



CABINET – 8 FEBRUARY 2019

**ACTIVE LIVES SURVEY 2018 – PHYSICAL ACTIVITY LEVELS IN
LEICESTERSHIRE**

REPORT OF THE DIRECTOR OF PUBLIC HEALTH

PART A

Purpose of the Report

1. The purpose of this report is to provide information to the Cabinet on the results of the latest 'Active Lives' Survey by Sport England and to highlight trends regarding physical activity in Leicestershire.

Recommendation

2. It is recommended that -
 - a) The report is noted;
 - b) The Cabinet supports the need for a coordinated and coherent approach to improving physical activity levels in Leicestershire.

Reasons for Recommendation

3. The County Council has a duty to help improve the health of people living in Leicestershire and its Joint Health and Wellbeing Strategy 2017-2022 sets out the Council's vision for better health and wellbeing for all. Improving people's physical activity levels will contribute to this.
4. Physical activity is not limited to sports; people's daily activity levels are affected by issues such as transport needs, planning decisions, housing, and availability of green space.

Timetable for Decisions (including Scrutiny)

5. Reports on the results of the Active Lives Survey were considered by the Health and Wellbeing Board on 29 November 2018 and by the Health Overview and Scrutiny Committee at its meeting on the 16 January 2019. The views of those meetings are set out in paragraphs 24 to 28 below.

Policy Framework and Previous Decisions

6. The Health and Social Care Act 2012 places a statutory duty on the County Council to take appropriate steps to improve the health of people living in Leicestershire.
7. The Council's Joint Health and Wellbeing Strategy 2017-2022 outlines its approach to reducing health inequalities and improving health and wellbeing outcomes for the people of Leicestershire, including addressing preventable risk factors such as including smoking, poor diet, sedentary behaviour and low levels of exercise. Four of the Outcomes set out in the Strategy would benefit from increasing levels of physical activity, namely:
 - 1: The people of Leicestershire are enabled to take control of their own health and wellbeing.
 - 2: The gap between health outcomes for different people and places has reduced.
 - 3: Children and young people in Leicestershire are safe and living in families where they can achieve their potential and have good health and wellbeing.
 - 4: People plan ahead to stay healthy and age well and older people feel they have a good quality of life.
8. The Council's Strategic Plan 2018-2022 "Working Together for Everyone" describes its overall policy framework and approach and encourages a joined-up approach to service delivery. It includes five priority outcomes, forming part of a Single Outcomes Framework. Supporting improved physical activity levels will contribute to Outcome 2: "Wellbeing and Opportunity - The people of Leicestershire have the opportunities and support they need to take control of their health and wellbeing."

Resource Implications

9. There are no resource implications arising directly from this report.

Circulation under the Local Issues Alert Procedure

10. None.

Officer to Contact

Mike Sandys, Director of Public Health
Tel: 0116 305 4259
Email: mike.sandys@leics.gov.uk

PART B

Background

11. The Active Lives Survey 2018 is the latest in a series of surveys by Sport England to measure physical activity across the country. Nationally, 185,000 people responded to the survey with 3,496 of those from Leicestershire.
12. The survey produces estimates of the percentage of people meeting the Chief Medical Officer's guideline of undertaking a minimum of 150 minutes of physical activity a week. It also provides data on the percentage of 'fairly active' and 'inactive' people as well as data on the types of activity undertaken.
13. Activities measured by the Survey include walking, cycling, dance, fitness and sporting activities, but exclude gardening as this is seen as being outside of Sport England's remit.

Physical Activity Performance - Adults

Leicestershire Performance

14. Since the active lives survey was first carried out in 2015/16, the position in Leicestershire has changed from being above the national average with regard to levels of physical activity to being below the national average. In 2015/16, the percentage of Leicestershire residents doing 150 minutes or more of physical activity was 62.3%, compared to a national average of 62.1%. This declined in 2016/17 to 60.9% (there was a slight fall in the national average, to 62.0%), and in 2017/18 there was a further decline to 59.3% (compared to an improvement in the national average, up to 62.3%).
15. The decline in physical activity over the last three years is statistically significant. Figures from the latest survey show physical activity levels in Leicestershire as being significantly below the national average. Correspondingly, the increase in the percentage of 'inactive' adults, that is those undertaking less than 30 minutes a week of physical activity, is statistically significant when compared to the national average.

