

## REPORT TO HEALTH AND WELLBEING BOARD

December 2019

### REPORT OF DIRECTOR OF ADULTS AND HEALTH

#### Increasing Physical Activity in Stockton-on-Tees

##### 1. SUMMARY

**Around one in five (27%) of the adult population in Stockton-on-Tees do less than 30minutes physical activity per week. Inactivity poses a considerable risk to healthy life expectancy: living well, and greatly increases the likelihood for requiring health and care interventions for a longer proportion of life.**

Following the Peer Review on Physical Activity in September 2018 and the development and subsequent approval of the JSNA in January 2019 by Health and wellbeing Partnerships, a physical activity framework for action has now been developed. The framework was approved by the Adults Health & Wellbeing Partnership in June 2019. The framework was developed with input from across the local authority in recognition of the role Stockton Borough Council has in realising a vision of **More People, More Active, More Often**: the design of infrastructure e.g. spatial and urban design, transport, parks and green spaces and the provision of services e.g. sports and leisure, education and adult social care.

##### 2. RECOMMENDATIONS

- 2.1 The Health and Wellbeing Board is asked to acknowledge the Physical Activity Framework's contribution to achieving the Health and Wellbeing Strategy's priorities.
- 2.2 The Health and Wellbeing Board is asked to encourage recognition of opportunities across member organisations for development and implementation of the Physical Activity Framework 2019-24.
- 2.3 The Health and Wellbeing Board is asked to support a call to action to:
  - i. Establish a Physical Activity Steering Group using the attached Terms of Reference
  - ii. Task the Physical Activity Steering Group to develop a 12month rolling action plan to implement the Physical Activity Framework 2019-24 and report to the Health and Wellbeing Board at least annually.

##### 3. DETAIL

- 3.1 Being inactive is an issue at every age. Generally, the more we do, the greater the benefit. By increasing engagement and participation in physical activity we can improve health and reduce onset and intensity of illness associated with health and social care needs in later life.
- 3.2 The Physical Activity Framework sets out a vision, priority groups (those who are least active) and six key areas for action for the period 2019-24. This provides a

strong basis for the development of an action plan (attached) with clear indicators and outcomes.

3.3 By 2024 we aim to have increased physical activity across the population of the borough with the biggest improvements among those who are currently the least active.

3.4 It is proposed that the multi-agency Physical Activity Steering Group's action plan will include:

- Seek opportunities to promote '30mins x 5' through a comms plan
- Community assets based action
- Active living Hubs action

### **FINANCIAL IMPLICATIONS**

The strategy will be delivered within existing resources

### **LEGAL IMPLICATIONS**

None noted

### **RISK ASSESSMENT**

Risk-related policies will be implemented as necessary in the development of operational objectives

### **COUNCIL PLAN IMPLICATIONS**

Increasing levels of physical activity would impact positively across the council's directorates (e.g. Health & Wellbeing, Children's Services, Adult Social Care, Stronger Communities etc.).

### **CONSULTATION**

Stakeholders from across the system have been consulted in the development of the physical activity framework

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