

Somerset Moves

Endorsement of Somerset Moves, the Somerset Physical Activity Strategy

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Somerset Moves

- Our proposed system wide strategy (see the strategy document)
- Shaped through significant engagement with people and evidence
- Overseen by Steering Group (CCG, Foundation Trust, Somerset County Council (Public Health and Education), SASP and independent expert Consultancy)
- 6 focus areas of work
- SASP will drive in collaboration with your organisations and other partners
- The 5 asks will help mobilise the strategy and bring it to life
- Somerset Moves and the 5 asks were endorsed by the CCG Clinical Executive Committee for Somerset CCG in February 2022.

Somerset Moves – the 6 areas of focus



1. Positive experiences for children and young people of all ages



2. Increasing community activity



3. Connecting with health and wellbeing



4. Developing more active environments



5. Supporting and motivating people to move



6. Developing leadership, the workforce and partnerships

Where are we now?

ADULTS

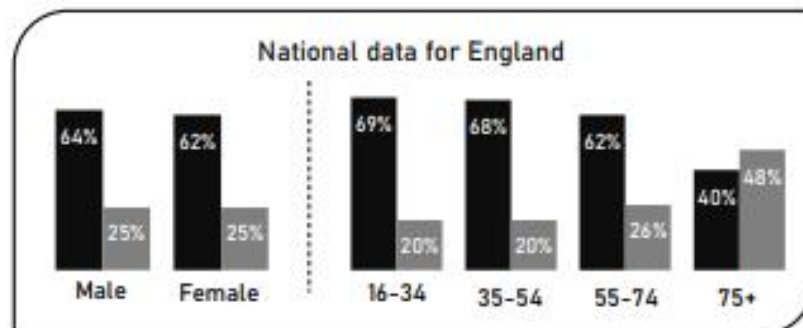
- Over a 1/3 of adults (36%) across Somerset do not meet physical activity guidelines
- 45% of people with a disability in Somerset are inactive
- 30% of people with a long term condition are inactive
- Lower affluence means lower activity levels

CHILDREN AND YOUNG PEOPLE

- Over 50% of children across Somerset do not meet physical activity Guidelines
- 1 in 5 Somerset children arrive at school, with 1 in 3 leaving primary school overweight or very overweight