	May 2017 - May 2018		
	Active (150+ minutes a week)	Fairly Active (30-149 minutes a week)	Inactive (<30 minutes a week)
	Rate (%)	Rate (%)	Rate (%)
England	62.3%	12.5%	25.2%
Leicestershire	59.3%	13.2%	27.5%
Leicester	58.3%	13.1%	28.6%
Rutland	58.8%	13.5%	27.7%
Blaby	59.7%	14.1%	26.2%
Charnwood	58.4%	11.9%	29.7%
Harborough	63.4%	13.9%	22.7%
Hinckley and Bosworth	58.4%	14.8%	26.9%
Melton	61.8%	12.7%	25.5%
North West Leicestershire	57.2%	12.5%	30.3%
Oadby and Wigston	58.5%	13.6%	28.0%

Key

Red: significantly worse than national average.

Amber: similar to the national average.

Figure 1: Active Lives Adults data (aged 16+), May 2017/18

Performance by District

16. Table 1, below, shows the performance by each of the seven districts for 2017/18. Activity levels range from a low in North West Leicestershire of 57.2% of adults undertaking 150 minutes or more of physical activity per week to a high in Harborough of 63.4% of adults doing so.
17. Compared to the baseline year of 2015/16, some districts have achieved modest gains in performance. The percentage of active adults in Harborough has increased by 3.2% and in Blaby and Melton by 1%. However, in other districts large falls in the number of active adults have occurred. In North West Leicestershire the percentage of active adults has declined by 8.3% and in Charnwood by 9.2%.

Table 1: Physical activity levels from May 2017 to May 2018

Area	Active (150+ minutes a week)	Change compared to baseline	Change in the last 12 months
Blaby	59.7%	+1.2%	-0.3%
Charnwood	58.4%	-9.2%	-3.4%
Harborough	63.4%	+3.2%	+3.2%
Hinckley and Bosworth	58.4%	-3.4%	-1.1%
Melton	61.8%	+1.8	+0.9%
North West Leicestershire	57.2%	-8.3%	-5.9%
Oadby and Wigston	58.5%	-1.4%	-1.0%
Leicestershire	59.3%	-3.6%	-1.6%
England	62.3%	+0.2	+0.3

(Figures in bold indicate statistically significant changes).

National Trends in Activity

18. Local analysis of the types of activity undertaken is not yet available from Sport England, but national figures would suggest that, for men, participation in sport has declined (although not significantly) whereas walking for leisure and for travel has increased significantly. For women, the national trend is towards a significant increase in walking for leisure and a significant decline in participation in dance for fitness.

Comparison across Councils in England

19. Analysis by County Council areas shows that a number of local authorities have achieved a statistically significant increase in physical activity since the baseline year of 2015/16: Suffolk, Nottinghamshire, and Hampshire. The only County which has experienced a statistically significant decline over this period is Leicestershire.

20. Comparing the results across unitary authorities, metropolitan boroughs, and district councils there is no immediately discernible pattern by authority type, although it is of note those areas that are relatively more affluent (Test Valley, Runnymede, Poole, Eastleigh for example) have achieved significant increases in performance while more deprived areas seem to be associated with worsening performance (Corby, Sefton and Rotherham for example). However this is by no means a uniform pattern with some more deprived areas (Manchester, Salford, Chorley) making significant gains and some relatively affluent areas (North West Leicestershire, Charnwood, Broadland, Wealden) seeing a decrease in physical activity levels.

Physical Activity Performance – Children and Young People

21. Alongside the adult survey, this year has seen the first national Active Lives Children and Young People's survey from Sport England. This is a school-based survey measuring participation in sport and physical activity inside and outside of school as well as attitudes towards sport and physical activity among children and young people (CYP) in school years 1-11 (children aged around 5 to 16) across England. It provides estimates at a national and local level to inform government policy (e.g. the Primary PE and Sports premium and the Childhood Obesity Plan) and local decision-making.
22. This first national report includes information about levels and types of activity, swimming proficiency, volunteering within sport and physical activity as well as mental wellbeing and individual and social development data, broken down by key demographics.

