peer Review team constituted:

**Rob Tinlin (Lead Peer)** – Recently retired as Southend-on-Sea's Chief Executive. During his time there Rob was the lead Chief Executive in the East region for Health and Care, highly regarded for his insights into Prevention and Public Health.

**Steve Bedser (Political Peer)** – Previous Labour councillor from Birmingham City Council (stood down). During his time as a Member, Steve chaired the Health and Wellbeing Board in Birmingham. Has previously done extensive Leadership work with Sport England and spent his career in the Primary Care Trust and Public Health arenas.

**Alan Higgins (Senior Officer Peer)** – Director of Public Health at Oldham Council, highly recommended through the LGA's Health Programme in light of the proficiency of Greater Manchester Councils in this agenda.

**Ernest Opuni (LGA Review Manager)** – Lead and Coordinator from Local Government Association

9. We asked the Peers to consider the influences on participating in active lifestyles. To this end, we invited the Peers to meet with colleagues from across the system, as listed below, in recognition of the whole system approach to which we aspire.

**JSNA Physical Inactivity:** James O'Donnell (Public Health), Neil Russell (Sports Development)

**Tees Active Leisure: sports & leisure provision** - Leon Jones (Managing Director), Allan McDermott (Sports and Development Manager)

**Engaging Communities through the voluntary sector** - James Hadman (VCSE Engagement, Catalyst)

**Healthy Places** - Mandy MacKinnon (Public Health, SBC); Antony Phillips (Principal Urban Designer, SBC)

**Funky Feet & Sisters R Doing It, Sports Development, SBC** - Neil Russell, Vicky Fawcett & Leanne Oxley

**Sporting Chance** - Gill Watson (Co-ordinator, Volunteer Matters)

**Green Space** - Graham Clingan (Greenspace Strategy and Partnership Manager, SBC)

**Transport & Active Travel** - Jonathan Kibble (Principal Transport Officer, SBC); Andy Elliot (Travel Hub Co-ordinator, Sustrans)

**Family Participation** - Jane Smith (Public Health, SBC), Claire Spence (Public Health, SBC)

**Reablement & Independence** - Katie Dixon (Multidisciplinary Service Manager, Adults Services, SBC)

**Tees Barrage & Air Trail Tour-** Leon Jones (Managing Director Tees Active Leisure)

**Physical activity & health conditions** - Andy Copland (CCG)

**People with existing health conditions, care homes and Better Care Fund** - Emma Champley (Head of Integrated Strategy, SBC)

**Sporting STEPs and First STEPs** - Andy Whitehouse and Lynn Wightman (Adults Services, SBC)

10. During the conversations that took place, the Peers acknowledged the good practice that is in place and the aspiration for strengthening community-based working through, for example, building on Family Hubs.
11. The Peer Review Team noted the work around physical activity across the Borough is led and carried out by *'inspiring and motivated people, demonstrating a pride in place and highlighting many examples of good practice to build on'*, such as:
  - Sporting Chance
  - Sustrans/Active Travel
  - Early Intervention and Prevention Team (Adults)
  - Funky Feet
  - Sisters R Doing It
  - Family Participation
- 12 Other strengths the team noted included the positive relationship with Tees Active along with reported quality of service; good cross-departmental working in the Council and understanding of a whole-system approach; good understanding of the challenges in increasing activity levels in the most deprived populations; and the productive process of the physical inactivity JSNA.
- 13 The Peers described some key areas for consideration to improve our approach to physical activity across the borough, summarised as follows:
  - The need for a coordinated strategic approach to physical activity including clear measurement of outcomes and engaging partners and communities in the process
  - Ensuring a proportionate universalism approach i.e. provision according to level of need, balancing universal and targeted
  - Taking a 'Health in All Policies' approach – maximising the opportunity to improve physical activity across all key policies across partner organisations, to support improving health and wellbeing and addressing health inequalities
  - Ensuring maximum outcomes for investment in physical activity
  - Considering the potential of an 'active living hubs' approach, alongside the existing Family Hubs
14. The overall conclusion from the Peer Review Team was to frame our physical activity aspirations, objectives and delivery through the development of a strategic action plan, which includes recognition and strengthening of our work across the system using a targeted approach:
  - Urban and Spatial Planning:** prioritise pedestrians and/or cyclists over cars to promote active travel; walkable neighbourhoods
  - Green & Blue Space/ infrastructure:** encourage & promote activities (play, leisure, sports) within public spaces, the Tees, parks, walkways, cycle tracks
  - Communications/ campaigns:** promote active living and active travel
  - Leisure & Sports:** accessible, affordable, attractive opportunities for sports and leisure; inspirational sporting events; targeted interventions (i.e. Club 55; Sporting Chance; Sporting STEPs; Sisters-R-Doing-It; Funky Feet)

**Public Health:** social prescribing activities for low level mental health problems; physical activity through family weight management and holiday enrichment programmes; active learning in schools

15. It is proposed that a strategic action plan is produced through a working group reporting through the Adults' Health and Wellbeing Partnership to the Health and Wellbeing Board. The plan would flow from the refreshed Joint Health and Wellbeing Strategy, ensuring a systems-approach across the life-course and across partner organisations; as such it would also fit with the Council Plan priorities. The plan would be produced rooted in the relevant JSNA topics and therefore based on key intelligence, evidence and assessment of need. It is proposed the action plan would be produced through a process of engagement and co-production with communities and partners and a way of monitoring key outcomes would be developed alongside this.

### **FINANCIAL IMPLICATIONS**

16. None identified

### **LEGAL IMPLICATIONS**

17. None identified

### **RISK ASSESSMENT**

18. This (subject matter of report) is categorised as low to medium risk. Existing management systems and daily routine activities are sufficient to control and reduce risk

### **COMMUNITY IMPACT IMPLICATIONS**

19. The proposed development of a Physical Activity strategic action plan will engage and benefit our communities as outlined above.

### **COUNCIL PLAN POLICY PRINCIPLES AND PRIORITIES**

20. The proposed Physical Activity strategic action plan supports the following Policy Principles:

- **Promoting equality of opportunity through targeted intervention**
- **Developing strong and healthy communities**

### **CONSULTATION, INCLUDING WARD/COUNCILLORS**

21. The strategic action plan will be developed to support the delivery of the Joint Health & Wellbeing Strategy for which communities will be consulted

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