

Appendix 1 Supporting Healthy Physical Active Lifestyles

Priorities	BCP Key Performance Indicators (KPI)	2020/21 Target	Q2 Result	RAG
Health & Wellbeing <ul style="list-style-type: none"> Supporting healthy, physically active lifestyles 	Bi-Annual KPI Percentage of physically active adults	<20.9% of people are inactive (132,900) (Nov 2018-Nov 2019)	22.7% of people are inactive (145,300 people) (May 2019-May 2020)	
	Supplementary - Percentage of active travel city centre journeys (walking and cycling)	N/A	7% (2019)	N/A

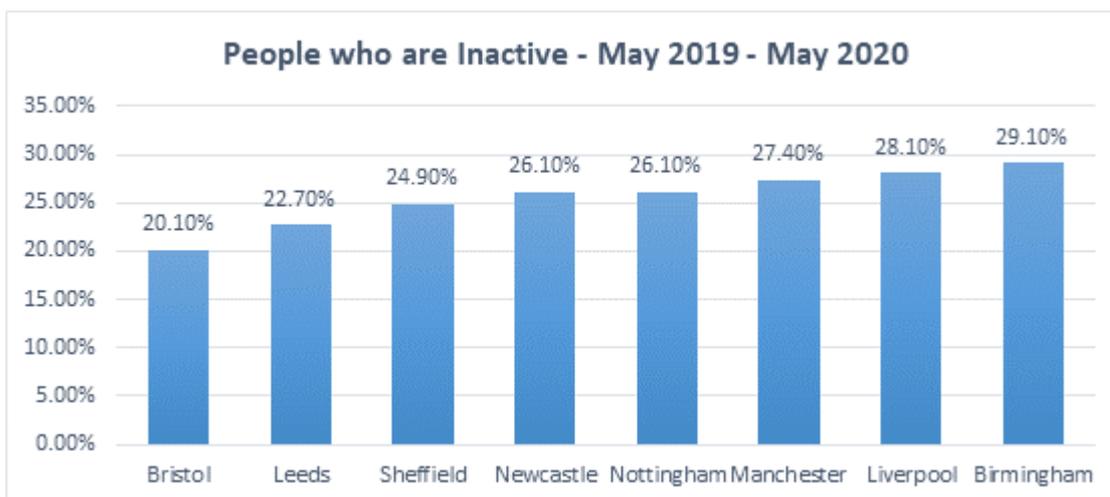
Percentage of Physically Active Adults

The national Active Lives Survey (ALS), carried out by Sport England, is used to provide the data for this indicator. The survey produces in depth information about participants' activity and lifestyle. The Best Council Plan 2020-2025 performance indicator uses the "percentage of people who are inactive" in order to determine if more 'inactive' people are becoming 'active', and a reduction in the number of adults who fall into the 'inactive' category is sought. The Survey samples around 2,000 Leeds' residents on a rolling basis; and "inactive" is defined as undertaking less than 30 minutes of moderate activity per week.

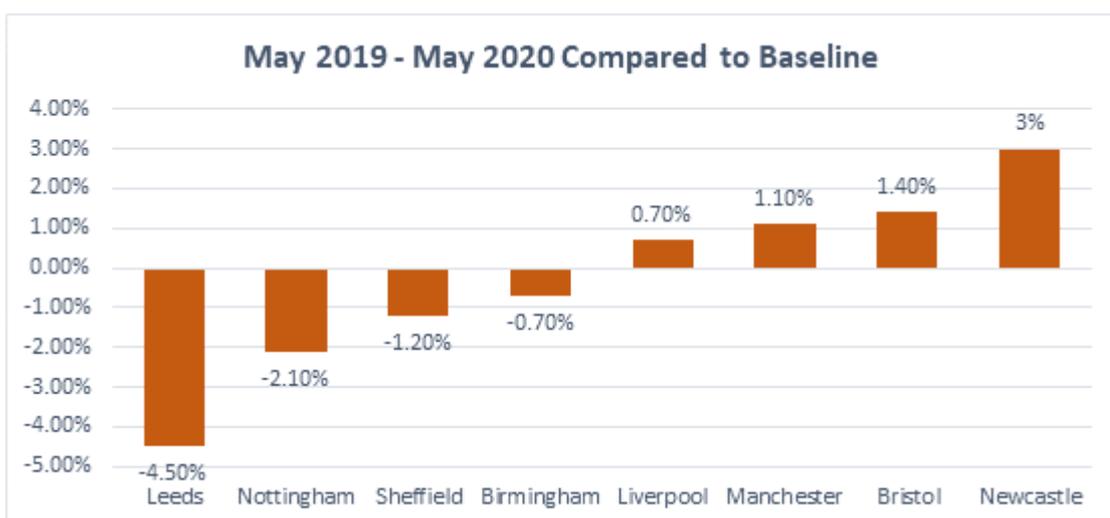
The Active Lives Interim Survey result (May 2019 – May 2020) is reported here and showed that 22.7% of people in Leeds were inactive i.e. 145,300 people. An increase of 1.8% compared to the full year result but only a 0.9% increase compared with the previous year's interim Survey result of 21.8% of people were which equated to 138,800, an increase of 6,500 people over the 12 month period. The Yorkshire & Humber rate of inactive people for the May to May period was 26.9% and England as a whole had an inactive rate of 25.5%.

