

Statement

Everybody is designed to be active, but the social, environmental and lifestyle changes that have occurred over the past century make it hard for us to be active enough. This is having a serious effect on our health.

As a nation we have a high incidence of obesity, heart disease, cancer and diabetes. The risk of contracting these diseases can be greatly reduced by increasing the amount of physical activity that we do.

“The health effects of an inactive life are serious. Inactivity accounts for over a third of deaths from heart disease and threatens the progress made in this area over many years. Added to this, is the disease, disability and poor mental health that come from growing levels of obesity and lack of physical strength. Physical inactivity has been called the ‘silent killer of our time’.”

(‘Let’s Make Scotland More Active: A strategy for physical activity’)

Any physical activity is better than doing nothing and more is better than doing a little! The targets set by the nationally recognised Physical Activity Task Force have been given a target date of 2022 for achievement, reflecting the length of time envisaged for this change to occur. Subsequently, it is recognised that it will take a considerable period of time to achieve enough change to people’s lifestyles to create a more positive picture of levels of physical activity in Scotland.

Angus Council, NHS Tayside and other local partners are committed to making sure that residents and visitors to the Angus area are aware of the positive contribution that physical activity can make to their well-being and lifestyle and are able to access as wide a range of physical activities as possible.



Why be Active

Physical activity is an issue which can have a significant positive effect on the health of the individual, and cumulatively, on the health of our communities.

It is imperative that we move towards a more preventative approach to ensuring the health of each and everyone of our local communities. Ensuring higher levels of physical activity across all generations is a major factor in preventing ill health and creating vibrant communities that are safer to live in and to bring up future generations

Outcomes

Benefits will include:

- Behavioural change in peoples attitude towards physical activity and recognise its importance in maintaining a balanced and healthy lifestyle.
- A reduction in illnesses associated with obesity such as diabetes, coronary heart disease, respiratory difficulties, joint/back problems and mental health.
- offering an alternative or partial alternative to normal medicinal treatment(s). Thus helping to reduce existing pressures on local primary health care services and potentially, on hospital waiting lists.
- A reduction in crime and anti-social behaviour.
- The development of vibrant, local economies.
- Developing multi agency partnerships with other major organisations, local planning groups and community groups to reduce health inequalities.
- Giving empowerment to local communities.

Angus Council Context

The Angus commitment to national priorities relating to physical activity opportunities for young people and the elderly, are included

within the local Joint Health Improvement Plan (JHIP). The priorities are developed by the Joint Management and Commissioning Groups for Community Care and for Children’s Services.

Included in the 2004-06 JHIP are initiatives that aim to have a direct impact on physical activity levels at every life stage and in a wide range of settings. There will be particular emphasis on young people, older people and marginalized groups. The local Physical Activity Steering Group will provide strategic guidance, though it is acknowledged that Angus Council Leisure Services Department will have a key role in terms of delivery of programmes.

The lead community planning group within Angus for physical activity is the Health Improvement and Community Safety (HICS) Group. It retains an overview of the following objectives as identified within the Angus JHIP 2004/06 and is responsible for the collation of information on behalf of the Angus Community Planning Partnership as a whole:

- The increased take-up of physical activity across Angus.
- The Development of an environment that promotes physical and recreational activity.
- An increase in sustained physical activity leading to involvement within organised clubs.
- The promotion of physical activity for the elderly in Angus in a range of settings
- Support for people with learning difficulties within mainstream sports and recreational facilities
- An improvement in health by participation in exercise referral and long term exercise for patients with coronary disease programmes.
- The availability of opportunities through programmes promoted by a variety of facilitators including Sports Development, Active Schools, Sports Facilities and Parks Services.

Our Goal

To achieve our aims and to let the people of Angus enjoy the benefits of their hard work, it is imperative to recognise the efforts that have to be put in over a sustained period of time.

The following recommendations are seen as making a major contribution to improving the well being of our communities and the people who live, work and play in them.

- Create a strategy group that will have a specific remit to produce a business plan and provide an annual progress report.
- take the identified gaps highlighted in the strategy document into account in the planning of future provision.
- ensure that an integrated approach be taken to ensure that the various local strategies are linked to one another thereby maximising use of resources.
- adopt a “spend to save” approach to this issue. e.g. programme development, staffing arrangements, workforce development, physical infrastructure and voluntary sector training.
- Undertake a public campaign, with incentives, to promote and develop participation levels in physical activity for people of all ages.
- Consult people at a local level on the recommendations of the strategy, and consider what they feel are particular priorities in their communities.
- Angus Council and NHS Tayside should continue to work closely with Dundee City Council and Perth and Kinross Council to ensure cross-boundary liaison/ learning from good practice.
- Utilise the strategy in the process of making sound funding bids.
- The strategy to be submitted to the Community Planning Partnership in Angus for consideration in the context of the Joint Health Improvement Plan for the area.

- The Community Planning Partnership should be invited to formulate and cost an action plan based on the gaps identified in this report, bearing in mind the approach to Ministers about Outcome Agreements.

Your Views on the Physical Activity Strategy for Angus

The framework for the audit and the subsequent tables showing gaps in provision (see overleaf) is based around schools, communities, homes and workplaces.

Are there any gaps that you feel are not mentioned that need to be addressed?

Are the recommendations reasonable in your opinion?

Are there other recommendations that you feel should be included?

The strategy does not include comment from individuals, youth organisations, voluntary groups, clubs or private businesses or enterprises.

We would welcome comments from individuals, groups and other organisations on how can we work hand in hand to create more active and healthier communities?

How?

Complete the form available at any indoor leisure facility or online (see over for details).



