

North Lanarkshire Council Report

Communities Committee

Does this report require to be approved? Yes No

Ref LR/HL

Date 28/10/24

National Physical Activity for Health Framework

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Executive Summary

This report provides an update on the new Physical Activity for Health Framework, recently approved by Cosla. The framework replaces the Active Scotland Outcomes Framework that was published in 2018 and provides a framework for action to improve levels of physical activity at both national and local level which is firmly founded on evidence-based international guidance from the world health organisation and other global partners as to the approach which is needed to deliver sustainable change.

Set within a North Lanarkshire context, the report outlines our proposed next steps to fulfil the ambitions set within the overall framework.

Recommendations

It is recommended that Committee:

- (1) Acknowledges the ambitions set out within the Physical Activity for Health Framework.
- (2) Otherwise, acknowledges the contents of this report.

The Plan for North Lanarkshire

Priority	Improve the health and wellbeing of our communities
Ambition statement	(15) Encourage the health and wellbeing of people through a range of social, cultural, and leisure activities
Programme of Work	All Programmes of Work

1. Background

- 1.1 In 2003, Scotland was amongst the first nations in the world to publish a strategy which recognised the consequences to public health of physical inactivity and identified approaches which would help to address this challenge. 'Let's Make Scotland More Active' aimed to increase the proportion of physically active people in Scotland and recommended approaches based on international evidence by which this might be achieved.
 - 1.2 In the intervening twenty years, addressing physical inactivity has remained a policy priority for the Scottish Government and local authorities. The Commonwealth Games in Glasgow in 2014 gave new impetus to this agenda and the availability of new international research and guidance provided a clearer framework for the development of more nuanced approaches. This was encapsulated in the Active Scotland Outcomes Framework (2015) which set out the shared vision and goals which shaped the approach it and a wide range of partner organisations would take to supporting and enabling people in Scotland to be more physically active.
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2. Report

- 2.1 The core messages of Let's Make Scotland More Active in 2003 are still relevant today and the actions which have been taken forward in the last twenty years have had an impact. The people of Scotland are more active now than they were in 2003. In the last 10 years, the percentage of adults meeting recommended levels of physical activity has increased by 3% from 62% in 2012 to 65% in 2022.
- 2.2 As reported to Communities Committee in August 2024, much has been achieved in North Lanarkshire. The Active & Creative Communities Strategic Framework 2020-24 has provided a clear focus on increasing participation and activity through a range of social, cultural and leisure activities in response to the outcomes set for increased activity. The 2020-24 strategy was based within the context of the Active Scotland Outcomes and sought to achieve an overall increase in physical activity. The council's approach at that time sought to tackle both physical and mental health, with a recognition that participation in a range of activities was the most effective method of ensuring overall health and well-being. Over the period from 2020 to date, North Lanarkshire has seen an increase of over 150% in participation among its community.
- 2.3 However, much more work is needed. Insufficient physical activity is one of the 5 main modifiable risk factors for the 5 main non-communicable diseases: cardiovascular diseases, cancer, diabetes, chronic respiratory diseases, and poor mental health. An estimated 3,000 deaths in Scotland each year are attributable to physical inactivity. More than 80% of deaths attributable to inactivity occur amongst those undertaking very low levels of activity (under 30 minutes per week)
- 2.4 **What is Changing?**
 - 2.4.1 Physical Activity for Health – Scotland's National Framework has been developed over the past 18 months with system partners including COSLA, Scottish Government, sportscotland, Public Health Scotland, Community Leisure UK, Paths 4 All, Transport Scotland and Nature Scot. The approach to improving levels of physical activity in Scotland outlined in the framework document is underpinned by key overarching public health principles, adapted from the World Health Organisation Global Action Plan for Physical Activity.

- Human Rights Approach – the highest attainable standard of health is a fundamental right of every human being.
- Equity Across the Life Course – it is recognised that disparities in physical activity participation by protected characteristic must be addressed. The needs of all must be addressed to reduce inequality.
- Evidence-based Practice – all actions must be based on robust scientific evidence from active evaluation and demonstration of impact.

2.4.2 The overall vision for Scotland, as has been since 2003, is 'More People, More Active, More Often'; this remains the vision for Scotland's new framework and is based on the recognition that improving levels of activity is vital for the health and wellbeing of the people of Scotland. Global evidence 1 indicates the actions which will lead to achieving this vision. They encompass both national and local programmes and success will be dependent on widespread acceptance of a common goal and an understanding of where our collective priorities for action must be focussed.

