



# Healthy Lifestyles

Public Health / Physical Activity Steering Group Update

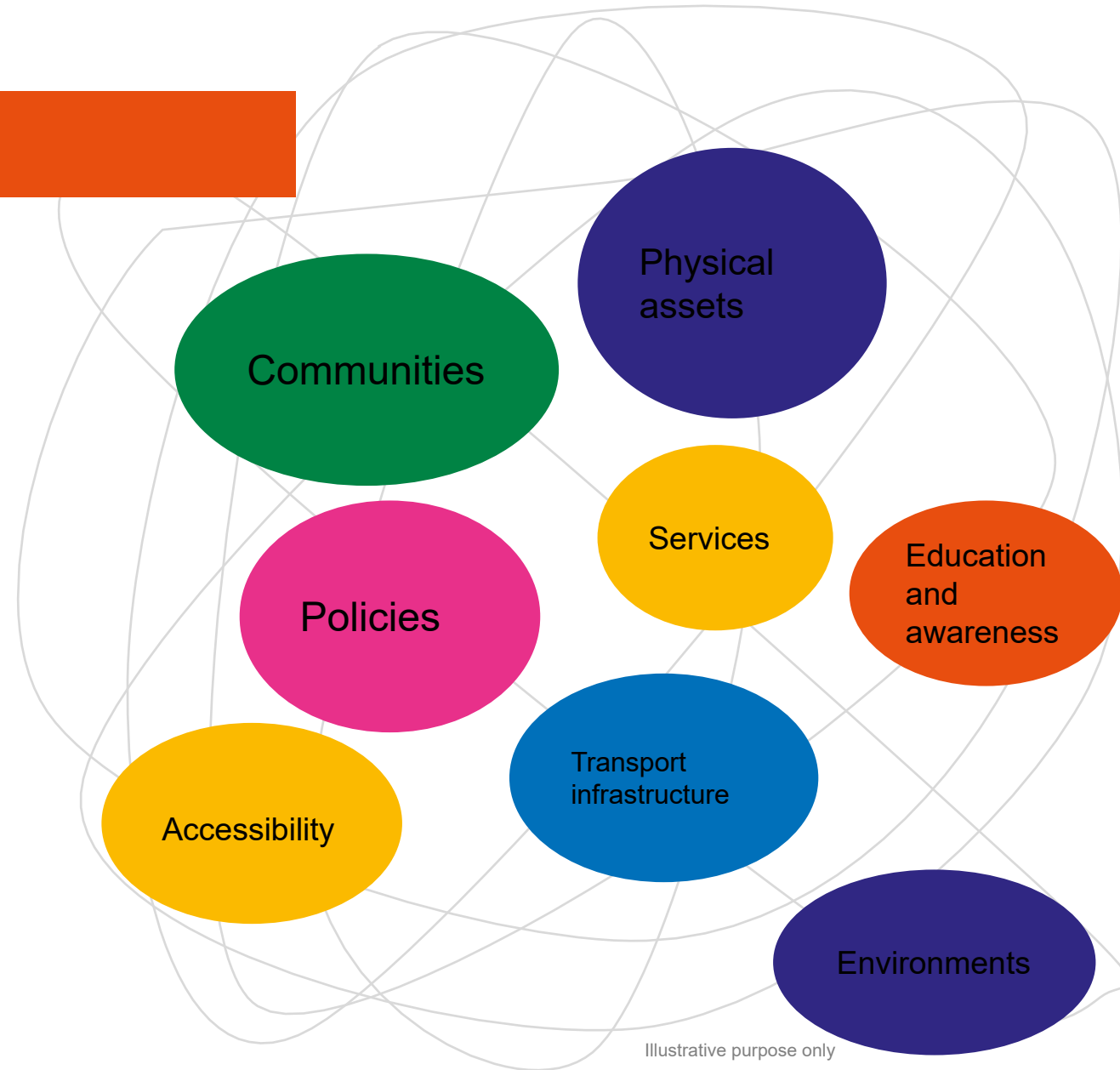
# Overview – update....

