

<b>SUMMARY REPORT</b>		ABM University Health Board			
<b>Health Board</b>		Date of Meeting: 30 <sup>th</sup> March 2017 Agenda item: 2 (iii)			
<b>Report Title</b>	<b>ABM Physical Activity Alliance Group</b>				
<b>Prepared by</b>	<b>Frances Samuel, Public Health Practitioner</b> <b>Beth Preece, Senior Public Health Practitioner</b>				
<b>Approved and presented by</b>	<b>Sara Hayes, Executive Director of Public Health</b>				
<b>Purpose</b>					
The purpose of this report is to describe the work of the ABM Physical Activity Alliance and to ask the Health Board to endorse and implement the recommended approach and encourage partner organisations to do likewise. The vision for the Alliance is that “we all choose to be physically active for life”.				<b>Decision</b>	<b>X</b>
				<b>Approval</b>	<b>X</b>
				<b>Information</b>	<b>X</b>
				<b>Other</b>	
<b>Corporate Objectives</b>					
<b>Healthier Communities</b>	<b>Excellent patient Outcomes &amp; Experiences</b>	<b>Sustainable &amp; Accessible Services</b>	<b>Strong Partnerships</b>	<b>Fully Engaged &amp; Skilled Workforce</b>	<b>Effective Governance</b>
<b>X</b>	<b>X</b>		<b>X</b>	<b>X</b>	
<b>Executive Summary</b>					
<p>Thirty-two percent of the local population are considered inactive and only 57% are sufficiently active. The Welsh Health Survey has shown rates of physical activity have stayed fairly static over the years.</p> <p>The ABM Physical Activity Alliance Group has been convened to tackle this challenge. The Alliance has developed a physical activity strategy and is asking all its partner organisations to endorse its approach, providing information about how they will move towards change in line with the strategy and committing to monitor this change as part of their normal planning processes. As a key organisation within the ABM Physical Activity Alliance Group, ABMU Health Board is also asked to respond to this request.</p>					
<b>Key Recommendations</b>					
<p>That ABMU Health Board:</p> <ul style="list-style-type: none"> <li>• endorses the approach of the ABM Physical Activity Alliance Group and seeks to influence the policies and procedures of partner organisations in adopting and implementing this strategy</li> <li>• commits to embedding the physical activity strategy into its commissioning and planning processes, where appropriate, and in the work of local Public Service Boards</li> <li>• provides information to the ABM Physical Activity Alliance Group about how it will move towards change in line with the physical activity strategy</li> <li>• commits to monitoring this change as part of its normal planning and review processes</li> <li>• takes action to increase the physical activity levels of its workforce and those</li> </ul>					

of partner organisations.
<b>Assurance Framework</b>
This paper provides information on the work of the ABM Physical Activity Alliance Group. Activity rates for sectors of the ABM resident population are reported annually through the Director of Public Health Annual Report.
<b>Next Steps</b>
The proposals set out in this paper should be considered within the priorities for the annual plan 2017/18.

<b>MAIN REPORT</b>		ABM University Health Board
<b>Health Board</b>		Date of Meeting: 30 <sup>th</sup> March 2017 Agenda item: 2 (iii)
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### Situation

The ABM Physical Activity Alliance Group has developed a physical activity strategy and is asking all its partner organisations to endorse its approach, providing information about how they will move towards change in line with the strategy and committing to monitor this change as part of their normal planning processes. As a key organisation within the ABM Physical Activity Alliance Group, ABMU Health Board is also asked to respond to this request.

### Background

Thirty-two percent of the local population are considered inactive i.e. complete less than 30 minute of physical activity each week. Only 57% of the population are sufficiently active. The Welsh Health Survey has shown rates of physical activity to have stayed fairly static over the years, indicating that a new approach is needed to increase engagement in this health-protecting behaviour.

#### Sufficient physical activity

Adults are **sufficiently active** if they meet the recommended guideline of **150 minutes** per week of **moderate** intensity or **75 minutes** of **vigorous** physical activity or equivalent.

Children are **sufficiently active** if they engage in **60 minutes** of moderate and vigorous physical activity every day.

Pre-school children are **sufficiently active** if they are **moving for 180 minutes** per day

For all age groups - developing **strength and flexibility** are also vitally important across the life course and these are additional to the recommendations for moderate and vigorous physical activity.

Time spent **sitting** or in restraint should be **minimized**.