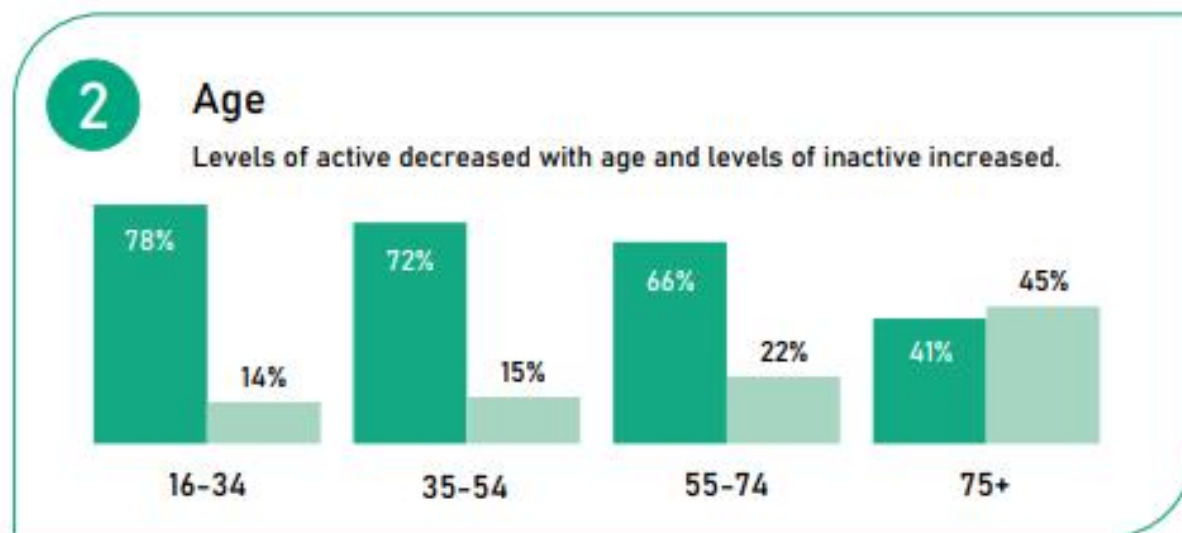
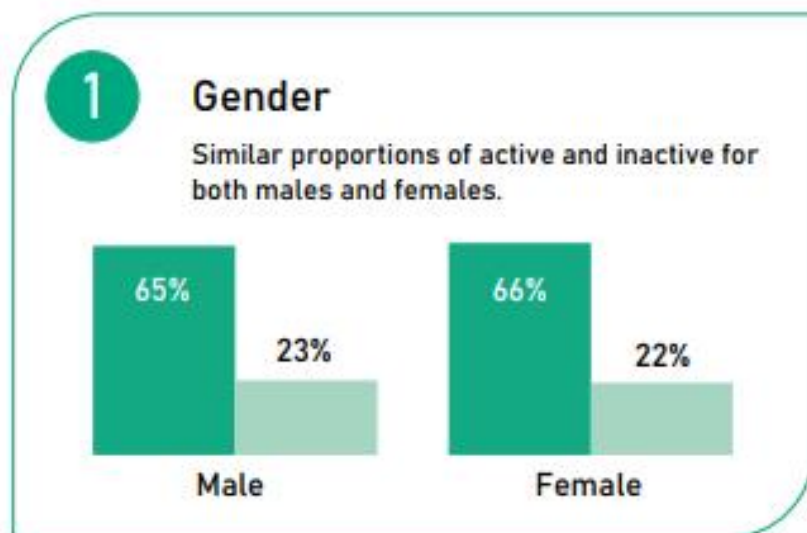
Covid has had a negative effect on adults and children's activity levels

Levels of activity

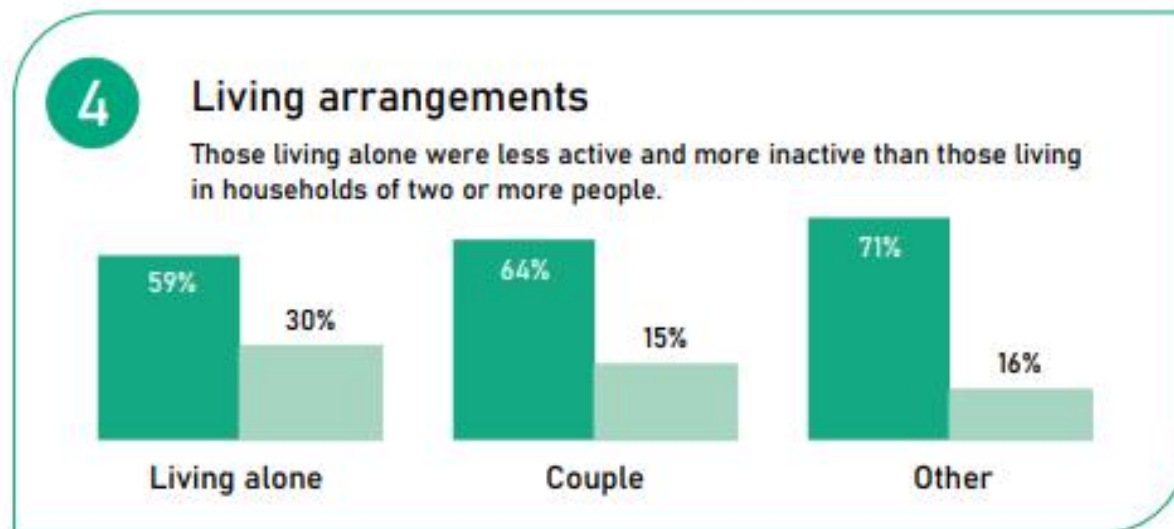
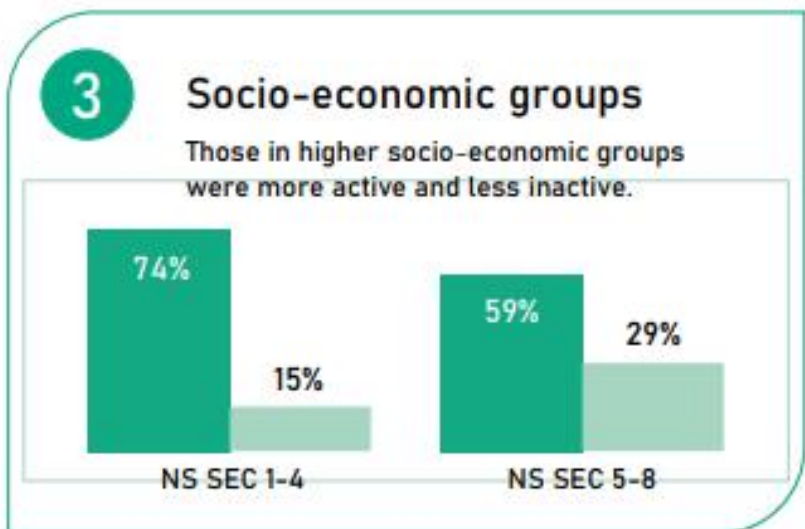