- Systems Approach to Physical Activity
- PASG Framework
- PASG Highlights
- Beat the Street update
- Active Parks / Love Exploring
- Volunteering
- Healthy Weight programme
- Whole system approach – support from HWB board partners
- Future Development
- Recommendation
- Next Steps

# Systems approach

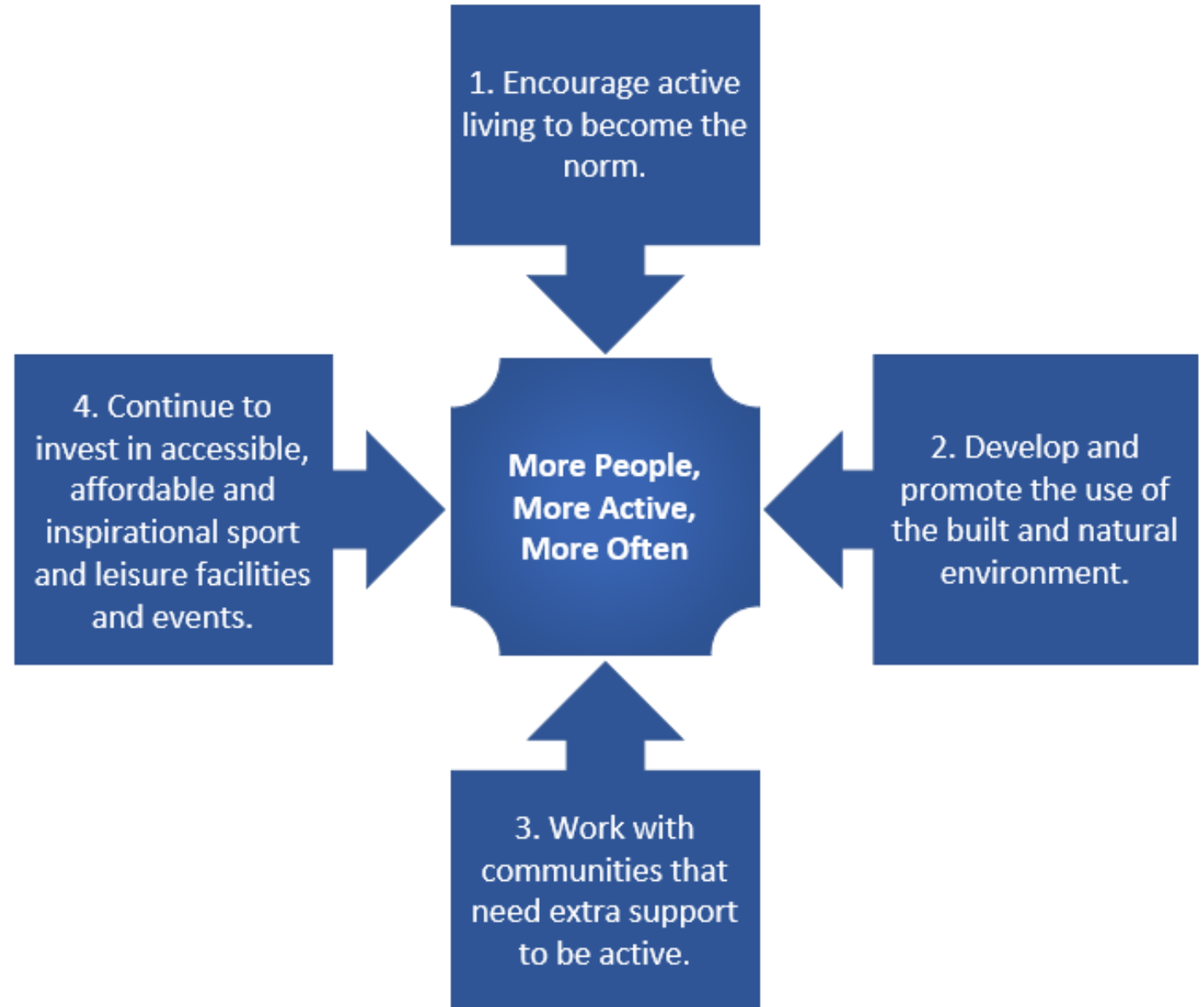
Moving towards a systems based approach to physical activity

