

Improving health together

NHS
North Yorkshire and York



Public Health Factsheet

www.northyorkshireandyork.nhs.uk/stayinghealthy

Welcome to this edition of Improving Health Together, containing information, news, tools and tips for frontline practitioners and managers working in North Yorkshire and the City of York.

A huge culture shift is needed if we are to increase physical activity levels in England. This will only be achieved if people are aware of, understand and want the benefits of being active.

Increasing activity levels can contribute to the prevention and management of over 20 conditions and diseases, including coronary heart disease, diabetes, cancer, mental health and weight management.

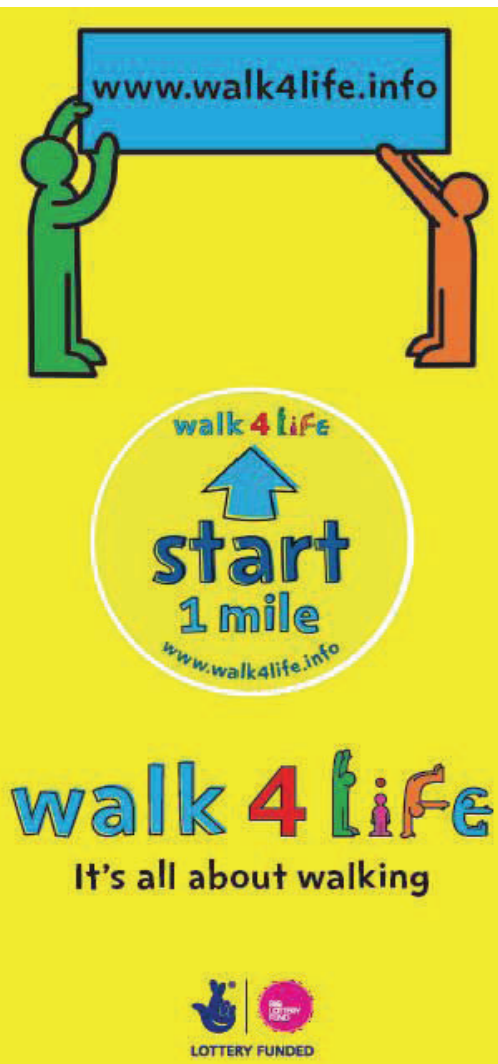
Physical activity as part of our everyday lives has been in overall decline; not least as a result of changes in the levels and the nature of manual work and active travel. This factsheet contains information about the benefits of physical activity, how much we should be aiming for, and 'what works'.

Physical Activity

Issue 1.3

Updated December 2011

Key facts



- ◆ Only 40% of men and 28% of women aged 16 and over met the Chief Medical Officer's minimum recommendations for activity in adults (Start Active, Stay Active¹).
- ◆ Among young people aged 2-15 years, 3 in 10 boys and 4 in 10 girls are not meeting the recommended minimum levels.
- ◆ School is a vital setting in which young people have the opportunity to be active.² However, very few children now walk to school; the majority of young people are receiving less than 2 hours of PE in the school day and only small minorities are playing sport after school.

- ◆ Cardiovascular disease (including heart disease and stroke) and cancer are the major causes of death in England, together accounting for almost 65% of premature deaths.
- ◆ Inactive and unfit people have almost double the risk of dying from coronary heart disease, against which physical activity is an independent protective factor.
- ◆ Increasing activity levels also has beneficial effects on musculoskeletal health, reducing the risk of osteoporosis, back pain and osteoarthritis.



Key Messages from the four home counties' CMOs

The four home counties' Chief Medical Officers (CMO) set out the scientific evidence on the impact of physical activity and its relationship to health in the UK physical activity guidelines.¹

EARLY YEARS (under 5s)

- ◆ Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments.
- ◆ Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes, spread throughout day.
- ◆ All under 5s should minimize the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

CHILDREN and YOUNG PEOPLE (5-18 years)

- ◆ All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- ◆ Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.

ADULTS (19-64 years)

- ◆ Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes of moderate intensity activity in bouts of 10 minutes or more—one way to approach this is to do 30 minutes on at least five days a week.
- ◆ Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous intensity activity.
- ◆ Adults should also undertake physical activity to improve muscle strength on at least two days a week.