The findings, cover the 12 months from mid-May 2019 to mid-May 2020 and include the first nine weeks of Covid lockdown restrictions imposed. The survey shows that the gains made in the first 10 months of the year were cancelled out by significant drops in activity levels during this lockdown period, despite an increase in cycling for leisure, running outside and exercising at home as people took up the opportunity to adapt their activity habits during the pandemic. Overall, activity levels remained relatively stable across the 12 months.

The report also shows that nationally more than 3 million people were less active between mid-March and mid-May compared to the same period a year before, and this demonstrates the extent to which people's lives were disrupted. However Leeds compares well to the other Core Cities and after Bristol has the lowest percentage of inactive people. This highlights the interventions put in place in Leeds helped to ensure activity levels weren't impacted greater during this period compared to other areas.



Since the Survey started in 2015/16, the Leeds percentage of inactive people has fallen by -4.5% meaning 4.5% of the population have moved out of the inactive category, this is recognised as a significant decrease by Sport England. The table below shows the percentage change for all of the Core Cities in England since the baseline year and Leeds can clearly be seen to have had the greatest change.



The indicator is supported through the Vision for Leeds to be the Best City to be Active in. The private sector's contribution, and our work with the community and third sector, are vital as the Council is not able to wholly deliver this ambition with available resources. Supporting people to become more active is not just about providing facilities, but also through promoting an active lifestyle including: exercise; healthy eating; active travel; and mobility.

Activity choice was severely restricted during the initial phase of lockdown, highlighting the importance of organised sport and access to facilities for specific groups, and that some groups found it more difficult to adapt to the new regulations than others. Active Leeds tried to combat some of this by delivering a physical activity toolkit to deprived areas in Leeds and providing activities for children to do at home (even swimming activities to do in the paddling pool and live gymnastic sessions in the garden and on trampolines). Active Leeds also started outdoor fitness classes, running, cycling activities, as well as targeted outdoor classes for the health programmes. Over 90,000

calls were carried out to members in all programmes to provide exercise advice and support including ensuring that they had access to essential equipment. Calls were especially concentrated on the older aged groups, who just liked having someone to chat to during this period.

In lockdown itself, positive government messages about getting outside once a day for exercise played an important role in reminding people about the importance of activity for their health and the report paints a picture of a nation doing its best to stay active despite the challenges to their daily lives, with people turning to home-based fitness, running and cycling in great numbers.

Walking was the most popular overall activity in the early weeks from mid-March, with more than 21 million adults walking at moderate intensity, while outdoor running was also popular. However with most business premises and offices closed, walking for travel saw the largest drop over the period, down 7.3m.

The report also shows that nationally the number of people cycling for leisure or sport increased from 6.1m to 7.2m (+2.5%) from mid-March to mid-May compared to the same period 12 months prior. As cycling for travel was down by 773,000 (-1.7%), the number of people cycling in total was up by 715,000 (+1.5%) overall.

Exercising at home also saw a boom compared to the same two-month period in 2019, as people were encouraged to get active indoors, with Active Leeds launching the exercising at home toolkit and online fitness class programme for people to join. Overall nationally, over the two-month period, there was an increase in home exercise of 2.1m and this was largely driven by women. Men suffered a greater drop in activity levels (-1.8m), compared to women (-1.2m) in the early weeks – a reflection that men are more likely to take part in team and racket sports than women, both of which were not permitted along with some activities being harder to do, gym sessions, exercise machines and weight sessions all fell.

