



DERBY CITY COUNCIL

**COUNCIL CABINET**  
**19 February 2008**

# ITEM 9

Report of the Cabinet Member for Leisure &  
Direct Services

## HOW PHYSICALLY ACTIVE ARE PEOPLE IN DERBY

### 1. SUMMARY

- 1.1 This report brings together data that has been collected by Sport England on the amount of physical activity in sport and recreation taken by adults in Derby. The report also shows the amount of physical activity taken by young people, which has been collected by Leeds Metropolitan University in conjunction with Sports & Leisure staff within the City.
- 1.2 The baseline information that has been collected by the two organisations will now allow the City Council to update it's Indoor Sport and Recreational Facilities Strategy and Physical Activity Strategy (Getting Derby Active) which was endorsed by Cabinet in June 2005.
- 1.3 The baseline information shows Derby is in the middle 50% nationally for those adults who participate in moderate intensity sport or active recreation but for children 57% did not achieve 60 minutes moderate intensity each week, an alarming statistic.
- 1.4 Sport England have offered to provide a consultancy service to the Council for us to update our strategies on a no fee basis.

### 2. RECOMMENDATION

- 2.1 The amount of physical activity by adults and children in the City is noted with concern due to future health problems.
- 2.2 The offer of free consultancy support from Sport England is accepted with the aim of the updated strategy being brought back to Cabinet in the autumn.

### 3. REASON FOR RECOMMENDATION

- 3.1 The offer of free consultancy support using the more up to date data will allow the City to update it's strategy within existing resources. To tender for this work would result in further costs to the Council.

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Report of the Corporate Interim Director of Environmental Services