

AGENDA ITEM

**REPORT TO HEALTH AND
WELLBEING BOARD**

NOVEMBER 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 January 2023. As a sub-group of the Health and Wellbeing Board, the report also outlines future proposed developments of the steering group.

RECOMMENDATION

The report recommends for the Board to:

1. Note the presentation on Physical Activity Developments, and on the Healthy Weight Strategic Approach.
2. Approve and support the expansion of the steering group's remit to include healthier weight.
3. Approve and support the next steps for Healthy Weight Strategic Approach for Stockton-on-Tees.

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

This framework fits the evidence-based approach for addressing the wider socio-economic determinants of health and the public health priority of building healthy places, as set out in the Joint Health and Wellbeing Strategy, the Council Plan and the work of Michael Marmot and the Institute of Health Equity. It therefore fits clearly with the work across the system to address health inequalities, promote community

asset-based working and the Fairer Stockton-on-Tees framework. It also supports delivery of the ICS Strategy “Better Health and Wellbeing for All” priority on supporting children, young people and adults to live active lives.

2. The steering group changed its format in 2023 to foster more collaboration through holding collaborative design sessions. The group has used these sessions to focus on a number of important topics, such as inclusive physical activity, and supporting increases in physical activity in our more deprived areas. Actions from these sessions are being prioritised and taken forward in task and finish groups.
3. The group also continues to review the outcomes and indicators which measure the impact this work is having, along with monitoring progress and updating the group’s shared Action Plan. Areas where progress has been made include:
 - The successful update and completion of a key strategic document, the Stockton Playing Pitch and Outdoor Sport Strategy, signed off by all key stakeholders and adopted in January 2023.
 - Opportunities to invest in and improve facilities and to provide new opportunities. Supporting strategic recommendations identified within the Stockton Playing Pitch Strategy and Action Plan, grant funding has been secured which has allowed the complete regeneration of Little Boy Tennis courts and investment of a new Parks tennis offer across the Borough.
 - A Football Foundation Hub project capital grant application to provide an aspiration multi-hub facility in Billingham, which will include potentially 3 x new Artificial Grass Pitches, grass pitches and range of ancillary facilities.
 - Following the successful delivery of Stockton Beat the Streets, which was nominated and achieved prestige finalist status in 2 x national awards (APSE and National Sports Leaders), successful projects as part of the follow on and sustain phase have included - establishing a new ParkRun, development of Love Exploring initiative, securing funding to deliver a new Sport England endorsed initiative, ParkPlay.

Expansion of Steering Group Remit to Include Healthier Weight

4. The Physical Activity Steering Group have considered a proposal to expand their remit to include Healthier Weight and agreed to support this and propose the change to Board.
5. Benefits considered included:
 - Clear governance route through to the Healthy and Wellbeing Board for the Healthy Weight agenda.
 - Closely linked topics given being active is an important element of achieving and maintain a healthy weight.
 - Benefits from taking a more holistic strategic approach on behalf of the Board, considering multiple aspects of health and wellbeing together.

- Opportunity to engage new members, and efficient use of time for members.
6. Members were keen that the importance of Physical Activity continuing to be recognised and championed independent of its impact on weight is noted, ensuring it maintains its importance.
 7. The steering group will need to review its membership to ensure good representation across both the physical activity and healthy weight agendas. A working group focused on Healthy Weight that feeds into the steering group will also need to be established to support more in-depth discussions and action plans around healthier weight.
 8. To support this expansion in remit it is proposed that the group updates its name to the “Physical Activity and Healthier Weight Steering Group” (PA&HWS). The group’s terms of reference (TOR) will be amended to reflect the changes once approved and shared with the HWB for approval in due course outlining the strategic approach for physical activity and Healthier Weight.

Healthy Weight Strategic Approach for Stockton-on-Tees

9. A Healthy Weight Strategic Approach for Stockton-on-Tees has been developed collaboratively drawing on insights from the recent comprehensive Healthy Weight Health Needs Assessment undertaken working across partners (attached).
10. This Healthy Weight approach is a strategic approach to the prevention and management of overweight and obesity in Stockton-on-Tees. It is a lifecourse approach, identifying key opportunities for minimising risk factors for overweight and obesity and enhancing protective factors from pre-conception to early years, school age and adolescence, working age, and into older age.
11. It takes a whole systems approach, recognising that the causes of obesity are broad and complex, and cannot be addressed solely through individual responsibility, particularly when considered in relation to inequalities, but that co-ordinated, collaborative action is needed across the system.
12. Next steps for the implementation of our healthy weight approach include a workshop with system partners on the 6 December 2023 and setting up of a working group focussed on Healthy Weight that will support the Physical Activity and Healthier Weight Steering Group. The scope and longevity of the working group will be defined, based on the work needed flowing from the needs assessment and oversight of the action plan.

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