

<b>DECISION-MAKER:</b>	Health & Wellbeing Board		
<b>SUBJECT:</b>	Draft Physical Activity & Sports Plan		
<b>DATE OF DECISION:</b>	14 March 2018		
<b>REPORT OF:</b>	Director of Public Health		
<b><u>CONTACT DETAILS</u></b>			
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#### **STATEMENT OF CONFIDENTIALITY**

NOT APPLICABLE

#### **BRIEF SUMMARY**

A new 5 year Physical Activity & Sports Plan is being developed to support the Health and Wellbeing Strategy and align with a number of other council strategies such as the Children and Young People's Strategy, the Clean Air Strategy and the Cycling strategy. The plan takes forward national priorities as outlined in the UK government's strategy Sporting Future (2015), which set out a plan to invest in people who are least active. The aim of Southampton's Physical Activity & Sports Plan is to make physical activity a normal part of life for all and actively support excluded, inactive groups to increase participation in physical activity.

#### **RECOMMENDATIONS:**

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|  | (i) | To review and provide feedback on the draft Physical Activity & Sports Plan. |
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#### **REASONS FOR REPORT RECOMMENDATIONS**

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| 1.  | Technology has continued to have an effect on physical activity and energy expenditure since the industrial revolution. Overall there has been a trend of a reduction in occupational physical activity and an increase in leisure time physical activity. Physical inactivity is the fourth leading modifiable risk factor for death in high income countries. With an increasing prevalence of long-term conditions such as hypertension, diabetes and coronary heart disease it is important to consider how participation in physical activity can be increased, particularly among those who are inactive. |
| .2. | As well as health benefits, environments that encourage physical activity can also have social benefits such as reduced loneliness and a stronger sense of community. Environmental benefits include carbon dioxide emissions and reduction in air pollution. Economic benefits can be gained through creating a more attractive walking environment, which can increase footfall and trade, reduce maintenance and infrastructure costs and raise land value.  |

<b>ALTERNATIVE OPTIONS CONSIDERED AND REJECTED</b>	
3.	To not have a Physical Activity & Sports Plan, however this may lead to people being less active and at risk of the health conditions outlined above. Moreover, this would also impact environmental and economic objectives for the city.
<b>DETAIL (Including consultation carried out)</b>	
4.	The new five year Physical Activity & Sports Plan is being jointly developed with Public Health, Planning, Transport, Open spaces, Capital Assets and a range of external stakeholders from Leisure/sport, Health and voluntary sectors. The plan aligns with the Health and Wellbeing Strategy and aims to increase participation in physical activity for all and actively support excluded and inactive groups.
5.	Current figures for adults (19+) who achieve 150+minutes per week (65.6%) in Southampton are similar to the England average (64.9%), therefore approximately 35% of the adult population are not meeting the guidelines for physical activity. The proportion of adults classed as inactive in Southampton is 22.3% and in England is 22.4%.
6.	The plan includes a target of a 5% decrease in the proportion of residents achieving less than 30 minutes per week (a person doing this level of activity is classed as inactive). Achieving this target will mean that by 2022 about 8,325 fewer residents (aged 19+) will be classed as inactive.
7.	Particular groups are likely to be considerably less active than the general population, including children and young people, people with long term conditions and disabilities and those from lower socio economic groups; as well as those from under-represented groups such as BME and LGBT communities. The national aspiration is more people taking part in physical activity with a faster rate of change in inactive and under-represented groups.
8.	The plan will take account of the national priorities as outlined in the UK government's strategy Sporting Future (2015), which set out a strategy to invest in people who are least active (including women, girls, older people, people with disabilities and those from lower socio economic groups).
9.	Aligning Southampton's new Physical Activity & Sports Plan to national priorities whilst also addressing local needs will put SCC and partners in a strong position to access external funding such as the Sport England grants.
10.	The plan has been jointly developed with Public Health, Planning, Transport, Open spaces, Capital Assets and a range of external stakeholders from Leisure/sport, Health and voluntary sectors.
<b>Priorities</b>	
11.	<p>The aim of Southampton's Physical Activity &amp; Sports Plan is to increase participation in physical activity or "get everybody in Southampton more active and make tackling inactivity a priority".</p> <p>The draft plan has 3 themes outlined below:</p> <ol style="list-style-type: none"> <li>1. Active Places- The availability of green/open spaces, environments and facilities that encourage physical activity supports people to live healthy, independent lives.</li> <li>2. Active Communities- Improving participation in physical activity raises</li> </ol>

	aspiration, creates community cohesion and builds city pride.
	3. Active Everyday- Being physically active everyday provides lifelong health benefits. Schools, colleges and workplaces are crucial to embed physical activity habits into daily routines.
<b>RESOURCE IMPLICATIONS N/A</b>	
<b><u>Capital/Revenue</u></b>	
13.	None
<b><u>Property/Other</u></b>	
14.	None
<b>LEGAL IMPLICATIONS</b>	
<b><u>Statutory power to undertake proposals in the report:</u></b>	
15.	N/A
<b><u>Other Legal Implications:</u></b>	
16.	N/A
<b>RISK MANAGEMENT IMPLICATIONS</b>	
17.	None
<b>POLICY FRAMEWORK IMPLICATIONS</b>	
18.	The draft Physical Activity & Sports Plan will support the outcomes set out in the Health and wellbeing Strategy 2017-2025.

<b>KEY DECISION?</b>	No
<b>WARDS/COMMUNITIES AFFECTED:</b>	All wards
<b><u>SUPPORTING DOCUMENTATION</u></b>	
<b>Appendices</b>	
1.	Draft Physical Activity & Sports Plan

**Documents In Members' Rooms**

1.	
<b>Equality Impact Assessment</b>	
<b>Do the implications/subject of the report require an Equality and Safety Impact Assessment (ESIA) to be carried out.</b>	No
<b>Privacy Impact Assessment</b>	
<b>Do the implications/subject of the report require a Privacy Impact Assessment (PIA) to be carried out.</b>	No
<b>Other Background Documents</b>	
<b>Other Background documents available for inspection at:</b>	
<b>Title of Background Paper(s)</b>	<b>Relevant Paragraph of the Access to</b>

	<b>Information Procedure Rules / Schedule 12A allowing document to be Exempt/Confidential (if applicable)</b>
<b>1.</b>	