OLDER ADULTS (65+ years)

- ◆ Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive function. Some physical activity is better than none, and more physical activity provides greater health benefits.
- ◆ Older adults should aim to be active daily. Over a week, activity should add up to at least 15 minutes of moderate intensity activity in bouts of 10 minutes or more—one way to approach this is to do 30 minutes on at least five days a week.
- ◆ For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous activity.
- ◆ Older adults should also undertake physical activity to improve muscle strength on at least two days a week.
- ◆ Older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week.

More specific activity recommendations for adults are made for beneficial effects for individual diseases and conditions. All movement contributes to energy expenditure and is important for weight management. It is likely that for many people, 45-60 minutes of moderate-intensity physical activity a day is necessary to prevent obesity, and for some people between 60-90 minutes may be necessary to maintain a healthy weight. For bone health, activities that produce high physical stresses on the bones are necessary.

- ◆ All children and young people, adults and older adults should minimize the amount of time spent being sedentary (sitting) for extended periods.
- ◆ **Moderate-intensity** physical activity can be characterised by breathing faster, experience an increase in heart rate and feel warmer. They may even sweat on hot or humid days. A person doing **vigorous intensity** activity will usually be breathing very hard, be short of breath, have a rapid heartbeat and not be able to carry on a conversation comfortably

North Yorkshire Physical Activity Forum

The North Yorkshire Physical Activity Forum was established in 2009 to increase participation in physical activity, in line with the objectives set out in 'Be Active, Be Healthy' the national physical activity plan.

The forum aims to bring together those partner organisations with an interest in physical activity to improve and co-ordinate service delivery and professional development.

The forum is led and chaired by the Physical Activity Lead for North Yorkshire Sport. Members include NHS North Yorkshire and York, a representative from each of the 8 local authorities, FDSO Disability Development Officer, Go Dales Officer; CTC Cycling Development Officer and the County Swimming Coordinator.

A number of initiatives received Be Active, Be Healthy funding through the forum in 2009/10 and innovative pilots were trialled, helping inform future developments.

Health Benefits

Evidence of a health benefit for physical activity is seen throughout the life course. In children, effects are predominantly seen in amelioration of risk factors for disease, avoidance of weight gain, achieving a high peak bone mass, and mental wellbeing. In adults, protection is conferred against the diseases themselves—including cardiovascular disease, cancer, type 2 diabetes—and obesity.²



The evidence base

While much is known about the potential health gains of a physically active and fit population, far less is known about effective interventions for increasing physical activity. In 2005 the Health Development Agency produced the *Effectiveness of Public Health Interventions for increasing physical activity among adults: a review of reviews (2nd ed)*⁴ www.nice.org.uk/aboutnice/whoweare/aboutthehda/hdapublications/hda_publications.jsp?o=681

NICE Guidance

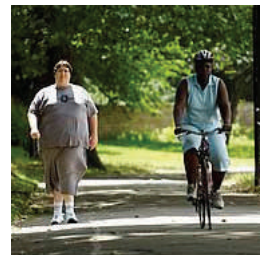
In March 2006 NICE published guidance on four commonly used methods to increase physical activity. For the full report visit: <http://guidance.nice.org.uk/PH2> Further guidance was issued in 2008: Physical activity and the environment www.nice.org.uk/Guidance/PH8 and Promoting Physical Activity in the Workplace www.nice.org.uk/Guidance/PH13 Promoting Physical Activity for Children and Young People was issued in 2009. www.nice.org.uk/PH17 A Department of Health statement on exercise referral can be found at: www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_072689

Inactivity and obesity

Obesity - a growing problem:

- ◆ around two-thirds of the population are overweight or obese
- ◆ obesity has grown by almost 400% in the last 25 years
- ◆ on past trends, obesity is set to surpass smoking as the greatest cause of premature loss of life.

Physical inactivity, along with unhealthy diets has contributed to the rapid increases in obesity in both adults and children. 22% of men and 24% of women in England are now obese³. With 9.8% of children in Reception class (4-5 years) obese (6.9% in North Yorkshire and York) and 18.7% in Year 6 (10-11 years) (14.3% in NYY)³, future levels of adult obesity are likely to continue to rise. Higher levels of obesity are seen in households living in areas of greater deprivation, those living on lower incomes, and within semi routine and routine households.



