

RUTLAND HEALTH AND WELLBEING BOARD

4th December 2018

Physical Activity to Support People's Health

Report of the Leicestershire and Rutland Director of Public Health

Exempt Information	No	
Cabinet Member(s) Responsible:	Cllr Alan Walters, Portfolio Holder for Safeguarding - Adults, Public Health, Health Commissioning, Community Safety & Road Safety) Cllr Lucy Stephenson, Portfolio Holder for Culture & Leisure, Highways & Transport	
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DECISION RECOMMENDATIONS

That the Board:

1. Notes the contents of this report regarding the importance of physical activity to support people's health
2. Notes the attached Rutland Performance Update on the LRS Physical Activity & Sports Strategy 2017-2021

1 PURPOSE OF THE REPORT

- 1.1 To inform the Board of the importance of physical activity opportunities to support people's health.
- 1.2 To outline the work currently being undertaken in Rutland in pursuit of this agenda.

2 BACKGROUND AND MAIN CONSIDERATIONS

- 2.1 **Strategic Aim:** Safeguarding the most vulnerable and supporting the health & wellbeing needs of our community.
- 2.2 This Board received a report on 5th December 2017 outlining the Leicester Shire and Rutland Sport Physical Activity & Sports Strategy 2017 – 2021. This report includes an update on the local work undertaken in support of this strategy, attached as Appendix 1.

2.3 Leicester-Shire & Rutland Sport is the County Sport Partnership for the sub-region. It is a partnership of local authorities working together with schools, National Governing Bodies of Sport, clubs, coaches and volunteers.

2.4 The strategy provides a framework for local action, and acts to support local and national funding bids to support delivery of the vision, outcomes and ambitions. The Strategy focuses on delivering the Vision of making “Leicestershire, Leicester and Rutland the most physically active and sporting place in England”. This is underpinned by four Ambitions:

Get Active Everyone, of all ages, having the opportunity to start participating in physical activity and sport

Stay Active Supporting people to develop a resilient physical activity and sporting habit to ensure lifelong participation

Active Places Facilities, playing pitches and informal spaces that encourage physical activity and sport that are high quality and accessible

Active Economy Promoting Leicestershire, Leicester and Rutland as a premier, high performing location for undertaking the business of physical activity and sport

2.5 Delivering the strategy helps to achieve the local outcomes of **Better Health** (improved physical and mental wellbeing, especially for our most inactive people); **More People** (regularly taking part in physical activity and sport); and **Stronger Communities** (achieving more through physical activity and sport).

2.6 Sport England conducts a regular “Active Lives” survey of adults, with the most recent 2017/18 results showing that:

- **72.3%** of adults in Rutland reported being either active (150+ minutes of physical activity per week) or fairly active (30 – 149 minutes per week). This is below the England average of 74.8%, but similar to the levels of other authorities in the sub-region. This means **27.7%** of adults report being physically inactive.
- **76.2%** of adults took part in sport and physical activity at least twice in the 28 days before the survey (1.3% higher than the sub-region average but 1.3% lower than the England average)
- **14.1%** of adults volunteered to support sport and physical activity at least twice in the last year (similar to the sub-region and England average)

The Sport England summary report includes links to the local data tables:

<https://www.sportengland.org/media/13563/active-lives-adult-may-17-18-report.pdf>

2.7 It is clear that access to physical activity and sports is important to the population of Rutland, however despite these positive results, **41.2%** of our adults do not achieve the Chief Medical Officer guidelines for being active (150+ minutes of physical activity per week – see <https://www.nhs.uk/live-well/exercise/>). The Health and Wellbeing Board is therefore requested to note the progress update included as Appendix 1, which outlines work to tackle this deficit.

3 HIGHLIGHTS

3.1 The **Falls Prevention** work has continued to expand and reach more individuals at risk of falling. Two programmes, FAME and Steady Steps have been established, and have grown from two classes in 2016 with 28 attendees, to 6 classes operating throughout the County at full capacity with 15 attendees each. Steady Steps classes are operated with funding secured from the CCG which makes the provision free of charge to participants. FAME classes are now self-funding with attendees paying £4.50 per session. When they are ready, attendees are progressed to move on to other classes. We are looking to start a further class in January in Empingham.

