

AGENDA ITEM

**REPORT TO HEALTH AND
WELLBEING BOARD**

JANUARY 2023

**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 2022. As a sub group of the Health and Wellbeing Board, the report outlines the Healthy Streets pilot and future developments of the steering group.

RECOMMENDATION

The report recommends for the Board to:

1. Note the presentation on Healthy Streets, the update on the approach to the steering group
2. Approve and support the development of the steering group

DETAIL

Physical Activity Developments

1. The Physical Activity Steering Group has a broad membership from a range of partners across Local Authority and the VCSE. The group continues to meet to progress actions within the framework with the overarching aims of:
 - Encourage active living to become the norm
 - Develop and promote the use of the built environment
 - Work with communities that need extra support to be more active
 - Continue to invest in accessible, affordable, and inspirational sport and leisure facilities and events

The framework will also support delivery of the priority within the ICB Strategy “Better Health and Wellbeing for All” around supporting children, young people and adults to live active lives.

2. In recognition of the aspirational targets of the framework, the current plan has a 10-year lifespan to support long-term thinking and planning:

- 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.**

Note – adults are classed as being “Active” if they do at least 150 minutes of moderate intensity activity per week, and are classed as “Inactive” if they do less than 30 minutes a week. Children are classed as being “Active” if they do an average of at least 60 minutes a day, and “Less Active” if they do less than 30 minutes a day.

3. The Chairs of the steering group are conscious that the cost-of-living crisis will have an impact on the resources across; partner agencies, within communities and for individuals themselves, which is a risk to increasing physical activity and addressing inequalities. To mitigate the impact of this it is recognised that there is an increasing importance to work even more closely to make best use of the resources partners and communities possess.
4. The steering group intends to change its format to foster more collaboration through collaborative design sessions rather than traditional meetings. The group will focus on and prioritise opportunities, which can then be taking forward in task and finish groups. The group will also be reviewing the outcomes and indicators which measure the impact this work is having, along with monitoring progress and updating the group’s shared Action Plan.

Healthy Streets

5. The Healthy Streets pilot project intends to improve the physical and mental wellbeing of residents and reduce health inequality in some of the most deprived areas in Stockton by improving streets and spaces to make them more welcoming and user-friendly spaces. It is about investing in Place, and being led by the community, to create walkable, sustainable, neighbourhoods, where people live ‘as part’ of communities and not ‘within’ housing estates. Understanding and removing the barriers that are preventing residents from enjoying their local area and making sustainable travel choices is key to realising this.
6. Healthy Streets aims to adapt streets so that people, not cars, are prioritised rather than accommodated. It is about creating ‘people - first’ environments so that it is more relaxing and rewarding, or made to feel safer, for individuals to travel actively perhaps by walking, jogging or cycling, rather than in the car. Inevitably, the cumulative effect of people ‘choosing’ to be more active as a result of living in a more welcoming, people-first, environment impacts positively on people’s mental and physical health; and it is this concept that this project aims to pilot and then hopefully embed within Stockton.
7. The project will be managed by Place Development and will have a multi-disciplinary working group comprising of Public Health, Place Development, Highways and any other relevant disciplines. This group will report to the Health and Wellbeing Board via the Physical Activity Steering Group.

8. It is anticipated the project will be developed and community consultation will be undertaken spring 2023, with interventions being implemented in late 2023/ 2024 with evaluation during the project (and following) up to 2025 by University researchers procured through AskFuse.

Name of Contact Officers:

Post Title: Sarah Bowman-Abouna (Director of Public Health)

Email address: sarah.bowmanabout@stockton.gov.uk

Post Title: Antony Phillips (Place Development Manager)

Email address: antony.phillips@stockton.gov.uk