

# Corporate Policy and Strategy Committee

10am, Tuesday, 6 December 2016

## Physical Activity for Health Pledge

Item number	7.7
Report number	
Executive/routine	
Wards	All

### Executive Summary

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This report serves as an update on progress of the Physical Activity for Health Pledge. The Council and Edinburgh Leisure continue to work closely together and with other partners such as NHS Lothian to deliver the commitment of making physical activity part of everyone's daily life through Edinburgh's Physical Activity and Sport Strategy.

Work and further discussions are in progress to formalise partners' adherence to the delivery of all objectives within the Pledge.

### Links

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Coalition Pledges	<a href="#">P42, P43</a>
Council Priorities	<a href="#">CO4, CO10, CO20, CO26</a>
Single Outcome Agreement	<a href="#">SO2</a>

## Physical Activity for Health Pledge

### 1. Recommendations

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- 1.1 The Sport and Physical Activity Strategy will be reviewed and relevant aspects of the Physical Activity for Health Pledge will be included in future activity.
- 1.2 The Pledge should be presented to the Edinburgh Partnership to involve other key stakeholders.
- 1.3 Health and Social Care colleagues will be asked to nominate relevant officers to become members of the Edinburgh Strategic Sports and Physical Activity Partnership. NHS Lothian has nominated Senior Health Promotion Specialist John Brennan.

### 2. Background

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- 2.1 The Committee requested that a report come back to the Corporate Policy and Strategy Committee from the Chief Officer of the Health and Social Care Partnership, assessing whether the Council and NHS Lothian could report on progress of the 'Physical Activity Pledge' document.

### 3. Main report

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- 3.1 The Council, Edinburgh Leisure and NHS Lothian are cooperating in several key areas of the Physical Activity for Health Pledge (the Pledge):
  - “integrate physical activity for health into health education”,
  - “increase physical activity in the health and social care workforce and workplace”
  - “mobilise health and policy leaders to prioritise increasing physical activity”
- 3.2 Progress on the Pledge is noted below:

**Fully embed physical activity for health into primary care**
- 3.3 Edinburgh Leisure are working with a range of health partners to standardise and consolidate their Physical Activity referral programme providing one point of call for the referrers. The programmes are:

Healthy Active Minds (mental health referral)

Fit for Health (all long term conditions)

### Steady Steps (falls prevention)

Further information on the above programmes is available from Helen MacFarlane, Head of Active Communities, [helenmacfarlane@edinburghleisure.co.uk](mailto:helenmacfarlane@edinburghleisure.co.uk)

HIF funding has enabled Community Health Initiatives in South West Edinburgh to provide a pathway for signposting to physical activity programmes for health professionals and local organisations. This includes links to the Edinburgh Leisure Community Access Programme as well as to initiatives based within both GP Practices and the local community. The Community Health Initiatives have also facilitated access for local residents to facilities at Napier University's Sighthill Campus through the in the 'Be Active' voucher scheme, helping to address the lack of accessible facilities in the Sighthill, Broomhouse, Parkhead & Stenhouse areas.

- 3.4 Communities and Families have newly acquired responsibility for the function of grants and funding for physical activity and sport. Since 2014 the application criteria have specifically addressed the issue of increasing physical activity levels in Edinburgh. Two funding streams; the Active Edinburgh event funding and the Physical Activity and Sports grants, use these criteria to distribute grants for a wide range of activities. In 2016 a range of projects were funded including 'Get Moving' based at Pilton CHP which aimed to provide inactive older adults in North Edinburgh with access and opportunity to participate in regular seated exercise sessions. Another funded project was the 'G@PYC' (Girls at Pilmeny Youth Centre) project which originated with feedback from participants that girl-only sessions would encourage more girls to become involved.

#### **Fully embed physical activity for health into secondary care**

- 3.5 Edinburgh University have developed a Sit Less, Get Active course which teaches health professionals how to incorporate physical activity into their daily routine and also how to empower their patients to be more physically active.
- 3.6 Physical activity interventions are routinely embedded into hospital settings. Boards are asked to focus efforts on the priority settings of: cardiology, pulmonary rehab, mental health, diabetes, paediatrics, oncology, orthopaedics, care of the elderly, pre-assessment and outpatient clinics. A system or process is developed and/ or in place to assess the delivery and impact of physical activity interventions in hospital settings.

#### **Fully embed physical activity for health into social care**

- 3.7 The Council continues to deliver the Get Up and Go programme. Edinburgh Leisure deliver large scale older adults programme in partnership with NHS Lothian, focused on inactive adults.
- 3.8 Several useful NHS e-learning resources currently exist which could be used to up skill staff to promote the benefits of physical activity for both care staff and their clients. Council staff can be directed to this training.