Summary of demographic differences

Being active can benefit physical and mental wellbeing. Differences between demographic characteristics can highlight inequalities. Due to 95% of respondents in Somerset being White British, sub-group analysis by ethnicity was not possible.

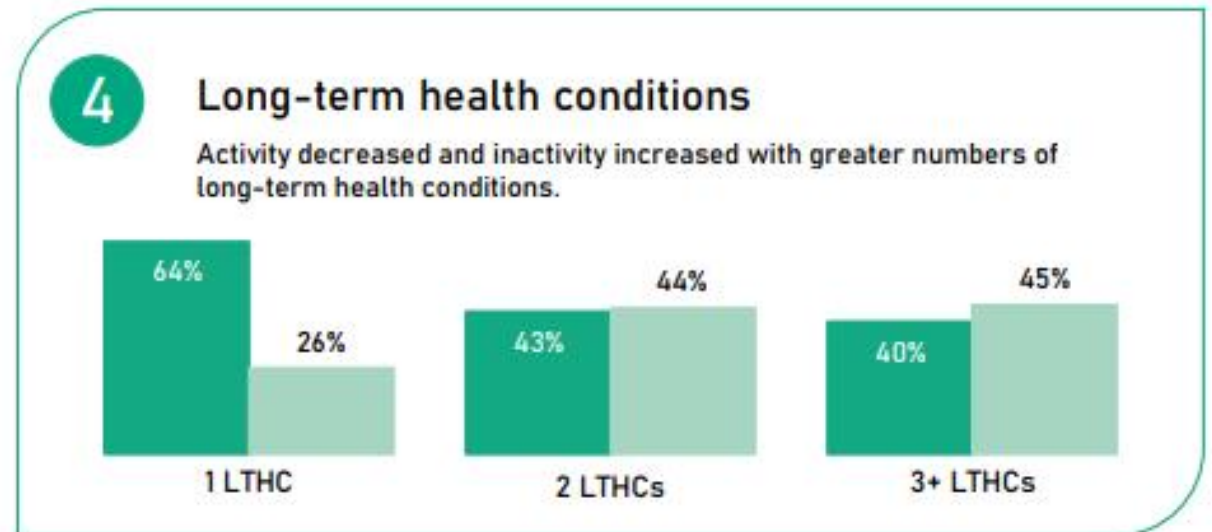
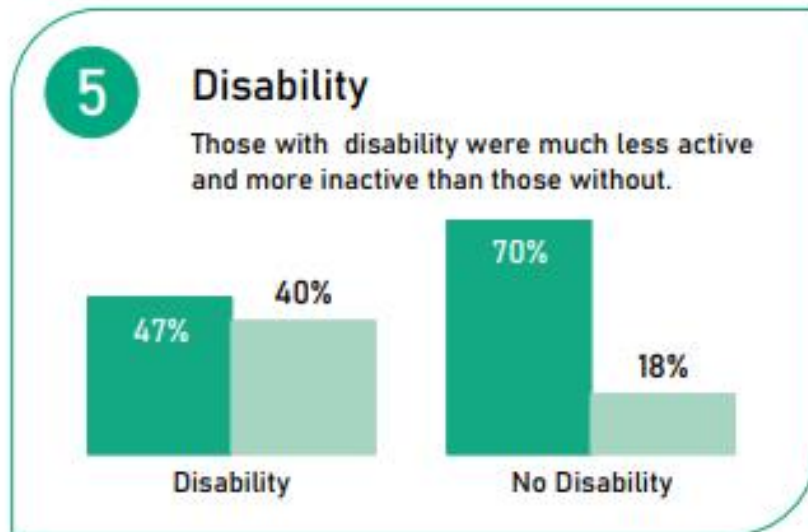


