



HEALTH OVERVIEW AND SCRUTINY COMMITTEE: 13 NOVEMBER 2019

REPORT OF THE DIRECTOR OF PUBLIC HEALTH

ANNUAL REPORT OF THE DIRECTOR OF PUBLIC HEALTH: LEICESTERSHIRE'S HEALTH – PHYSICAL ACTIVITY – MOVING TO A WHOLE SYSTEMS APPROACH

Purpose of report

1. The purpose of this report is to present the Director of Public Health's Annual Report for 2019.

Policy Framework and Previous Decisions

2. Last year's report gave an overview of the challenge posed to health of the increase in multi-morbidity and frailty and this report includes an update on progress against the recommendations made in that report.

Background

3. The Director of Public Health's (DPH) Annual Report is a statutory independent report on the health of the population of Leicestershire.
4. The purpose of a Director of Public Health's annual report is to improve the health and wellbeing of the people of Leicestershire. This is done by reporting publicly and independently on trends and gaps in the health and wellbeing of the population and by making recommendations for improvement to a wide range of organisations.
5. One of the roles of the Director of Public Health is to be an independent advocate for the health of their population. The Annual Reports are the main way by which Directors of Public Health make their conclusions known to the public.

Consultation

6. The report is the independent report of the Director of Public Health.

Resource Implications

7. Full implementation of the recommendations of the report will need to be addressed through the commissioning and budget setting cycle.

Timetable for Decisions

8. The Annual Report will be considered by the Cabinet on the 22nd November 2019 and the Council at its meeting on the 4th December 2019.

Conclusions

9. This year's report presents data on physical activity across Leicestershire. Physical inactivity directly contributes to one in six deaths in the UK. Around a quarter of the population are classified as inactive, failing to achieve a minimum of 30 minutes of activity a week. Across Leicestershire, the percentage of physically active adults is significantly worse than the national average. Similarly, the percentage of adults walking for travel at least three days a week is significantly worse than the national average. Despite this, excess weight in adults is similar to the national average and excess weight in children is significantly better than the national average.
10. A complex set of circumstances have contributed, nationally and internationally, to this decline in physical activity. Changes in social, cultural, and economic trends have contributed to people participating in less physical activity such as, manual jobs, technology at home and work which encourages sedentary behaviours and over reliance on cars and motorised transport.
11. The approach outlined in the report accepts that there is no one solution to tackle such an ingrained problem and that local action to promote healthy weight across the life course requires a coordinated collaborative approach across many different organisations. The report identifies seven key components to a successful physical activity system:
- Active Environment
 - Active Travel
 - Active early years and schools
 - Active people and families
 - Active workplace and workforces
 - Active communities
 - Physical activity as medicine
12. Organisations across Leicestershire need to work towards a future where active design principles are embedded in planning policy and are central to planning decisions across Leicestershire. This would be facilitated by the development of healthy planning design guidance adopted by all district councils. Further work is also needed to promote the use of our green assets for physical activity purposes.
13. Public Health will continue to seek opportunities to work more closely with local planning authorities to increase provision of active travel and high quality walking infrastructure in new developments. Newly built areas should ideally prioritise cycling and walking as the preferred means of transport and the adoption of 20mph limits/zones where appropriate. The 'extended workforce' pilot role of Sport England, working in Leicester-Shire and Rutland Sport, gives valuable additional capacity this area.

14. In the school setting public health will advocate additional work in pre-school settings and with parents generally, to promote 'active play' and by encouraging the uptake of the Whole School Approach to Physical Activity (WSAPA) programme across all Leicestershire schools.
15. Public Health, again working jointly with LRS, will work with employers to encourage a health needs assessment of their workforce and to introduce interventions to reduce sedentary time at work and support people as they transition into retirement to continue to be active.
16. In addition there are potentially many opportunities to make social prescribing of physical activities such as guided walking, gardening or light conservation work, viable alternatives to attending a gym or prescribing unnecessary medicines.
17. By pursuing coordinated action across these seven components, it is envisaged activity levels in Leicestershire will increase to above that of the national average. Learning from areas of best practice, such as Greater Manchester, will also help inform the whole systems approach.

Officer to Contact

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List of Appendices

Annual Report of the Director of Public Health 2019.

Relevant Impact Assessments

Equality and Human Rights Implications

18. Implementation of the report's recommendations would have a positive impact on health inequalities.

Partnership Working and associated issues

19. The recommendations within this report focus on actions across agencies that will improve the population's health. The basis of the report is improving population health in partnership with other key agencies.

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