- The steering group was established in recognition that to reduce levels of physical inactivity the scope of the work was beyond any single stakeholder
- The group have collectively agreed priority areas of action to drive forward progress whilst meeting our own individual goals
- The group recognises that the work/activities adopted are interconnected and collective action will influence and benefit different parts of the system
- Inequalities are often driven by multiple factors, allows the group to consider this across the system



We continue to contribute, source & invest in opportunities  
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# PASG framework 2019-2029



# PASG recap from last update

Ongoing development of framework with a specific target for next 10 years

## Targets:

In 2018/19 26.7% of Adults (19yrs+) surveyed in Stockton were Physically Inactive. **Our target is for this reduce to 24% by 2029.**

In 2018/19 41.7% of Children (5-15yrs) surveyed in Stockton were Physically Active. **Our target is for this to increase to 46% by 2029, but we aspire to achieve at least 50% of children being Physically Active.**

*Data Source: Public Health England (based on the Active Lives Adult and Childrens Surveys, Sport England)*

# COVID Recovery

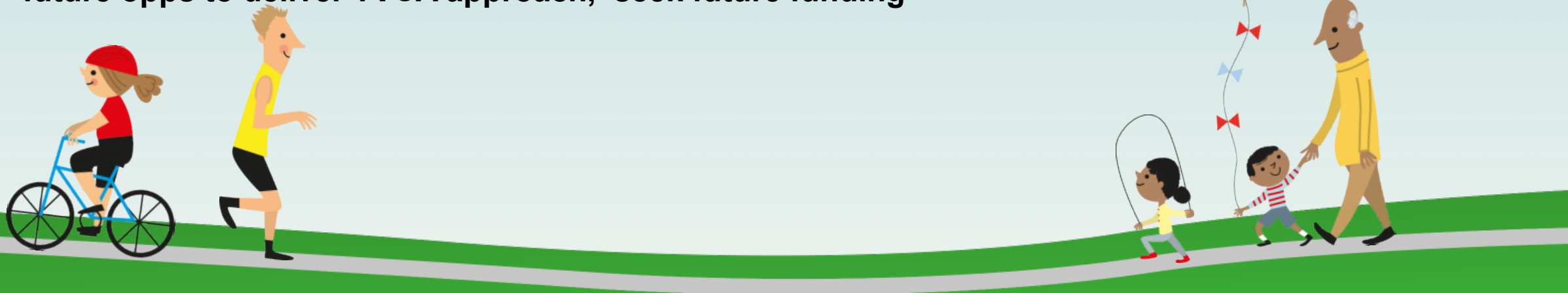
## PASG key highlights

- **PASG Comms plan** agreed and updated 6-monthly, sustained, co-ordinated messaging
- **Development & promotion of Walking Resources-** inclusive walking, care home resources, “Walk this May” campaign to showcase resources
- Physical Activity Steering Group will focus on the below programmes in the next 6 months
  - Beat the Street – sustain / pathways
  - Active Travel Hub Development – a 3-year contract
  - Active Parks
- Via Sport and Active Life Team an **EY PASG framework and steering group and action plan** has been established - to feed into PASG/ update in future meetings.

