

AGENDA ITEM

**REPORT TO HEALTH AND
WELLBEING BOARD**

May 2022

**REPORT OF DIRECTOR OF
PUBLIC HEALTH**

Physical Activity Steering Group update

SUMMARY

This report updates the board on progress achieved by the Physical Activity Steering Group (PASG) and partners since November 2021 as subgroup of the Health and Wellbeing Board.

RECOMMENDATION

The report recommends that the Board:

1. Considers and supports the progress of the physical activity Steering Group (PASG)
2. Notes partner project updates

DETAIL

1. The pandemic had a significant impact on the health of the population. Sport England Survey data suggests the proportion of the population classed as active dropped by 7.1% in England (due to covid), despite an increase in some types of physical activity.
2. As previously reported; existing inequalities have widened with ethnic minority groups and people with lower socioeconomic status or living with disabilities are less active during the pandemic.
3. The PASG was established prior to COVID, however the physical activity framework developed by the group will be fundamental in increasing levels of physical activity and addressing the impact of COVID on physical activity levels in the Borough.
4. Since the previous update the PASG has progressed work to meet its ambition for more people to be more active, more often. This includes the Beat the Streets project that took place in March / April 2022 and engaged 19,583 people in walking, cycling or scooting, including many children and families in the Borough. There are also several other walking and cycling initiatives underway. A number of projects are in development to offer physical activity opportunities that are accessible to people of any age / physical ability. This includes projects supported by Tees Active for

individuals who are blind / partially sighted, and taster sessions for individuals aged 50+. The 5 year Active Through Football project (“Shape the Play”) project has also commenced. This aims to increase activity levels and create sustained behaviour change in people aged 16+ from lower socio-economic groups, with a focus on Thornaby and Central Stockton, and working closely with existing community organisations.

5. Alongside the work of the PASG, the Trust (NTH NHS FT) is continuing their work on the Active Hospitals pilot. The Active Hospital programme was established to investigate approaches to raising the importance of physical activity in secondary care settings, and increase collaboration across the care and community system, with the aim of improving outcomes for people living with long term conditions. Since the previous PASG update the Active Hospitals team have continued their work on existing pathways, and commenced new pathways, continuously learning from what is working well, and improvements that can be made to support increased numbers of conversations with patients about their physical activity levels. The evaluation of the pilot is underway, and work is progressing on embedding practices into business as usual.
6. As noted previously, the Public Health team are currently leading on a Health Needs Assessment for Healthy Weight across the life course. The assessment is progressing well, consultation and research is currently being undertaken that will be key to shaping the work.
7. The physical activity framework by the PASG details the above and further activity of the group to increase physical activity in local residents and communities.

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