

## LINCOLNSHIRE HEALTH AND WELLBEING BOARD

Open Report on behalf of the Lincolnshire Physical Activity Taskforce

Report to	<b>Lincolnshire Health and Wellbeing Board</b>
Date:	<b>11 June 2019</b>
Subject:	<b>Lincolnshire Physical Activity Taskforce Launch of 'A Blueprint for Creating a More Active Lincolnshire'</b>

### Summary:

On the 10 May 2019 the Lincolnshire Physical Activity Taskforce (L-PAT) published 'A Blueprint for Creating a More Active Lincolnshire' (the Blueprint).

There are numerous benefits to be found by being active. More than half of the children and adult populations in Lincolnshire are sufficiently active to take advantage of such benefits within their daily lives. However, nearly a third of the population undertake little or no active and this level of inactivity is increasing.

Through the collaboration of local authorities, charities, the NHS and many partners a commitment to work together utilising a 'whole systems approach' and a framework derived from the WHO Global Action for Physical Activity, the Blueprint provides an outline plan to improve people's lives through habitual physical activity.

### Actions Required:

The Health and Wellbeing Board is asked to note progress made by the Lincolnshire Physical Activity Taskforce, the production of 'A Blueprint for Creating a More Active Lincolnshire' and the development of a collaborative approach to increasing physical activity levels across Lincolnshire.

## 1. Background

The Blueprint document (Appendix A), outlines our approach to get Lincolnshire moving: to improve health and well-being, social and community development and our economy, by making physical activity a normal part of everyday and a lifelong habit.

Our ambition is for Lincolnshire to become the most active county in the country. In order to gain the maximum benefits from an active lifestyle we will:

- support people who are inactive to become active throughout their lives
- address the inequalities that prevent people from being active
- enable people within communities to remain active.

This means creating conditions and situations where being active becomes routine rather than an aspiration. To achieve this, changes are required to the way that public, private, voluntary and community organisations work: share information better, plan together, and make physical activity a key element of our collective thinking, discussions and actions.

The Blueprint is focussing on four main areas that have the greatest potential to change physical activity levels across Lincolnshire:

- Active Societies
- Active Places
- Active People, and
- Active Systems.

Within the county's adult population Lincolnshire is identified as one of the most inactive areas in England (Sport England, The Active Lives: Adults Survey, 2019). The survey reports that:

- 30.5% do no activity or very little activity to be of benefit to their health.
- 12% are fairly active (30-149 minutes of moderate physical activity a week), and
- 57.6% of the population are active sufficiently to reach the Chief Medical Officers' physical active recommendations (150+ minutes of moderate physical activity a week).

The Active Lives: Children & Young People survey of physical activity (Sport England 2019) shows that Lincolnshire's children and young people are similar to the average for England. In terms of overall activity for children and young people in the county:

- 22.2% report being active every day (60+ minutes every day)
- 32.4% report being less active (less than 30 minutes a day).

The Joint Health and Wellbeing Strategy, agreed by the Lincolnshire Health and Wellbeing Board in June 2018, has physical activity as one of the seven priority areas for improvement, recognising that being physically active is one of the key ingredients of a healthy and fulfilled life.

Since then, more than 60 partners have come together to form the Lincolnshire Physical Activity Taskforce – an alliance of partners from across the county taking a fresh look at the problem of inactivity using a 'whole system' approach.

The aim of the Blueprint is to change systems that help people to be more active every day.

The full ‘Let’s Move Lincolnshire’ strategy, with its four goals, detailed action plans and measures of success is in the process of being refined. It will provide the guidance to help plan interventions and capture the impact and learning from our work.

## 2. Conclusion

Lincolnshire’s Physical Activity Taskforce (L-PAT) has a shared vision and commitment to tackling low levels of physical activity across the county. The Blueprint outlines that vision and describes a new way of working; a “whole system” approach, to increasing the opportunities for people of all ages and abilities to be more physically active every day.

The Blueprint sets out four goals and provides a ‘roadmap’ for implementing a countywide approach to increasing physical activity, health and wellbeing.

With the support of the Health and Wellbeing Board, L-PAT will develop the Blueprint into a comprehensive ‘Let’s Move Lincolnshire’ strategy that identifies key priorities and actions, across multiple sectors, designed to support a physically active lifestyle.

## 3. Joint Strategic Needs Assessment and Joint Health & Wellbeing Strategy

The Council and Clinical Commissioning Groups must have regard to the Joint Strategic Needs Assessment and Joint Health and Wellbeing Strategy.

The Blueprint is a component of the refreshed Joint Health & Wellbeing Strategy. There is a JSNA: physical activity topic. L-PAT has the responsibility to update and maintain the relevance of the topic in the future.

## 4. Consultation

Detailed in the report.

## 5. Appendices

These are listed below and attached at the back of the report	
Appendix A	A Blueprint for Creating a More Active Lincolnshire

## 6. Background Papers

Document	Available from
World Health Organisation Global Action on Physical Activity	<a href="https://www.youtube.com/watch?v=uZX14W4rVCU">https://www.youtube.com/watch?v=uZX14W4rVCU</a> <a href="https://www.youtube.com/watch?v=OxeFwv4AeKM">https://www.youtube.com/watch?v=OxeFwv4AeKM</a>

This report was written by Philip Garner who can be contacted on (01522 552292) or ([philip.garner@lincolnshire.gov.uk](mailto:philip.garner@lincolnshire.gov.uk))

This page is intentionally left blank