GP Physical Activity Questionnaire (GPPAQ)

The General Practice Physical Activity Questionnaire is intended for use in adults (16 - 74) years in routine general practice to provide a simple, 4-level Physical Activity Index (PAI) reflecting an individual's current physical activity. The index can be cross-referred to read codes for physical activity and can be used to help inform the decision as to when interventions to increase physical activity might be appropriate. For a copy of the questionnaire and guidance visit: www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_063812

Websites

British Heart Foundation

www.bhfactive.org.uk

BHFNC is committed to

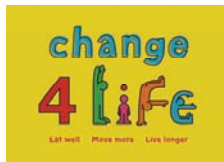
developing and promoting initiatives that will help professionals stimulate more people to take more activity as part of everyday life.



Change4Life

www.nhs.uk/Change4Life/

An initiative, supported by the Dept of Health, to improve people's diet and levels of activity so reducing the threat to their future health and happiness.



NHS Choices—Fitness

www.nhs.uk/Livewell/Fitness/Pages/Fitnesshome.aspx

Advice, tools, information and facts on how and where to keep active.



Sport England

www.sportengland.org.uk

An organisation committed to creating opportunities for people to start in sport, stay in sport and succeed in sport. They provide the strategic lead for sport in England and are responsible for delivering the Government's sporting objectives.



Sport Ex

www.sportex.net

healthEX specialist is targeted at individuals involved in the promotion of physical activity for health such as:

- ◆ physical activity health promotion specialists
- ◆ sports development officers
- ◆ medical professionals including GPs & practice nurses
- ◆ clinical exercise specialists working with special populations including physiotherapists
- ◆ occupational health specialists.



Sustrans

www.sustrans.org.uk

Sustrans is a charity that works on practical projects to encourage people to walk, cycle and use public transport.



Walking for Health

www.wfh.naturalengland.org.uk/

WHI is for everyone with an interest in walking for health. It offers information, support and encouragement to complete beginners, existing walkers and health and leisure professionals.



The Wright Foundation

www.wrightfoundation.com

Leads the way in Exercise Referral Schemes.



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Resources

British Heart Foundation, Physical Activity and Health

A range of booklets/leaflets/posters available

www.bhf.org.uk/

Tel: 0870 600 6566

Department of Health

www.orderline.dh.gov.uk or

Tel: 0300 123 1002

Support materials for Change4Life and Walk4Life sub-brand.

Tip: Use search facilities when trying to locate leaflets



Walking for Health

www.wfh.naturalengland.org.uk/

Tel: 01275 795500

Walk more ... feel the difference leaflet (Produce Code NEW1)

Also available in Easy Read (NEW4) version

Downloadable poster shells to promote walking for health. Click [here](#) for order form.



Sustrans

www.sustrans.org.uk

Tel: 0845 113 00 65

Free information pack to discover where to cycle near you. Downloadable free information sheets, cycle maps and "Biking Belles" and "Cycling with Children" leaflets.



References/Policy Context

1. Department of Health, 2011. UK Physical Activity Guidelines. Start Active, Stay Active. A report on physical activity for health from the four home countries' Chief Medical Officers. www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_127931
 2. Department of Health, 2005, *Choosing Activity: a physical activity action plan*
 3. The Information Centre, Statistics on Obesity, Physical Activity and Diet: England 2011. www.ics.nhs.uk/Pubs/opad11
 4. Health Development Agency, 2005, *The effectiveness of public health interventions for increasing physical activity among adults: a review of reviews (2nd ed)* www.nice.org.uk/aboutnice/whoware/aboutthehda/hdapublications/hda_publications.jsp?o=681
- ◆ Department of Health, 2009. Let's Get Moving. Patient pack is designed to support patients in their efforts to become more active. www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_105956
 - ◆ Department of Health, 2009. Be Active, Be Healthy. A plan to get the nation moving. A framework for the delivery of physical activity alongside sport for the period leading up to the London 2012 Olympic Games, Paralympic Games and beyond. www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_094358