

## Management Committee

Date: 27 March 2015



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## Physical Activity Position Statement

### 1.0 Purpose

A new position statement for physical activity has been prepared for Argyll and Bute by the Health and Wellbeing Partnership (1). This was launched in January 2015.

### 2.0 Recommendations

The Management Committee is asked to:

- Note the contents of this paper and accompanying summary Position Statement
- Provide leadership and support in increasing physical activity levels
- Promote the 7 Key Target Areas for Action

### 3.0 Background

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 including 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 (2).

### 4.0 Detail

#### **RECOMMENDED PHYSICAL ACTIVITY LEVELS (2):**

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.

According to the 2013 Scottish Health Survey (3):

- 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.

## **KEY TARGET AREAS FOR ACTION**

There are 7 target areas in the position statement:

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.

Examples where we are already promoting physical activity can be found in the position statement, but include: Play at Home, Active Schools, Stramash, Healthy Working Lives, corporate gym membership, Cycle to Work scheme and Argyll Active.

## **GOVERNANCE**

The actions set out in the position statement will be achieved by partnership working across a wide range of agencies including: NHS; local authority, for example, leisure services and schools; and the third sector, such as Argyll and the Isles Coastal and Communities Trust (ACT). A working group with a remit for physical activity is convened and is developing an action plan. The group is chaired by Yennie van Oostende from the NHS Health Improvement Team. The working group reports to the Health and Wellbeing Partnership.

## 5.0 Conclusions

Increasing physical activity can significantly improve health and wellbeing outcomes across the population. There are many opportunities for physical activity, both indoors and outdoors, throughout Argyll and Bute. These opportunities could be promoted more effectively and the new position statement provides a joint approach to support people in becoming more physically active.

## 6.0 Implications

Strategic Implications	Outcome 5: People live active, healthier and independent lives
Consultations, Previous considerations	The Physical Activity Position Statement was prepared following a consultation exercise in early 2014. This was conducted by Jenny Wares, Public Health Registrar, NHS Highland and the Health & Wellbeing Partnership.
Resources	There are no significant resource implications resulting from this report. It formalises and consolidates good practice that should already be taking place.
Prevention	There is a significant preventative aspect of this report in that successful implementation of the position statement should increase physical activity levels that will lead to a reduction in non-communicable diseases.
Equalities	The position statement recognises that some people may find it difficult to be physically active and that inequalities may exacerbate this, for example those living in remote and rural areas, older people or those with existing health conditions.

### Outcome Lead:

Elaine Garman  
Public Health Specialist  
NHS Highland  
[elaine.garman@nhs.net](mailto:elaine.garman@nhs.net)

### Report Author:

Alison McGrory  
Health Improvement Principal  
NHS Highland  
[alison.mcgrory@nhs.net](mailto:alison.mcgrory@nhs.net)

## References

1. Physical Activity Position Statement, Summary Document 2014. Argyll and Bute Community Planning Partnership. Available from: <http://healthyargyllandbute.co.uk/physical-activity-strategy/>
2. 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. Scottish Government. *Scottish Health Survey, 2012 ed. Vol 1: main report. A National Statistics Publication for Scotland*. Scottish Government, 2013.

## Appendices

Argyll and Bute's Position Statement on Physical Activity, 2014. Summary document.