

Physical Inactivity JSNA

Current position

- In 2014 PHE published their evidences based approach to physical activity and within identified priorities for the next ten years.
- Evidence shows that an active life is essential for physical and mental health and wellbeing
- A number of diseases and conditions are currently on the increase and affecting people at an earlier age. They include cancer and diabetes, obesity, hypertension and depression
- Regular physical activity can guard us against these. Being active at every age increases quality of life and everyone's chances of remaining healthy and independent
- Since Nov 2014 we are working with partners towards an Active Sunderland, a city *where everyone is as active as they can be* - the challenge now facing the city is to enhance the conditions and opportunities for more people to become more active more often, whether in informal activity such as going for a walk with friends in the park, cycling to work, or having a swim, or in more formal activity such as joining a sports club or gym

Current position

- **Active People Survey (APS)** coordinated by Sport England show that much work still needs to be done in terms of raising participation levels, but progress is being made
- **1x30min (Sport)** – in 2016 32.2% of adults participating once per week, compared to 29.1% in 2007, an increase of 3.1%
- **3x30mins (Sport & Physical Activity)** - since 2007, Sunderland has improved the percentage of adults participating in sport and physical activity, rising from 19.6% to 20.2% in 2016
- **Public Health England (Active Adults)** - in 2014, 50.6% of adults were active, compared to 49.3% in 2015, an increase of 1.3%
- **Public Health England (Inactive Adults)** - in 2014, 35.8% of adults were inactive, compared to 37.0% in 2015, an increase of 1.2% (however, lower is better for this indicator).

Key issues

- To see a shift in participation we need to create the opportunities:
 - To impact on the greatest number of people
 - To enable children and young people to have the best start in life and form good habits
 - To support people in families and communities that are benefiting least from the opportunities that being active brings (which is where the greatest gains in outcomes are to be made)
 - To provide access to all our infrastructure, green and blue space as well as sport and leisure facilities, including pathways to sporting excellence
- Local Intelligence
 - Albeit Active People and Active Lives (new data set) provides a level of intelligence that allows comparisons, local data is required to inform future commissioning / programme design / need
 - A Sunderland participation survey that all Active Sunderland partners are engaged with