# Beat the Street



- Target to engage players 19,487, achieved 19,583 (100% achieved!) – 10-12% of population
- First full report end of May – post 6 months/12 months
- 10,429 completed pre-game survey / 1-2k completed post game survey
- Sustain phase – maintaining momentum & pathways – key focus on Park play / workplaces - 7 k directly linked into BTS newsletter / social media
- Next steps - evaluation of data / consolidation of data across TV, explore future opps to deliver TVCA approach, seek future funding



# Active Parks

**Orienteering  
– CLOK  
developing 5  
routes –  
digital and  
physical**

**Stockton  
Parkrun - re-  
establish**

**Parkplay – in  
hyperlocal  
spaces**

**Improving  
facilities -  
Playzones**



# Love Exploring - Games

Series of games launched April 2022:

Dinosaur Quiz Trail at:

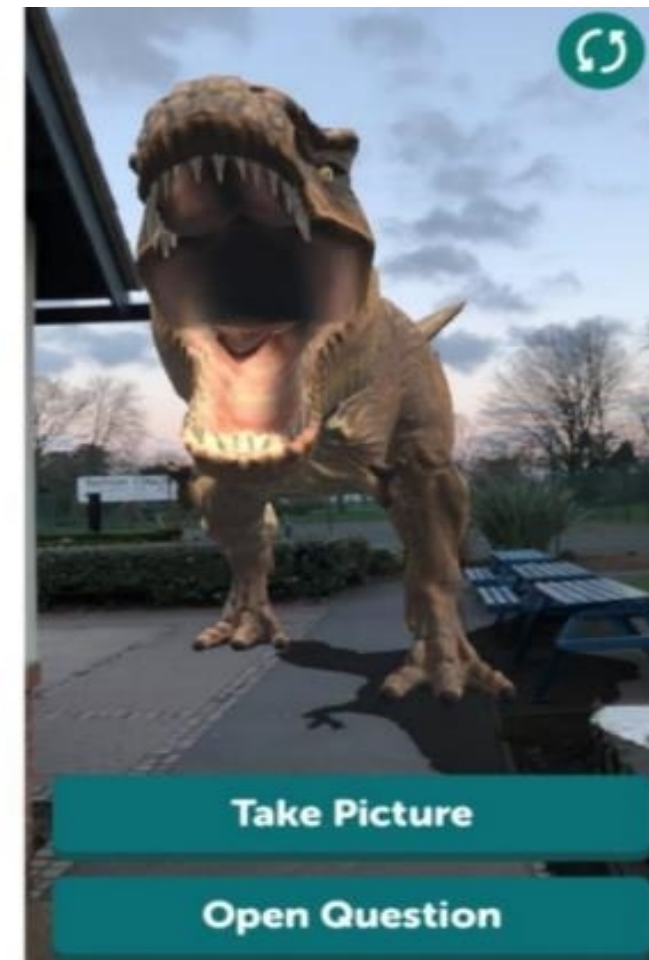
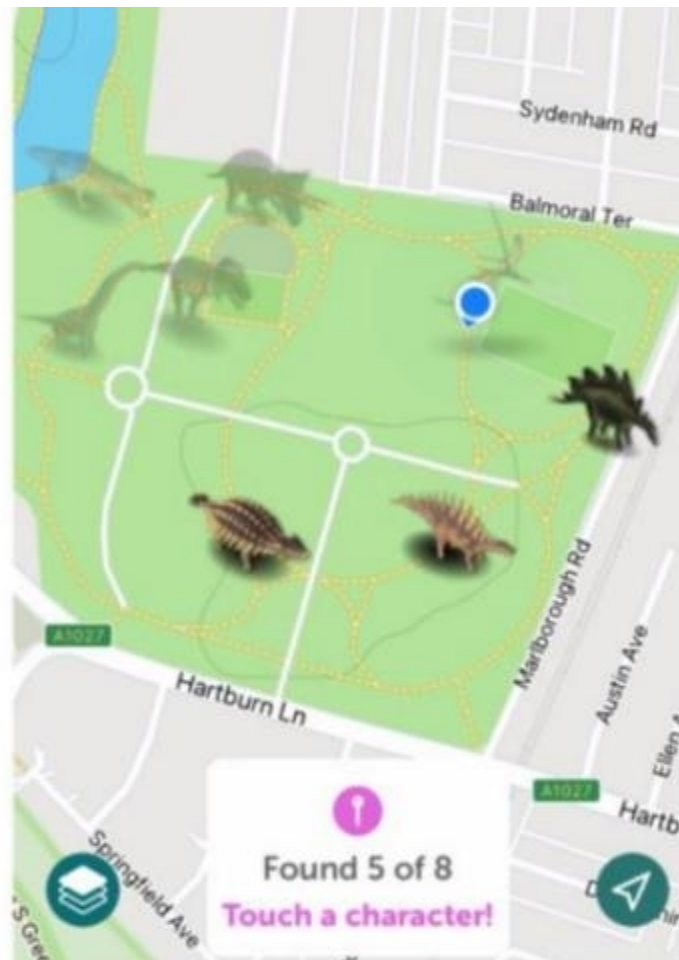
- Wynyard Woodland Park (+ Space Walk)
- Preston Park
- Ropner Park
- Littleboy Park & Allison Trainer Park
- John Whitehead Park

