

Report of Head of Governance and Scrutiny Support

Report to Scrutiny Board (Inclusive Growth, Culture and Sport)

Date: 13th December 2017

Subject: Supporting the development of a systems approach to physical activity in Leeds.

Are specific electoral Wards affected? If relevant, name(s) of Ward(s):	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Are there implications for equality and diversity and cohesion and integration?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Is the decision eligible for Call-In?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Does the report contain confidential or exempt information? If relevant, Access to Information Procedure Rule number: Appendix number:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

Introduction

1. During the Scrutiny Board's October meeting, the Head of Sport and Active Lifestyles provided a detailed report setting out the benefits of physical activity and the contribution it can make to the city's priorities, as well as outlining a proposed new model for the delivery of physical activity based on a collaborative, systems based approach ([Link to report](#)).
2. The Scrutiny Board acknowledged the powerful contribution that physical activity and sport can have in support of wider council outcomes and priorities, with the key health and wellbeing impacts summarised again in appendix 1. In particular, the Board recognised that this is not just a public health problem and that physical activity needs to be embedded into the fabric of everyday life, making it easy, cost effective and the normal choice in every community in Leeds.
3. The Board was therefore fully supportive of the long term ambition in Leeds to deliver a better, more holistic systems approach to physical inactivity that will evoke a cultural change in which being physically active does become the norm.
4. To achieve this ambition, the Board also acknowledged the massive step change needed for the delivery of physical activity in Leeds, which would require a more enlightened, integrated, long term systemic change to the way all Council services and other organisations work together on this agenda.

5. The Scrutiny Board therefore agreed to use today's meeting to continue its discussions with representatives from the Sport and Active Lifestyle Service in determining key actions needed to embed this shared vision and to also maximise resources to deliver a systems approach to physical activity. The Head of Sport and Active Lifestyles will therefore be leading a presentation during today's meeting to prompt further discussion on this.
6. In recognition of the Council's key civic leadership role in this agenda to help effect the step change needed, the Council's Chief Executive and the Deputy Leader and Executive Member for Resources and Strategy will also be contributing to the Board's discussions during today's meeting.

Recommendation

7. Further to the Board's discussion, Members are asked to determine what, if any, further Scrutiny action it may wish to undertake.

Background documents¹

8. None used

¹ The background documents listed in this section are available to download from the Council's website, unless they contain confidential or exempt information. The list of background documents does not include published works.

Key impacts of an active lifestyle to physical and mental health and wellbeing.

1. A wealth of evidence shows that an active lifestyle is essential for physical and mental health and wellbeing. Physical activity can guard against conditions such as obesity, hypertension, cancer, diabetes and depression. For example;
 - Being active can reduce the risk of developing diabetes by 30-40%. People with diabetes can reduce their need for medication and the risk of complications by being more active.
 - Persuading inactive people to become more active could prevent one in ten cases of stroke and heart disease in the UK.
 - One in eight women in the UK are at risk of developing breast cancer at some point in their lives. Being active every day can reduce that risk by up to 20% and also improve the lives of those living with cancer.
 - Dementia affects 800,000 people in the UK. Staying active can reduce the risk of vascular dementia and also have a positive impact on non-vascular dementia.
 - Depression is increasing in all age groups. People who are inactive have three times the rate of moderate to severe depression of active people. Being active is central to our mental health.
2. In addition to the health and wellbeing benefits that can be derived through physical activity it has a much wider reach and impact across all Leeds City Council priorities. Boosting participation in physical activity has many socio-economic benefits and can, and does, make a profound impact on individuals, communities and wider society. For example;
 - Being active plays a key role in brain development in early childhood and is also good for longer-term educational attainment. For instance, young people's participation in physical activity improves their numeracy scores by 8% on average above non-participants. In addition, under-achieving young people who take up physical activity see a 29% increase in numeracy skills and a 12 – 16% increase in other transferable skills. Other programmes targeted at young people at risk of offending show that physical activity can enhance self-esteem, reduce re-offending and support access to the workplace. In Leeds, for example, this is evidenced through the delivery of the Dame Kelly Holmes project and Positive Futures interventions.
 - In terms of economic impact physical activity participation contributes £244.1 million to Leeds economy and provides a total of 7374 jobs in Leeds. It is also estimated that the value of volunteering related to physical activity is £147.5 million (information taken from Sport England local profile data). The economic impact of sports events in the city is also significant with, for example, the World Triathlon Series bringing in a cash boost to the local economy of at least £1.2 million with over 5 hours of TV coverage in the UK and worldwide. In a wider context increased

energy levels through participating in physical activity boosts workplace productivity and reduces sickness absence.

- Physical activity has the ability to strengthen social networks and community cohesion. Through physical activity and sport individuals can develop a sense of belonging and can build quality peer relationships with other member of their community. Projects that support the delivery of these outcomes include small scale asset based community development initiatives or larger scales facility development associated to events, such as the social regeneration which followed the Commonwealth Games in Manchester.
- Physical activity, through active travel – walking and cycling - also has the ability to connect people and places together whilst supporting an improvement in air quality through a reduction in road traffic emissions. It is understood that people who walk or cycling to work are four times more likely to achieve the Chief Medical Officers recommendation of 150 minutes of moderate intensity physical activity per week.
- Social Isolation affects people of all ages but in particular it is older people who are at greater risk due to factors compounding such as wider determinants and long term health conditions. There are estimated to be 37000 older people experiencing loneliness or social isolation across Leeds. Cause for concern must be noted as research shows that loneliness and isolation is detrimental to health and comparable as a risk factor for early death to smoking 15 cigarettes a day. Therefore physical activity for older people not only improves physiological health outcomes but increases the opportunity for improving social connections.

Recognition of physical activity within current citywide strategies and policy documents.

3. The role of physical activity in delivering city outcomes in increasingly being recognised and valued within Leeds. The following key citywide strategies and policy documents are now in place and demonstrate the strength of the commitment to physical activities in the city;
 - **Health and Wellbeing Strategy (2016 – 2021)** - physical activity is one of only 12 priorities for the Leeds Health and Wellbeing Board (and the only lifestyle risk factor identified individually within a specific priority) – ‘More people, more physically active, more often’. In addition it is a key priority in the draft Leeds Health and Care Plan.
 - **Best City Plan (2015 -20)** - it sits as one of 20 priorities in the best council plan ‘Promoting physical activity’
 - **Sport Leeds strategy (2013 – 2018)** - where tackling health inequalities is firmly embedded as a key concern, they aim to ‘support the inactive to become active’
 - **“Breakthrough” projects** - in addition to the above strategies Leeds is prioritising seven city wide ‘Breakthrough’ projects, one of which focuses on health inequalities with physical activity positioned as one of only three work streams.