The 16-34 age group has been hit hard by the pandemic, the proportion who were active dropped to below two-thirds during this period. This reflects the fact that younger adults make up a greater share of the activities that were severely restricted or less relevant during lockdown, such as team sports and active travel. It also indicates that many found it harder to adapt or replace activities.

This highlights how important keeping indoor sports available is to ensuring this age group remains active.

Activity levels amongst the 35-54 age group have shown more resilience than other age groups. Perceived opportunity didn't change for this age group over this period. There was an increase in digital activity aimed at children during this period and, as this age group are most likely to have families, it's possible they benefited from these activities too.

Not surprisingly, given those aged 70+ were advised to shield during the early phase of lockdown, the drop for the 75+ age group (of over a quarter of a million, -6.6%) was proportionately greater than all other age groups.

Whilst activity levels fell for all groups, falls were larger amongst lower social groups (NS-SEC 6-8) than higher social groups (NS-SEC 1-2). As such, the gap between lower and higher social groups widened during this period.

With disabled adults and those with a long-term health condition asked to shield, their activity levels decreased. More generally, we've seen the negative impact of inactivity increasing with number of impairments reported and, as such, the inequality observed has widened as a result of the pandemic.

The impact of the pandemic is likely to have been mitigated to a certain extent by activity providers in Leeds and online fitness activities creating more content especially for disabled people and those with long-term health conditions. For example Active Leeds Health Programmes team put on specific online sessions for their clients during this time and sent out resources for people to be able to take part in activities at home.

Drops in activity levels were larger amongst those from Asian (excluding Chinese), Black and Other ethnic backgrounds - indicating they've found it harder to find new ways to stay active. This indicates lockdown restrictions led to fewer from Asian (excluding Chinese) backgrounds being active, but that this was not only due to less opportunities being available. Reduced motivation for accessible activities was also a factor. Delving deeper, we see that these drops are larger for men from both Asian (excluding Chinese) and Black backgrounds. Therefore, whilst the overall inequalities have increased, within these ethnic groups the gender inequalities are slightly reduced. Active Leeds Zoom Pop Pilates classes have built up a regular new group of women working out from home, with a particular focus on women from the South Asian communities. Which highlights the greater engagement in women from these communities, but also importance of Active Leeds interventions to help these groups to get back in to being physically active especially in male populations.

The report also recorded happiness and anxiety levels and with this in mind, it's not surprising that at the initial phase of the pandemic, it was the short-term markers of happiness and anxiety that changed.

- Happiness fell by 0.2 to 6.9 out of 10 in mid-March to mid-May.
- Anxiety increased by 0.5 to 3.9 out of 10 over the same period.

We know active adults have higher wellbeing outcomes than fairly active adults, who in turn have higher wellbeing outcomes than inactive adults. This means that, with more people inactive during this period (+7.4%), fewer enjoyed the wellbeing benefits associated with being active. It's important for the Leeds mental wellbeing that there are as many opportunities to be physically active as possible

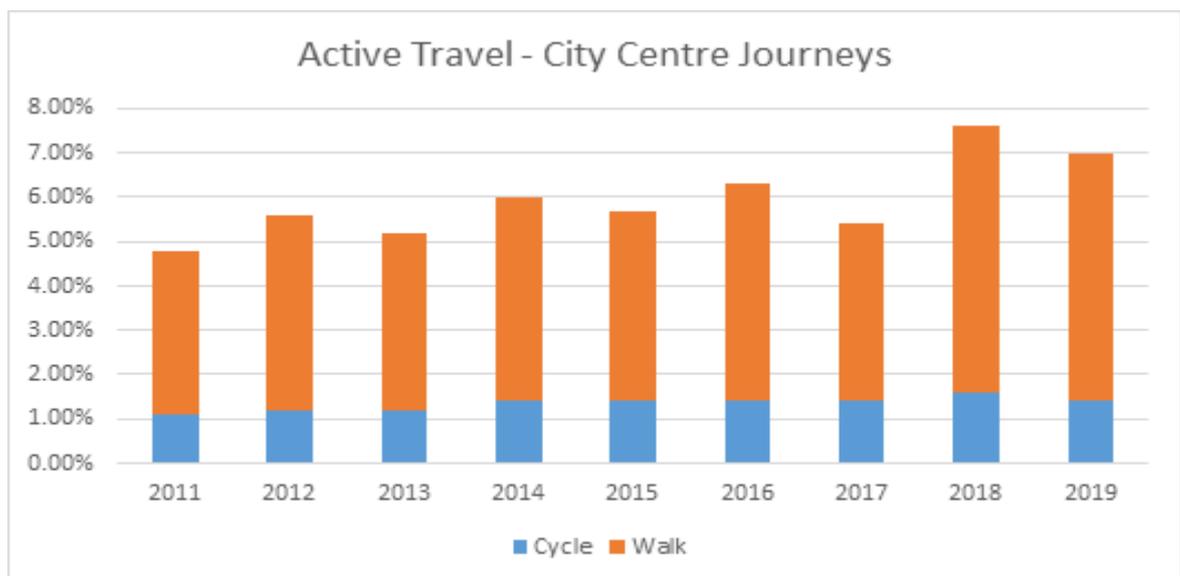
All of this just shows the immediate impact on mental and physical health of people during the pandemic and there are longer studies being completed in terms of the long term effect and how quickly things can recover. As well as understanding more of the greater impact on certain groups of the population. This will help shape future activities and interventions to ensure these effects are reversed. However it is clear during this time that how, where and when we do activity has changed and there has been a very quick step forward in certain areas but these benefits need to be identifiable to all sections of society. It is clear physical activity has a huge part to play