3.2 The established **Exercise Referral** programme, where local GPs are able to refer patients to undertake structured exercise and fitness classes, continues to serve significant numbers of users, who benefit from a range of interventions. Reasons for referral include back pain, being overweight, rheumatoid arthritis, hypertension, depression, cholesterol, diabetes and osteopenia. The programme continues to receive increasing numbers of referrals:

2015: 315 referrals

2016: 350 referrals

2017: 479 referrals

2018: 468 referrals (to end of October)

The programme helps to build the habit of taking regular exercise, with Catmose Sports reporting that they have around 200 memberships relating to exercise referral classes, up from 56 in 2016. Exercise referral sessions take place in Oakham, Uppingham, the Active Rutland Hub, and Inspire2Tri at Manton. Attendances at these sessions in recent months are very strong and consistent:

April	1,131
May	1,224
June	1,272
July	1,162
August	1,134
September	1,261

3.3 The **School Games** programme comprises 143 different events in 12 locations across the county, providing a wide variety of opportunities for children to enjoy competitive sports and physical activity sessions. Over 1,000 attendances were recorded in the academic year 2017-18.

3.4 This year's **Rutland Walking and Cycling Festival** was once again very successful and brought together over 300 individuals to participate in 34 different sessions, with ages ranging from 0 to 75+. In addition the Rutland Round 65 mile circular walk around the County attracted over 127 attendances.

4 CONSULTATION

- 4.1 The LRS Strategy was developed collaboratively. Local officers, the Local Sport Alliance and the local School Sport and Physical Activity Network were all part of the extensive consultation across both Counties.
- 4.2 This update report has been developed in consultation between the Director of Public Health, the Director of Leicestershire & Rutland Sport, and the Rutland County Council Portfolio Holder for Culture. As this report is an update, further public consultation has not been undertaken.

5 ALTERNATIVE OPTIONS

- 5.1 The Board may wish to express views on the work being undertaken.

6 FINANCIAL IMPLICATIONS

- 6.1 Core funding for the Active Rutland team that delivers the physical activity strategy is provided through the Public Health grant received by Rutland County Council. Additional resources to deliver projects have been secured through creative bids to external sources, including CCG funding for the Steady Steps programme. The delivery outlined in the attached update is designed and scaled in accordance within the available resources.
- 6.2 Public Health funding to support the operation of the Active Rutland Hub is being removed from 2019/20. This has resulted in a £19,000 pressure on the budget, which will be considered as part of the budget setting process. It is hoped in due course the pressure will be offset by increased revenue generated from hires and bookings.
- 6.3 No additional funding is required from Rutland County Council to deliver the Strategy at this stage, however, ongoing provision is reliant on the continued allocation of Public Health funding to this priority.
- 6.4 Rutland contributes on an annual basis £17,900 to the LRS Partnership, which in 2017/18 resulted in £40,869 funding secured for local clubs, organisations and projects in the sports and physical activity sector:
<https://www.lrsport.org/uploads/lrs-annual-review-2017-18.pdf>

7 LEGAL AND GOVERNANCE CONSIDERATIONS

- 7.1 The Health and Social Care Act 2012 places a statutory duty on Rutland County Council to take steps to improve the health of the population. The Council is discharging its statutory duty by supporting healthy lifestyles, including physical activity, as these can have a positive impact on reducing ill health and early mortality.
- 7.2 The governance of Leicester Shire and Rutland Sport includes strong representation from Rutland. Mike Sandys, the Director of Public Health for Leicestershire and Rutland is the Vice Chair of LRS. Dr Mary Hardwick, Coach and Founding Director of Inspire2tri in Rutland, and Ben Solly, Principal of Uppingham Community College

are both on the LRS Board.

8 DATA PROTECTION IMPLICATIONS

- 8.1 A Data Protection Impact Assessments (DPIA) has not been completed because this report does not identify individuals, or raise any risks or issues to the rights and freedoms of natural persons.

9 COMMUNITY SAFETY IMPLICATIONS

- 9.1 No community safety implications have been identified relating to this report.

10 HEALTH AND WELLBEING IMPLICATIONS

- 10.1 Actions from the LRS strategy support the delivery of key corporate Strategic Aims, ensuring that our population stays healthier and more active for longer, which helps to reduce pressures on primary and secondary health care provision.

11 ORGANISATIONAL IMPLICATIONS

- 11.1 No organisational implications have been identified arising from this report.

12 CONCLUSION AND SUMMARY OF REASONS FOR THE RECOMMENDATIONS

- 12.1 In order to ensure the Health and Wellbeing Board is informed of the work being undertaken in this area, it is requested that the Board note the contents of this report.

13 BACKGROUND PAPERS

- 13.1 There are no additional background papers to the report.

14 APPENDICES

- 14.1 Appendix 1: Rutland Performance Update on the LRS Physical Activity & Sports Strategy 2017-2021

A Large Print or Braille Version of this Report is available upon request – Contact 01572 722577.