During late 2014 Professor Andrew Davies established the ABM Physical Activity Alliance Group. This built on the Memorandum of Understanding between the Welsh NHS Confederation and Sport Wales to create a healthier and more equal Wales, which was launched in October 2014. The membership of the group is a wide representation from local and national organisations with a role to play in supporting the population to be active. It aims to work collaboratively to increase physical

activity levels of the local population and seeks to gain senior buy-in from all stakeholders. Its vision is that “we all choose to be physically active for life”. The development of the regional physical activity strategy was led by Professor Gareth Stratton of Swansea University and its recommendations have shaped the way forward for the group. To support this work the ABM Public Health Team has compiled and continues to maintain a directory of physical activity initiatives and opportunities that are available across the region.

The Physical Activity Alliance Group’s aim and vision is in line with the objectives of many national acts and strategies. The Wellbeing of Future Generations (Wales) Act 2015 requires the public bodies listed in the Act to think more about the long-term, work better with people and communities and each other, take a more jointed-up approach and, most importantly, take a preventive approach. The Act’s implementation and the establishment of the three Public Service Boards in the ABMU area provides a real opportunity to embed the physical activity strategy within each of the PSB’s wellbeing goals.

The Social Services and Wellbeing (Wales) Act 2014 also advocates a preventative approach in relation to meeting care and support needs. This supports well the work of the ABM Physical Activity Alliance Group, as physical activity is known to prevent the development of many conditions.

The Active Travel (Wales) Act 2013 and Taking Wales Forward (Welsh Government, 2016) both include an objective for walking and cycling to become the preferred ways of getting around over shorter distances by ensuring better access to active travel for all. A focus on children and young people is seen in the Donaldson (2015) Report, Taking Wales Forward (Welsh Government, 2016) and Public Health Wales’ (2016) Ten Steps to a Healthy Weight. Here the focus is on children and young people being healthy, confident individuals who take part in physical activity, applying knowledge about the impact of exercise on physical and mental health in their daily lives. In addition, for children and toddlers to play outdoors every day and for their screen time to be limited to less than 2 hours per day.

After reviewing available evidence, ABM’s Physical Activity Strategy is built around six principles:

6 Principles	
<b>Principle 1</b> Physical activity can improve physical and mental health, overall quality of life and can bring multiple economic, environmental and social outcomes	<b>Principle 2</b> Everyone, regardless of age, gender, language, ethnicity, economic status or ability, should have accessible, safe, convenient and affordable choices for physical activity
<b>Principle 3</b> Transport systems should support active travel options providing safe, convenient, affordable and fully accessible services to the home, workplace, nurseries, school, community facilities and services	<b>Principle 4</b> Blue and green space, including cycling and walking trails should be safe, fully accessible, multi-functional and part of a transportation network that connects key destinations, home, workplace, nurseries, schools and community facilities
<b>Principle 5</b> Public, private and voluntary sectors should work together with a shared vision to promote facilities, <u>behaviours</u> and policies and embed the principles of active living for people of all ages and abilities throughout ABM	<b>Principle 6</b> The strategy should impact on the ability for individuals and families in local <u>neighbourhoods</u> to <u>prioritise</u> active choices at home, work, school and play every day of their lives

The recommendations from the strategy are to influence policy and practice, expand

physical activity programmes, engage multiple stakeholders and develop research and evaluation in the following four evidence based areas of investment:

- Informing choice in promoting activity (communications)
- Creating an 'active' environment
- Supporting those most at risk of inactivity
- Strengthening the delivery workforce.

These are in line with the World Health Organisation's recommendations for physical activity strategies.

### **Assessment**

It's clear that a more active local population would be beneficial for the health board, with physical inactivity known to cause a significant burden of disease including 11% of coronary heart disease cases, 13% of type 2 diabetes cases and 18% of breast cancer cases. The financial implication to the health board is also significant; physical inactivity costs £51 million to NHS Wales each year. Given the high profile of this Alliance it's essential that the health board lead by example, taking meaningful action in line with the regional physical activity strategy.

It is possible to influence activity patterns of staff members. The ABM Local Public Health Team have responded to the emerging themes from the Alliance and committed to creating opportunities to raise activity levels during the working day within the Team, which has led to standing meetings, standing desks, walking meetings, team building activities and group lunchtime walks.

### **Recommendations**

That ABMU Health Board:

- endorses the approach of the ABM Physical Activity Alliance Group and seeks to influence the policies and procedures of partner organisations in adopting and implementing this strategy
- commits to embedding the physical activity strategy into its commissioning and planning processes, where appropriate, and in the work of local Public Service Boards
- provides information to the ABM Physical Activity Alliance Group about how it will move towards change in line with the physical activity strategy
- commits to monitoring this change as part of its normal planning and review processes
- takes action to increase the physical activity levels of its workforce and those of partner organisations.