

LINCOLNSHIRE HEALTH AND WELLBEING BOARD

Open Report on behalf of Active Lincolnshire

Report to	Lincolnshire Health and Wellbeing Board
Date:	26 September 2017
Subject:	Physical Activity – ‘Whole System Approach’

Summary:

The DCMS strategy, Sporting Futures, 2015, set out the government’s approach to developing an ‘Active Nation’. Sport England followed the shift in strategic direction with their strategy: *Towards an Active Nation, 2016*.

The presentation aims to explore the following:

1. Key changes in the direction of travel nationally and how this will impact locally
2. Evidence base aligned to JSNA and local strategic priorities
3. What we know about Lincolnshire’s physical activity levels
4. Whole System approach
5. Creating a ‘Physical Activity Alliance’ to drive forward the agenda

Evidence based links to JSNA and country strategic priorities:

- Mental Health& Emotional Wellbeing (Children & Young People)
- Physical Activity
- Cancer
- COPD
- Diabetes
- Stroke
- Mental Health (Adults)
- Dementia
- Falls

In partnership with Sport England, the County Council, District Councils and other key stakeholders, Active Lincolnshire want to support Lincolnshire to become the most active county across the country. This can not be done in isolation and evidence shows to create a real sustainable shift in activity levels this must be done in a whole system approach i.e.

- Policy
- Physical Environment
- Organisations and institutions
- Social Environment
- Individual (previous work has focused in this area)

Active Lincolnshire are exploring the opportunity to create a 'Physical Activity Alliance' comprising of key stakeholders to drive forward the 'Whole System' approach to physical activity and seek feedback from the Health and Wellbeing Board on the direction of travel, ensuring we avoid duplication and work towards local priorities.

Actions Required:

1. Answer any questions on national and local context
2. Understand how Active Lincolnshire can support the H&W board drive forward on key priorities (avoiding duplication)
3. How can Active Lincolnshire collaborate to create a whole system shift in physical activity across the county
4. Understand the strategic fit of creating a 'Physical Activity Alliance' to drive forward the agenda

1. Background

The attached outcomes evidence review, identifies areas where there is good, mixed and a gap in the evidence based aligned to each of the 5 Sport England outcomes:

1. Physical Wellbeing
2. Mental Wellbeing
3. Individual Wellbeing
4. Social and community development
5. Economic development

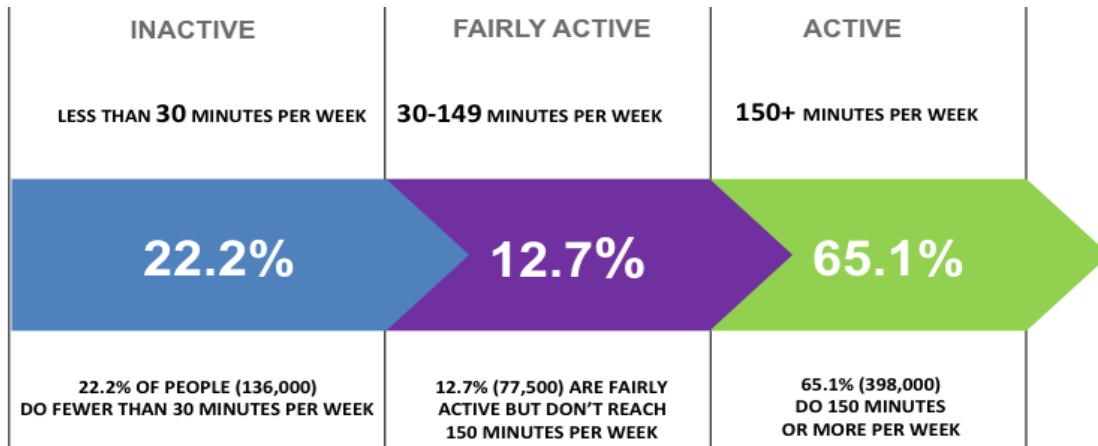
Each of the outcomes can be aligned to the local priorities identified within the JSNA, 2017. A particular focus can be drawn to these:

- Mental Health& Emotional Wellbeing (Children & Young People)
- Physical Activity
- Cancer
- COPD
- Diabetes
- Stroke
- Mental Health (Adults)
- Dementia
- Falls

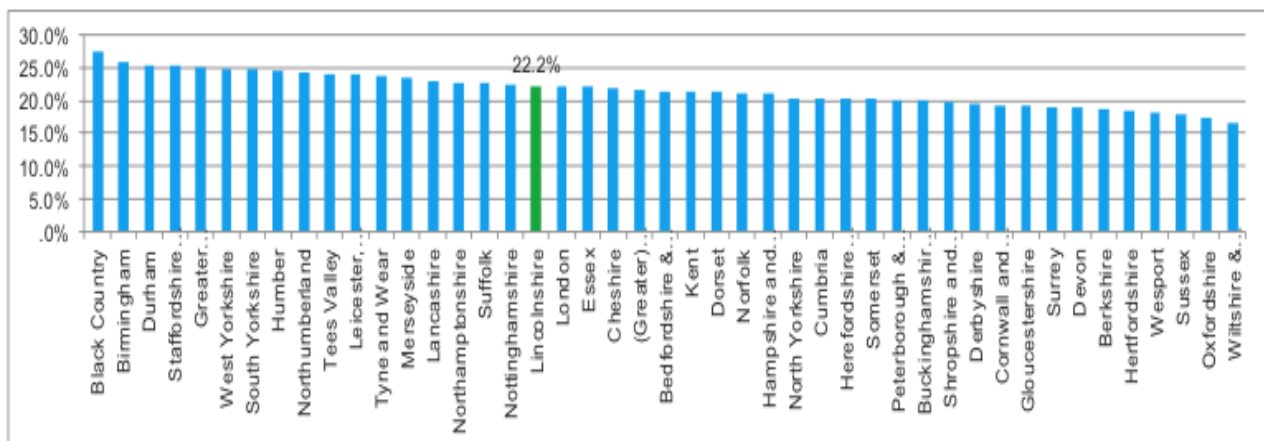
In addition, there is good evidence base the impact physical activity has on:

- **Social isolation**
- **Health Sector savings**

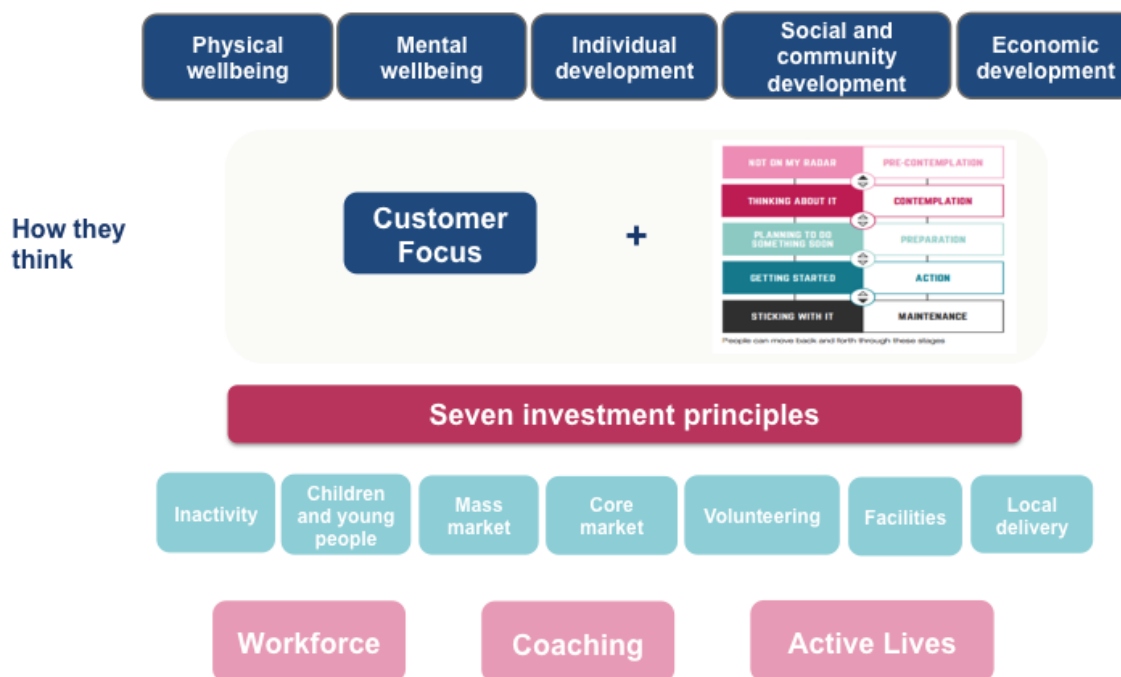
Given the benefits identified, physical activity levels across Lincolnshire remain lower than other parts of the country:



Note: The figures listed in this report include gardening activity



Sport England Strategy – Towards an Active Nation:



New role of County Sports Partnerships: What are we doing to address the level of inactivity:

1. **A strong granular understanding of the place and people** - Active Lincolnshire are currently developing our insight in the communities we service, to provide a clear understanding of who and why our particular population groups are inactive.
2. **Ability to broker and facilitate a much wider range of relationships** – developing a stakeholder engagement plan alongside the 'Physical Activity Alliance' development.
3. **Play an active role in the implementation of projects and relationships on Sport England's behalf** – continue to be this facilitator and enabler with existing and new projects. Drive investment into Lincolnshire based on needs identified through clear insight of our communities.
4. **Support local authorities** – by consent. Working with each local authority to understand local needs and share insight to drive investment based on needs.

Active Lincolnshire are also contributing to the development of evidence base, this has included working nationally with Macmillan to understand how to change lifestyle behaviours within Cancer patients. Lincolnshire's model has been nationally recognised for best practice. Our ambition is to build on this national evidence base to understand how this translates to Lincolnshire's communities.

2. Conclusion

There is a wealth of evidence base on how physical activity can impact on the wider determinants of health, as well as physical and mental wellbeing. Lincolnshire does however have a large population of inactive communities, with increasing health and social care costs. Working collaboratively and in a whole system based approach physical activity could play a key role in moving forward the wellbeing agenda across Lincolnshire.

3. Consultation

Initial thoughts on a 'Physical Activity Alliance' are included below:



The themes under the board could relate to specific topic areas, life course approach or key stakeholders as illustrated. Active Lincolnshire have not progressed the model yet and would be keen to understand what thoughts the Health and Wellbeing Board have on approaching the whole system change through this model.

4. Appendices

These are listed below and attached at the back of the report	
Appendix A	Sport Outcomes Evidence Review Infographic

5. Background Papers

Document	Where can it be accessed
Sport England: Towards an Active Nation. Strategy 2016 - 2021	https://www.sportengland.org/media/10629/sport-england-towards-an-active-nation.pdf
Sports Outcomes Evidence Review	https://www.sportengland.org/research/benefits-of-sport/sport-outcomes-evidence-review/
Sport Outcomes Evidence Review – Summary of the Review and Findings 2017	https://www.sportengland.org/media/11717/sport-outcomes-evidence-review-report-summary.pdf
Sporting Future: A New Strategy for an Active Nation (2015)	https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/486622/Sporting_Future_ACCESSIBLE.pdf

This report was written by Jo Metcalfe who can be contacted on 07990973600 or health@activelincolnshire.com

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