

North Somerset Council

REPORT TO THE HEALTH OVERVIEW AND SCRUTINY PANEL

DATE OF MEETING: 16 FEBRUARY 2023

SUBJECT OF REPORT: PHYSICAL ACTIVITY STRATEGY FOR NORTH SOMERSET

TOWN OR PARISH: ALL

OFFICER/MEMBER PRESENTING: REBECCA STATHERS, PHYSICAL ACTIVITY AND HEALTHY LIFESTYLES MANAGER

KEY DECISION: NO

REASON: UPDATE FOR INFORMATION

RECOMMENDATIONS

The Health Overview and Scrutiny Panel are invited to consider the information provided within the presentation regarding the development of the Physical Activity Strategy for North Somerset and to contribute views, perspectives and possible actions to be considered as the strategy is developed and finalised.

1. SUMMARY OF REPORT

This report highlights the current position with the Physical Activity Strategy for North Somerset in response to an action from the Joint Health and Wellbeing Strategy 2021 to 2024.

This strategy and accompanying outline action plan will demonstrate how the Council and partners can contribute to improving the health and wellbeing of North Somerset residents and reducing health inequalities through increasing physical activity.

2. DETAILS

- There is a national focus on physical activity and health and wellbeing, particularly through the Office for Health Improvement and Disparities (OHID) (announced in March 2021); this focus will need to be a national drive to achieve pre Covid 19 physical activity participation rates and to build on this to ensure those who are inactive are provided with opportunities to become active.
- At present:
 - 25.9% of North Somerset adults are inactive (participate in less than 30 minutes per week)
 - 34.2% of North Somerset children and young people in school years 1-11 (aged 5-16) are inactive

The Health and Wellbeing Strategy identifies increasing physical activity levels as an action and has assigned £80k towards the delivery of the action plan.

- Engagement was conducted via online surveys, workshops and interviews with a range of stakeholders between October 2022 and January 2023.

This included:

- Town and Parish Councils
 - Residents
 - Physical activity providers
 - Schools
 - Key internal stakeholders – Public Health, Leisure, Sustainable Transport, Natural Environment
 - Key external stakeholders – BNSSG ICB, Wesport, Leisure Centres, One Weston Locality
 - Disability access group
- Following consultation, 4 shared outcomes have been identified, which will form the themes of the strategy's objectives and priorities and accompanying action plan:
 - **Active Environments** – built and natural environments that support and facilitate every day physical activity for everyone
 - **Active Communities** – supported and developed community assets and activities to increase physical activity levels and build community resilience
 - **Healthy Individuals** – decreasing inequalities, increased awareness and capability in our inactive population to change their behaviour and increase physical activity levels long-term
 - **Partnerships and Collaborative Working** - improved partnership working to increase physical activity opportunities and participation across our population
 - Under each shared outcome a number of gaps, barriers and opportunities were identified and have been grouped into the following key issues:
 - Accessibility
 - Built Environment
 - Natural Environment
 - Funding and Resources
 - Behavioural Influences
 - Target Groups
 - Activities and Promotion
 - Connectivity and Travel
 - The next steps are to form a North Somerset wide steering group with stakeholders to develop the objectives and priorities further. This will lead to the formation of an action plan.
 - The final strategy and action plan to be presented to the Executive for approval in June 23.

3. FINANCIAL IMPLICATIONS

The Health and Wellbeing strategy has identified £80k of approved funding, towards the implementation of the Physical Activity Strategy.

4. LEGAL POWERS AND IMPLICATIONS

N/A

5. CLIMATE CHANGE AND ENVIRONMENTAL IMPLICATIONS

Environmental implications of actions included in the strategy will be considered during its development and addressed as needed e.g. by including locally-available and accessible services and exploring opportunities to minimise emissions. Any new service providers commissioned or grant funded as part of the action plan will be also encouraged to include commitments to addressing climate change.

6. RISK MANAGEMENT

There are no significant risks regarding the production of the Physical Activity Strategy, the document provides an opportunity for Public Health and Leisure to broaden its reach to the residents of North Somerset and provide greater physical activity provision and health improvement support within our communities.

Any risks will be discussed and managed within the group and escalated corporately as required.

7. EQUALITY IMPLICATIONS

The strategy and action plan will include targeted actions to address inequalities in physical activity. For instance, this may include actions relevant to specific populations experiencing lower physical activity levels.

8. CORPORATE IMPLICATIONS

The Physical Activity Strategy aligns with North Somerset Council's vision of being open, fair and green, by ensuring that the strategy responds to, and builds on, engagement with people and stakeholders, partnership working and collaboration, and the focus on addressing inequalities in physical activity.

AUTHOR

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APPENDICES

None

BACKGROUND PAPERS

None