For a more detailed look at the strategy link in to Angus Physical Activity Strategy

at

www.angus.gov.uk

Alternatively, a hard copy can be viewed at your local library or council indoor leisure facility.

To make comment, complete the form available at any council indoor leisure facility. It is also available on line

at

www.angus.gov.uk



Gaps in Provision

The following information is based on the audit undertaken as part of the physical activity best value review exercise carried out in 2005. Consistency in approach has been ensured by following the same format as the original audit. It is anticipated that the information will be the corner stone of future development plan initiatives over the next five years.

Angus Physical Activity Review - Gaps In Provision				
	Pre-Primary School Age Group 0-4	Primary/Secondary School Age Group 5-18	Adults of Working Age Group Up to 55	Adults in Later Life Age Group 55+
Schools				
Current Status GAPS	Partial There is a lot of development work being undertaken within schools that have nursery provision. Still potential for future expansion of provision.	Full Good use of existing Active Schools/NOF resources. <ul style="list-style-type: none"> Potential for further development in some catchment areas. Curriculum review will impact on amount of PE provision in schools. Short term funding of programmes is an issue. 	Minimal <ul style="list-style-type: none"> Improve access to facilities for organised groups or as individuals. 	Minimal <ul style="list-style-type: none"> Improve access to facilities and activities for organised groups or as individuals.
Actions	<ul style="list-style-type: none"> Review needs in rural areas Work in conjunction with other providers outwith formal school network to involve them in developing initiatives in physical activity programmes. Continue to develop Top Start Programme Continue to develop links with partners to promote healthy eating and physical activity. Review service provision for children with special needs. Continue development of casual/informal play areas in rural and urban areas. Development of Angus Play Strategy. Develop School Travel Plans Develop and encourage parental/adult participation. 	<ul style="list-style-type: none"> Continue to develop partnership working with internal and external partners. Assess services for children with special needs/disabilities/health risks/Children on point of exclusion from school. Development of an alternative programme of activities for youths, particularly girls in the 12-16 years of age bracket. Develop School Travel Plans Develop and encourage parental/adult participation. Further development of links between schools and clubs Development of rural/community 'clubs'. 	<ul style="list-style-type: none"> Review methods of managing and promoting use of school facilities outwith school hours 	<ul style="list-style-type: none"> Review methods of managing and promoting use of school facilities outwith school hours.

Homes				
Current Status GAPS	Partial <ul style="list-style-type: none"> Further opportunities exist for development of the 'Out of School Care' network in conjunction with parents and other partner organisations 	Minimal <ul style="list-style-type: none"> More development work can be done to encourage parental and family involvement. 	None/Minimal <ul style="list-style-type: none"> Coordination of existing resources 	Partial <ul style="list-style-type: none"> Work done mainly in Residential Care establishments. Need to look at other options
Actions	<ul style="list-style-type: none"> Develop the use of the Play at home and other suitable initiatives via health staff, crèche workers play workers and pre-school groups programme. 	<ul style="list-style-type: none"> promote parental involvement in activity programmes. Promote family orientated activity sessions. Provide support to parents in developing skills that may help the promotion and parental involvement in physical activities e.g. coaching, officiating, administration Develop educational initiatives relating physical activity to health and healthy eating. 	<ul style="list-style-type: none"> Assess existing programmes in conjunction with other partners and user groups. Implement new coordinated programme and activities with user groups. Develop use of focus groups, etc..to improve baseline data. Create activity groups under control of partners but all sharing resources. Improve marketing of existing programmes/ resources. 	<ul style="list-style-type: none"> A review needs to be done in this area to ascertain whether existing resources can be better utilised. Develop use of focus groups, etc..to improve baseline data. Create activity groups under control of partners but all sharing resources. Improve marketing of existing programmes/ resources.

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Communities				
Gaps	Partial-Full <ul style="list-style-type: none"> Strong programme on the go. Need to look at the what happens in rural/semi rural areas. Potential to look at nurseries/play groups outwith the LA Education sector 	Full Further development of <ul style="list-style-type: none"> links between schools and clubs. after school - tea time slot activity programmes 	Full <ul style="list-style-type: none"> Facilities are all full at peak times. Review off-peak usage issues. 	Partial Programmes are being developed but issues of funding/accessibility limit expansion. Census indicates aging population - this needs to be taken into account for future facility/activity development
Actions	<ul style="list-style-type: none"> Ensure programmes are monitored and evaluated on a regular basis. Review programmes in light of regional sports development programmes 	<ul style="list-style-type: none"> Ensure programmes are monitored and evaluated on a regular basis. Review programmes in light of regional sports development programmes Create 'hassle-free' access to programmes and activity sessions. Maintain an affordable pricing structure for all socio-economic groups based on the ability to pay. 	<ul style="list-style-type: none"> Too large an age range - break down into two age groups - to be decided. Continue to offer wide range of coaching and tuition courses. Review services offered to the student & non working population Work in tandem with the other partnership agencies to promote healthy diet and physical activity together. Create 'hassle-free' access to programmes and activity sessions. Maintain an affordable pricing structure for all socio-economic groups based on the ability to pay. 	<ul style="list-style-type: none"> Review current service provision What is appropriate for each persons needs Improve staff training in elderly, residential and day care units, leisure facilities and for voluntary organisations. Improve monitoring and evaluation of programmes and their benefits to individuals.
Workplaces				
Gaps			Partial-Full. Council is strongly committed to SHAW.	None/Partial Similar to previous age group for those working.
Actions			<ul style="list-style-type: none"> Review is currently taking place as to methods of delivery to workforce. Await results of review and implement action plan 	