#### **Integrate physical activity for health into health education**

- 3.9 Edinburgh schools have adopted the ambition to support the aspiration of Scotland being a Daily Mile Nation, with a high proportion of primary schools engaging in the daily mile or having plans in place to implement it.
- 3.10 Edinburgh Leisure provide guidance to all groups referred by medical practitioners to follow the CMO recommendations

**Mobilise health leaders to prioritise increasing physical activity**

- 3.11 The Health Promoting Health Service recently submitted a report to Health Scotland relating to physical inactivity and health inequalities.

**Increase physical activity in the health and social care workforce**

- 3.12 The Council is an Active Travel Hub and in conjunction with its Active Travel Champions it aims to promote active or sustainable journeys, reducing traffic congestion, improving staff health and productivity and lowering carbon emissions. Recent activities have included step count walking challenges, cycle lock upgrade schemes, the promotion of cycle to work schemes and the promotion of free cycle training for staff.
- 3.13 Working in partnership with Ramblers Scotland the Council has supported the development of mapped walking routes. The Ramblers Medal Routes project was designed to help people get to know the paths and green spaces in their local areas. Adults are encouraged to take part in 30 minutes of physical activity, five days a week and walking is a good way to keep active. Each medal route has a 'Gold' walking route of 60 minutes, a 'Silver' walking route of 30 minutes and a 'Bronze' route of 15 minutes. This makes them ideally suited to being incorporated into busy and active lives. The Council commissioned Medal Routes from ten, now expanded to twenty, of its public libraries throughout the city. This resulted in 60 walking routes being mapped in the city from these libraries to enable residents to access clear, measured, accessible walking routes. Building on this initiative in 2016 each of these libraries were given ten pedometers to add to their catalogue. Pedometers are issued through the library catalogue for the public to use to increase their walking activity.

## **4. Measures of success**

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- 4.1 Engagement with the Health and Social Care Partnership and Edinburgh Partnership and commitment to work towards increasing physical activity.
- 4.2 The Physical Activity and Sport Strategy incorporates a list of proposed actions which will contribute to the physical activity agenda. Success will be measured through monitoring the delivery of these actions.
- 4.3 Promoting physical activity will reduce inequalities and is in line with key objectives of Public Services in Scotland.

## **5. Financial impact**

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- 5.1 The implementation of the Physical Activity and Sport Strategy is contained within the budgets of implementing service areas, supplemented where necessary by small grants from external bodies and in kind support from partners. Further investment may be required; this should become clear after the proposed discussions with the Health and Social Care Partnership and the Edinburgh Partnership. Any expenditure would be preventative, to avert a greater call on local resources from obesity, chronic diseases and accidents resulting from ill health and lack of fitness.

## **6. Risk, policy, compliance and governance impact**

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- 6.1 There are no direct risk, compliance or governance impacts arising from this report.

## **7. Equalities impact**

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- 7.1 The work described in this report will contribute to the delivery of the Equality Act 2010 general duties of advancing equality and fostering good relations.

## **8. Sustainability impact**

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- 8.1 The impacts of this report in relation to the three elements of the Climate Change (Scotland) Act 2009 Public Sector Duties have been considered, and the outcomes are summarised below.
- 8.2 The cooperative work with partners to implement the Physical Activity and Sport Strategy for Edinburgh and to work towards fully integrating physical activity for health into the public health agenda and will help to achieve a sustainable Edinburgh by promoting health and wellbeing, social cohesion and inclusion, and in so doing, help to lower public sector health and care costs.

## **9. Consultation and engagement**

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- 9.1 The Council will coordinate its own activity and work with key partners to promote physical activity.

## **10. Background reading/external references**

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- 10.1 Physical Activity and Health Alliance [www.paha.org.uk](http://www.paha.org.uk)  
Edinburgh Leisure <http://about.edinburghleisure.co.uk/what-we-do/physical-activity-health/>

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## 11. Links

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<b>Coalition Pledges</b>	P42 Continue to support and invest in our sporting infrastructure P43 Invest in healthy living and fitness advice for those most in need
<b>Council Priorities</b>	CO4 Our children and young people are physically and emotionally healthy CO10 Improved health and reduced inequalities CO20 Culture, sport and major events – Edinburgh continues to be a leading cultural city where culture and sport play a central part in the lives and futures of citizens C26 The Council engages with stakeholders and works in partnership to improve services and deliver on agreed objectives
<b>Single Outcome Agreement</b>	SO2 Edinburgh’s citizens experience improved health and wellbeing with reduced inequalities in health
<b>Appendices</b>	