Summary of demographic differences



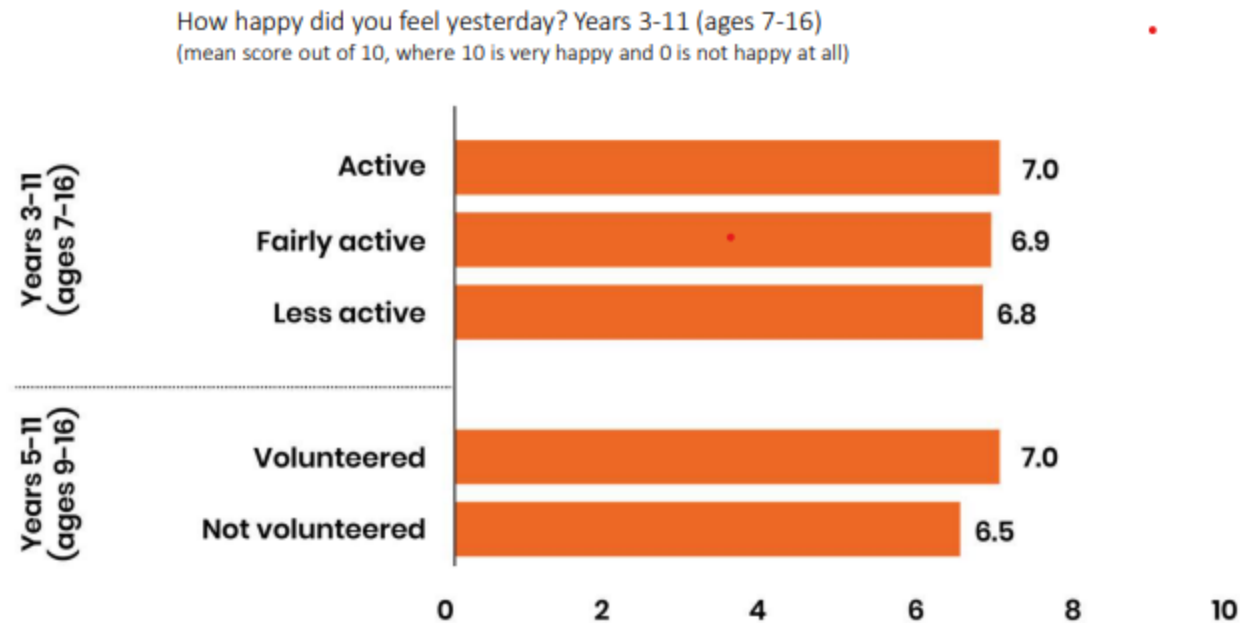
Summary of disability and long-term health conditions differences

Limiting disability and long-term health conditions is defined as an individual reporting they have a physical or mental health condition or illness that has lasted or is expected to last 12 months or more, and that this has a substantial effect on their ability to do normal daily activities.