in the recovery of not just people's mental and physical health but also the economy which needs more focused initiatives as we move forward.

Percentage of active travel city centre journeys (walking and cycling)

Leeds has an ambition to be the Best City to be Active In, to increase levels of physical activity specifically in those areas with the greatest health inequalities. There is a strong evidence base to show that Active Travel has a key role to play in increasing and sustaining physical activity levels in Leeds and an important part to play in shaping the transport response to the Climate Emergency. Active Travel is one element of the Connecting Leeds ambition for the transformation of travel in Leeds for people who live, work in and visit the city which cuts across all modes of travel and contributes to improving the sustainability of our transport system.

Active travel means making journeys, or part of a journey, by physically active means such as walking or cycling instead of using motorised transport. The annual 2020 result for percentage of active travel city centre journeys will not be available until Spring 2021 so the result shown is for 2019 (which will act as a target for 2020/21) of 7% active travel city centre journeys (walking and cycling), this fell by 0.6% compared with the 2018 result of 7.6%. The graph below shows active travel city centre journeys between 2011 and 2019, and demonstrates the upward trend in active travel over the nine year period.



The Highways and Transportation service, working with Active Leeds, plays a key role in the promotion of active travel through its strategies, policies and localised travel plans. A dedicated Influencing Travel Behaviour team work directly with businesses, schools and local communities in delivering a programme of education, promotional campaigns and travel planning activities to promote walking, cycling and scooting. However, due to Covid-19, the majority of national, regional and local active/sustainable travel events have been cancelled and the education programme has been much reduced in line with social distancing.

The Emergency Active Travel Fund (EATF) has resulted in a number of projects to encourage active travel including:

- Kirkgate Market Bike Hub (pop-up)
- Installation of 14 School Streets
- New bike parking at parks and countryside locations
- Segregated cycle facilities
- Adult cycle training
- Purchase of loan bikes including e-cargo bikes.

These activities complement and enhance the value of new capital investment which funds improvements to the walking and cycling environment within the Connecting Leeds programme, along with the programmes promoted and supported through the West Yorkshire Combined Authority.

The early and continued engagement of residents and communities in conversations around moving more and place making (low traffic neighbourhoods) is essential if we want to build a city where Active Travel is central to the way we live and work in the future. Active Leeds through its approach to ways of working at a locality level has built strong relationships and trust with key individuals, partners and organisations enabling better conversations around being active. Active Leeds alongside Public Health are starting to bring learning and insight around behaviour change into strategies, policies and localised plans. The emerging Active Travel Neighbourhoods are providing a great opportunity for improved cross service working – to engage with and bring together people, their communities, and the things they care about with the built environment.

Working alongside colleagues in Public Health, Active Leeds, Parks and Communities, we will continue to improve how we connect and align our work to contribute towards a vision to build physical activity into everyday life, making being active an easy choice. The access to connections and linkages of cycle and walk routes, particularly in our most deprived communities, is an important piece of work to support the inclusive growth of the city.

Through partnership working and the shared learning including our universities, we are continuing to grow our understanding of the role of behaviour change to help increase levels of Active Travel. As the city acts on its Climate Emergency resolution, this collaborative activity will increase in significance as programmes of behaviour change and develop alongside infrastructure build.