



Report sponsor: Robyn Dewis, Director of Public Health
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Update on Move More Derby, the physical activity plan for Derby

Purpose

- 1.1 This report seeks to update the Health and Wellbeing Board on the refresh of Move More Derby, Derby's Physical Activity & Sport Strategy which is due to end in 2023.
- 1.2 The refresh of Move More Derby will galvanise local ambitions around physical activity following the impact of the pandemic and prioritise moving over traditional sport/exercise. It will create an opportunity to work collaboratively across Derby, and Joined Up Care Derbyshire, to deliver joint goals and a consistent approach for physical activity.

Recommendation(s)

- 2.1 To proceed with the preferred option for the governance arrangement for the Move More Derby delivery plan as the plan to deliver against the priority population outcome indicators of the Derby Health and Wellbeing Board and Joined Up Care Derbyshire
- 2.2 To approve the proposed priority themes for the Move More Derby delivery plan of Communities; Environment; Partnerships; People; and Sport & Leisure.

Reason(s)

- 3.1 In Derby, 29.3% of adults do less than 30 minutes of activity per week (2021/22). This currently positions Derby with significantly higher levels of inactivity than the national average of 25.8%. In Derby, 48.8% of children are not achieving the recommended 60 minutes of activity per day (2021/22), this is worse than the national average of 47.2% however, 28.9% of children are less active (less than an average of 30 mins per day) which is better than the national average of 30.1%
- 3.2 The Move More Derby plan will be a delivery plan to deliver against the Health and Wellbeing Board outcome indicators, a primary contributor to *Improve participation in physical activity* and contributing to wider outcome indicators of *Improving the number of children and adults who are a healthy weight; Improve mental health & emotional wellbeing; and Improve air quality*.
- 3.3 The draft plan has been developed over a 1-year period, involved reflecting on the learnings of the initial Move More Derby strategy, collating insight and evidence.

Supporting information

- 4.1 The current Move More Derby, physical activity and sport strategy was developed in 2018 as a cross-council strategy sitting under the Culture and Leisure Board. It was to create *'An active Derby for everyone, improving health, wellbeing and quality of life by supporting people to move more in Derby'* summarised under 3 broad outcomes: Improve physical and mental health and wellbeing and reducing inactivity.
- 4.2 There have been some positive developments in Derby in relation to the work around physical activity. The development of Move More Derby and its positioning as a whole-systems-approach has led to the development and delivery of place-based approaches and locality working.
- 4.3 Place-based change is not about relying on interventions to tackle individual behaviour but instead linking environmental and social factors together. These could be interventions such as, providing people with access to high quality green space in which to be active.
- 4.4 There has been progress and learning outside of the actions outlined in the strategy with increased spaces, connectivity, networks and momentum in physical activity and this has informed the proposed approach and development of the draft plan and governance.
- 4.5 The proposed structure of the plan are five key priority areas:
 - **Communities** - create and promote access to opportunities and programmes, across multiple settings, to help people of all ages and abilities to engage in regular physical activity as individuals, families and communities.
 - **Environments** – creating and maintaining accessible, safe, and inclusive places and environments for physical activity including sustainable places and routes across localities that support active travel and make it easier for people to be active.
 - **Partnerships** – work collaboratively across organisation and community boundaries especially with local sport & physical activity organisations and health providers and community organisations, promoting joined up thinking to support local residents in accessing the physical and mental health benefits of an active lifestyle.
 - **People** – focus on enabling local and accessible opportunities for everyone to be active with particularly support for those groups who are least likely to take part, such as older people, disabled people and people with long term health conditions.
 - **Sport & Leisure** – ensure residents have access to local high quality indoor and outdoor sport and leisure facilities, prioritising access for those with the least resources and reflecting the desire to minimise their impact on the environment.

Public/stakeholder engagement

- 5.1 The Move More Derby Refresh has engaged with a broad range of stakeholder and the public as part of the refresh process.
- 5.2 A full Equalities Impact Assessment will be conducted as part of the drafting process.

Other options

6.1 None.

Financial and value for money issues

7.1 None.

Legal implications

8.1 This paper is within the remit of the Health and Wellbeing Board to approve.

Climate implications

9.1 Increasing physical activity levels can lead to increasing active transportation with more people walking and cycling will provide many co-benefits such as improved air quality, reduced traffic congestion, and reduced carbon dioxide emissions.

Socio-Economic implications

10.1 Tackling physical inactivity will have a direct impact on tackling health inequalities, including diabetes, falls, healthy years of life, reducing loneliness and isolation, improving physical and mental wellbeing.

Other significant implications

11.1 None.

This report has been approved by the following people:

Role	Name	Date of sign-off
Legal Finance Service Director(s) Report sponsor Other(s)	Robyn Dewis, Director of Public Health	19.07.2023

Background papers:
List of appendices:
Appendix 1