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**Title: Physical Activity Position Statement for Argyll and Bute**

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**1. SUMMARY**

- 1.1** A new position statement for physical activity has been prepared for Argyll and Bute by the Health and Wellbeing Partnership. This was launched in January 2015.

**2. RECOMMENDATIONS**

The Area Community Planning Group is asked to:

- Note the contents of this paper and accompanying summary Position Statement
- Consider the role this group can play in increasing physical activity levels locally
- Promote the 7 Key Target Areas for Action locally
- Review where increasing physical activity is included in the local Community Plan

**3. BACKGROUND**

**3.1** Physical activity is free and can help people to:

- Live longer independent lives
- Have fewer long term health conditions like diabetes and high blood pressure
- Maintain a healthy body weight
- Feel better emotionally, mentally and physically

Not everyone is as physically active as they could be and some people find it more difficult than others to be active, examples include older or disabled people and people who live in remote areas. The new strategy aims to help people to be more active. This includes initiatives in schools, workplaces, healthcare settings and in the community.

Physical inactivity contributes to nearly 2,500 deaths in Scotland and costs the NHS around £91 million per year.

### 3.2 Recommended physical activity levels throughout the life course:

#### **The early years (under 5s)**

- Physical activity should be encouraged from birth through both water-based activities and floor-based play.
- Once walking unaided, young children should be active for at least three hours per day spread throughout the day.

#### **Children and young people (5 – 18 years)**

- This age-group should accumulate at least 60 minutes of moderate to vigorous intensity physical activity per day.
- Muscle strengthening exercises to be undertaken at least three times per week.

#### **Adults (19 – 64 years)**

- Adults should accumulate at least 150 minutes of moderate intensity (or 75 minutes of vigorous intensity) exercise over the course of a week and should aim to be active daily.
- Muscle strengthening exercises should be included at least twice a week.

#### **Older adults (65+ years)**

- Older adults should aim to accumulate at least 150 minutes of moderate intensity activity over the course of a week and should try to be active on a daily basis.
- Muscle strengthening exercises, combined with those which improve balance and coordination, should also be undertaken.

Source: Department of Health. *Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers*. Available from:

<https://www.gov.uk/government/publications/start-active-stay-active-a-report-on-physical-activity-from-the-four-home-countries-chief-medical-officers>

### 3.3 According to the 2013 Scottish Health Survey:

- 62% of adults met the recommended physical activity levels (men - 67%, women - 58%). Levels decreased with age.
- 70% of children (aged 2-15) met the recommended physical activity levels (boys - 73%, girls - 68%). Levels decreased with age.
- The amount of sedentary leisure time reported by adults aged 16 and over was 5.5 hours on weekdays and 6.0 hours on weekend days.
- Physical inactivity is a contributory factor to overweight and obesity. In 2012, almost two-thirds of adults (64.3%) were either overweight or obese.

#### Reference

The Scottish Government. *The Scottish Health Survey, 2012 edition. Volume 1: main report. A National Statistics Publication for Scotland*. The Scottish Government, 2013.

## 4. KEY TARGET AREAS FOR ACTION

### 4.1 There are 7 target areas for Action:

1. Maintain provision of physical activity within and beyond the school gate.
2. Facilitate greater levels of physical activity within the workplace.
3. Maintain provision of physical activity within recreational or leisure settings that are inclusive and accessible to all.
4. Support physical activity for older adults and those with long-term conditions.
5. Enhance the promotion of physical activity within healthcare settings.
6. Promote and maintain environments which support rather than hinder physical activity.
7. Facilitate greater partnership working and effective communication.

### 4.2 Examples where we are already actively promoting physical activity can be found in the position statement, but some examples are:

(1) Play at Home, Active Schools, Stramash (2) Healthy working Lives, Corporate Gym Membership, Cycle to Work Scheme (3) Core Paths, Leisure Centre Programmes (4) Argyll Active, Healthy Options, The Bute Model, T'ai chi (5) Falls Prevention Programmes, 23 ½ hours, Motivational Interviewing (6) Forest Trails, Cycle Paths, Road Safety and Maintenance (7) Sports and Physical Activity Framework, Community Sports Hubs, ABAN, AICCT.

## 5. CONCLUSION

### 5.1 Increasing physical activity can significantly improve health and wellbeing outcomes across the population.

Argyll and Bute has many opportunities for physical activity, both indoors and outdoors, which can be promoted more effectively.

A joint approach is needed to support people to become more physically active.

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