Space Walk at:

- Wynyard Woodland Park

Further games later this year:

- Tree Fairies (from 23 May)
- Mega Mini Beast (from 18 July)
- Butterflies and Moths (dates tbc)
- Halloween Dancers (from 17 October)



# Volunteering

- Vol Engagement Officer in post
- Diverse range of opportunities have been provided from tree planting, gardeners, vol walk leaders, BTS ambassadors, litter pickers
- 75 new Volunteers recruited, since June 2021
- Total of 1093 volunteer hours



Enjoy walks around Stockton-on-Tees with a fully qualified walk leader. Enjoy the fresh air, sights and sounds of your local area.

**Available guided walks include:**

**Where:** Wynyard Woodland Park, Station House Visitors Centre, TS21 3JG  
**When:** 1st and 3rd Wednesday of every month at 10am  
**Meeting point:** On the platform at the cafe

**Where:** Tees Barrage, Tees Barrage Way, Stockton-on-Tees, TS18 2QW  
**When:** Every Saturday (From Saturday 29 January 2022) at 10am  
**Meeting point:** The Air Trail  
Suitable for all levels of ability including wheelchair users.

**Where:** Preston Park Museum & Grounds, Yarm Rd, Stockton-on-Tees, TS18 3RH  
**When:** Every Monday (From Monday 31 January 2022) at 10am  
**Meeting point:** Outside the main café

Dogs are welcome on all walks, café and toilet facilities available.

# Public Health Update

## Healthy Weight

### Adult Weight Management

- Stockton Borough Council had accepted additional ring-fenced funding of £194,606 to be spent this financial year (21/22) on Adult Weight Management Services.
- In 2022/23 there is no additional national funding, we are maintaining a good level of Tier 2 Adult Weight Management provision this financial year.
  - This is in anticipation of the higher level of demand from primary care continuing, given the focus PCN's currently have on Healthy Weight.

### Healthy weight needs assessment:

- Life-course – all ages from childhood through to adult
- incorporate whole system and place-based approaches – work with system partners to map and identify service gaps, needs and issues around 'services' 'community' & 'environment'
- Completion date has moved from June to September 2022

# Recap

## Active Hospitals

- Official pilot ends in September – the strategic group are looking at sustainability
- Evaluation will be starting soon in the form of interviews with staff and patients who engaged in the programme



## Recommendation

- **Continue to support and endorse** the work of the PA Steering Group in further development of a systems approach to Physical Activity
- An ask for VCSE representation at the steering group
- Support the joint communications plan, partners to engage in developing and amplifying messaging
- Receive **future updates** on the next steps

# Next Steps

- Further develop links with communities as an integral part of the system
- Build on the existing momentum of Beat the Streets and Love Exploring
- Reflect on the action plan and levers/opportunities across the system to achieve the aim of more people more active
  - e.g. Engaging with partners integral to Waterfront Development
- Continue to deliver on key activities such as Healthy Streets