There's a positive association between sport and physical activity and levels of mental wellbeing

- Mental wellbeing (shown here as happiness) scores are higher for those who are active than those who are less active.
- There's also a positive association between all mental wellbeing measures and volunteering to support sport and physical activity.



Wellbeing has remained stable during the pandemic, but has a longer-term downward trend

- Girls and those who describe their gender in another way show the largest falls in wellbeing since baseline.
- Life satisfaction falls the most for girls (-0.30**), and worthwhileness has changed only amongst girls (-0.19**).

Year 3-11 Happiness



Year group x Gender	Baseline change**
Boys Y3-4	No change
Boys Y5-6	-0.30
Boys Y7-8	No change
Boys Y9-11	No change
Girls Y3-4	-0.21
Girls Y5-6	-0.41
Girls Y7-8	-0.56
Girls Y9-11	-0.23

Links to Improving Lives Strategy



Priority Two: Safe, vibrant and well-balanced communities able to enjoy and benefit from the natural environment



Priority Three: Fairer life chances and opportunity for all



Priority Four: Improved health and wellbeing and more people living healthy and independent lives for longer

Realising the strategy – the 5 ‘asks’

Ask	What this would mean
1. Lead by example	<ul style="list-style-type: none">• Nominate a senior leader, a champion for physical activity• For members of your senior leadership team to lead by example and share their ‘moving more’ experiences• For senior leaders visit one or two groups per year who are raising the profile of physical activity• For your Board to focus on physical activity once per year e.g. an agenda item
2. Empowering people in your care	Meaningfully embed conversations and the promotion of physical activity with people and service users that you come into contact with
3. Your workforce	Positively promote physical activity and non sedentary behaviours within your workforce working towards SASP Active Workplace standards.
4. Communications	Support the promotion and take up of physical activity opportunities in key areas of Somerset through your Communications Teams and Channels
5. System level funding	For all partners to commit to reducing inequality and inactivity for the prevention of ill health and support funding opportunities to achieve this through Somerset Moves.

Recommendations:

1. For the Health and Wellbeing Board to discuss, provide feedback and endorse the draft Somerset Moves Strategy.
2. For the HWB to support the implementation of the strategy through the '5 asks'.
3. For all system partners to commit to reducing inequality and inactivity for the prevention of ill health and support funding opportunities to achieve this.



Success will be:

- New and enhanced opportunities and environments to be active created with children and young people.
- More young people achieving the Chief Medical Officer's recommended 60 minutes of physical activity per day (averaged across the week).
- More young people in our least active areas regularly taking part in physical activity, enjoying the experience, being more resilient and reporting more positive mental health.



Success will be:

- An increase in activity levels.
- A broader range of opportunities for people who lack the confidence or opportunity to take part at present.
- Helping people find opportunities that are suitable for them and their ability and individual needs.
- More people from the priority groups regularly enjoying being active.
- An increase in collaboration and good built environment design to encourage more active lives, in targeted places.
- More local activities published to OpenActive data standards, making activities easier to find.



Success will be:

- Increased integration of physical activity and sport within the health care system at both primary and secondary care with it becoming embedded into care pathways.
- More people from the priority groups regularly enjoying being active.
- More people accessing activity based prehabilitation and rehabilitation.

What does success look like



Success will be:

- Adopted Active Environment Strategy and Investment Programme.
- Grow more, better quality and more accessible active places and routes.
- More sustainable network of mainstream and community facilities.
- Holistic policy, practice and governance creating the conditions to enable active lives for all.



Success will be:

- A learning culture with open sharing of insight across the system.
- More inclusive language, imagery and stories across the system.
- More campaigns inspiring us to be active.
- More people and Active Ambassadors helping others to be active and move more.



Success will be:

- Improved system conditions to embed physical activity policy.
- Broadened involvement and advocacy for active lives.
- Strong Council services and leadership, leading to sustained investment in physical activity.
- More system leaders and partnerships advocating for active lives.
- Skilled, supported and diverse workforce to realise our ambitions.