	Active every day (60 minutes or more every day) ¹	Active across the week (an average of 60 minutes or more a day but not every day) ¹	Fairly active (an average of 30- 59 minutes a day) ¹	Less active (less than an average of 30 minutes a day) ¹
	Rate (%)	Rate (%)	Rate (%)	Rate (%)
England	17.5%	25.7%	23.9%	32.9%
Leicestershire	18.1%	27.0%	24.1%	30.8%
Leicester	15.0%	25.9%	16.3%	42.8%
Rutland	14.2%	26.8%	25.5%	33.5%
Blaby	18.2%	25.7%	29.1%	27.0%
Charnwood	18.8%	28.1%	21.1%	32.0%
Harborough	18.0%	29.5%	25.3%	27.3%
Hinckley and Bosworth	20.4%	27.4%	22.6%	29.7%
Melton	15.4%	22.9%	23.3%	38.5%
North West Leicestershire	15.1%	27.9%	26.0%	31.0%
Quadbury and Wigston	26.2%	27.8%	16.9%	29.1%

Figure 2: Active Lives CYP (School Years 1-11), Academic Year 2017/18

Key

- Red: significantly worse than national average
 Amber: similar to the national average
 Green: significantly better than national average

23. For Leicestershire, the results indicate that activity levels in children and young people are not significantly different from the national average, at either the County levels or district level. The exception to this is activity levels for Oadby and Wigston that are significantly higher than the national average.

Comments of the Health and Wellbeing Board

24. The Board considered a report at its meeting in November 2018. It noted that the district councils, Leicestershire and Rutland Sport, and the Unified Prevention Board would be key in helping to address the issue in relation to reviewing existing strategies and programmes to encourage increased levels of physical activity. Members suggested that this should focus on related initiatives such as active travel and building physical activity into people's daily lives rather than just the sport and leisure centre offer. The Board agreed that it would receive a report at a future meeting regarding work being undertaken by the local authorities, Leicestershire and Rutland Sport, and other partners to encourage more physical activity and how this would be measured.

Comments of the Health Overview and Scrutiny Committee

25. The Committee considered a report at its meeting on 16 January. Members raised concerns that children were becoming less active and that if adults were not active then their children were likely to follow the same example.
26. The Director of Public Health reassured members that there was investment in fundamental movement skills programmes. The Public Health Grant funded School Sports Networks in Leicestershire and supported LeicesterShire and Rutland Sport to deliver the 'Daily Mile' in schools. Public Health did not always have oversight of work carried out at district level but did work with those authorities, for example in offering Nordic walking sessions.
27. Members were advised that the County Council wanted to work with housing developers with a view to integrating features into new developments - such as footpath and cycleway networks - to encourage healthier lifestyles. It was noted that in Manchester the Mayor had appointed Chris Boardman, the cyclist, to help improve cycling and walking infrastructure.
28. The Committee expressed its concern at the findings of the report and supported the Director's aims to improve physical activity levels including instigating a more coherent and coordinated approach to this across Leicestershire.

Conclusion

29. Although difficult to draw conclusions at this stage, if the local decline in certain areas is due to falls in broader physical activity, such as walking and cycling, rather than a decline in sporting participation, it may point to the desirability of a better joined up approach across Leicestershire. This should bring together sport, physical activity, transport, infrastructure planning and green spaces into one system.

Equality and Human Rights Implications

30. There are no equality or human rights implications arising from this report.
31. The Equality Act 2010 places a duty on the local authority when making decisions to exercise due regard to the need to eliminate unlawful discrimination, advance equality of opportunity and foster good relations between people who have a protected characteristic and those who do not. An overarching physical activity strategy for Leicestershire, for example, would need to consider its impact on protected characteristics groups.

Background Papers

Leicestershire Joint Health and Wellbeing Strategy 2017-2022 -

<https://www.leicestershire.gov.uk/sites/default/files/field/pdf/2016/10/11/Leics%20JHWS%202017-22v2.pdf>

County Council Strategic Plan 2018-2022 “Working Together for Everyone”

<http://politics.leics.gov.uk/ieListDocuments.aspx?CId=134&MId=5104>

Report to the Health and Wellbeing Board on 29 November 2018 ‘Active Lives Survey 2018 - Physical Activity Levels in Leicestershire’ and minutes of that meeting -

<http://politics.leics.gov.uk/ieListDocuments.aspx?CId=1038&MId=5301>

Report to the Health Overview and Scrutiny Committee on 16 January 2019 ‘Active Lives Survey 2018 - Physical Activity Levels in Leicestershire’ and minutes of that meeting -

<http://politics.leics.gov.uk/ieListDocuments.aspx?CId=1045&MId=5676>

Active Lives Adult Survey 2017/18 Report

<https://www.lrsport.org/researchandevidence/active-lives-adult-survey---may-1718-report>

Active Lives Children and Young People Survey 2017/18 Report

<https://www.lrsport.org/researchandevidence/active-lives-children-and-young-people-survey---201718-report>

This page is intentionally left blank