

Report sponsor: Director of Public Health
Report author: Physical Activity and Sport
Strategic Manager; Strategic Director

Strategic value of physical activity

Purpose

- 1.1 Provide the Health and Wellbeing Board with an update on physical activity in Derby and the progress of Move More Derby.
- 1.2 Present the proposed Move More Derby strategy refresh process and for the Health and Wellbeing Board to consider.

Recommendation(s)

- 2.1 That members of the Health and Wellbeing Board consider the contents of this report.
- 2.2 The Health and Wellbeing Board members engage with the Move More Derby refresh process and explore how physical activity and movement might be used more strategically to help tackle inequalities, particularly health inequalities.
- 2.3 That the Health and Wellbeing Board ask for an update report in 5 months' time, setting out progress made and the learning from the work that has taken place

Reason(s)

- 3.1 To support the Health and Wellbeing Board in delivering its responsibility and ambition to improve the health of the population and reduce health inequalities.
- 3.2 To strategically position physical activity and movement more explicitly to help tackle inequalities, particularly health inequalities in Derby.

Supporting information

- 4.1 Move More Derby, physical activity and sport strategy (2018-23) is Derby's strategic framework adopted in March 2018 and have been some positive developments in Derby in relation to the work around physical activity as a result.

- 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, the recent Beat the Street programme, work on Derby Active through Football and Derby PlayZones, all leading to real momentum being built.
- 4.3 There has been progress and learning outside of the actions outlined in the strategy with increased spaces, connectivity, networks and momentum in physical activity advocates and champions coming together to share, learn and collaborate. For example, the Move More Derby Ambassadors network. Welcoming spaces for a range of different voices especially at a citizen facing level where more visible systemic working seems observable here compared to strategically.
- 4.4 However, this is against the background that inactivity rates in the city are above the national average with over one in four adults across Derby classified as inactive. Also, women, people from ethnically diverse groups, people living with long term conditions, disabled people and people from lower socio-economic groups all have higher rates on inactivity. And the negative effects of intersectionality (when a number of these factors are combined) mean that up to 60% of some groups are likely to be inactive.
- 4.5 Movement, physical activity and sport have an important role to play in addressing inequalities, and particularly health inequalities; It is estimated that low physical activity levels contribute to 1 in 6 deaths in the UK. Inactivity is associated with poor health at all ages and the benefits of increasing physical activity continue throughout a person's lifetime. People with chronic and multiple health conditions are amongst the least active members of society and have the most to gain from even small increases in physical activity; being physically active reduces risk of heart disease by 35%, hip fractures by 68% type 2 diabetes by 40%, depression by 20%.
- 4.6 The health and socio-economic implications of physical inactivity also have a financial cost. Physical inactivity is estimated to cost the UK £7.4 billion per year, with around £0.9 billion in NHS costs alone.

Public/stakeholder engagement

- 5.1 The development of a Derby place-based approach to improving people's physical activity behaviour and subsequent physical and mental health was done in a an asset-based community developed approach, not by dictating what needs to happen, but by listening to residents and encouraging and supporting them to take control and decide what works and what doesn't.
- 5.2 The Move More Derby Refresh will engage with a broad range of stakeholder and the public as part of the refresh process.

Other options

- 6.1 None.

Financial and value for money issues

7.1 None.

Legal implications

8.1 None.

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	02/11/2022
Background papers: List of appendices: Appendix 1	Move More Derby presentation	