2.4.3 Within North Lanarkshire, Active & Creative Communities (ACC) are working with NHS Lanarkshire to promote a local whole systems approach to public health which recognises the need to bring a range of services and people together to support a commitment to increasing activity and tackling the challenges outlined. The actions are wide ranging, ambitious, and long term – using the national framework to provide an overall direction, supporting eight strategic outcomes:

- Active systems
- Active places of learning
- Active travel
- Active places and spaces
- Active health and social care
- Active communications
- Sports and recreation
- Active workplaces

2.4.4 Work with NHSL is at an early stage and will be shared with elected members as plans are developed.

2.5 Progress to Date

2.5.1 While the priorities set out in paragraph 2.4.3 have just been launched, it is important to recognise that the council has made critical progress in many key areas:

- Active systems – we work closely with partners in sportscotland, Public Health Scotland and NHS Lanarkshire to ensure a collective and strengthened approach to physical activity. The council has signed up to a four-year plan, supported by sportscotland to deliver on the key priorities underpinning a more active Scotland.
- Active places of learning – through our Active Schools team, we continue to work with primary and secondary schools across North Lanarkshire to deliver extra-curricular activities – at total of 1341 activities and 21,470 participants during 2023/24.
- Active travel – members are aware of the council's commitment to the Active Travel Strategy, with ambitious projects underway across the North Lanarkshire area.

- Active places and spaces – we continue to work together to maximise the potential of public spaces, ensuring physical activity is a priority in all decisions. Ongoing discussions around the new Watersports Centre are an excellent example of keeping health and wellbeing as a central tenet of development discussions.
 - Active health and social care – our partnership with NHS Lanarkshire continues to develop with increasing recognition of the role that physical activity and support from fitness specialists can play in supporting overall rehabilitation. Recent discussions around supporting heart health are ongoing.
 - Active communication – still at an early stage, we are beginning to consider how we target communication to key target groups, using the mechanisms already in place. A current example under development is targeting cervical health messages to Active NL members. We continue to work with Corporate Communications to promote opportunities for physical activity and health across North Lanarkshire.
 - Sport and recreation – we continue to consider how best to use our sport services to target key groups with a view to improving overall health. In recent years, our Active 60 and Active Teen programmes have seen hugely significant results by the council's ability to offer attractive programme offers.
 - Active workplaces – for our own workplace, a discounted staff membership to local gyms has seen a significant increase in activity, with ongoing staff offers and programmes throughout the year, e.g. National Fitness Day on 17 September with free access to all services for staff.
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3. Measures of success

- 3.1 Improved levels of physical activity at both national and local level which is firmly founded on evidence-based international guidance.
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4. Supporting documentation

N/A



Lyall Rennie
Chief Officer (Community Operations)

5. Impacts

5.1 Public Sector Equality Duty and Fairer Scotland Duty Does the report contain information that has an impact as a result of the Public Sector Equality Duty and/or Fairer Scotland Duty? Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> If Yes, please provide a brief summary of the impact? If Yes, has an assessment been carried out and published on the council's website? https://www.northlanarkshire.gov.uk/your-community/equalities/equality-and-fairer-scotland-duty-impact-assessments Yes <input type="checkbox"/> No <input type="checkbox"/>
5.2 Financial impact Does the report contain any financial impacts? Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> If Yes, have all relevant financial impacts been discussed and agreed with Finance? Yes <input type="checkbox"/> No <input type="checkbox"/> If Yes, please provide a brief summary of the impact?
5.3 HR policy impact Does the report contain any HR policy or procedure impacts? Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> If Yes, have all relevant HR impacts been discussed and agreed with People Resources? Yes <input type="checkbox"/> No <input type="checkbox"/> If Yes, please provide a brief summary of the impact?
5.4 Legal impact Does the report contain any legal impacts (such as general legal matters, statutory considerations (including employment law considerations), or new legislation)? Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> If Yes, have all relevant legal impacts been discussed and agreed with Legal and Democratic? Yes <input type="checkbox"/> No <input type="checkbox"/> If Yes, please provide a brief summary of the impact?
5.5 Data protection impact Does the report / project / practice contain or involve the processing of personal data? Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> If Yes, is the processing of this personal data likely to result in a high risk to the data subject? Yes <input type="checkbox"/> No <input type="checkbox"/> If Yes, has a Data Protection Impact Assessment (DPIA) been carried out and e-mailed to dataprotection@northlan.gov.uk Yes <input type="checkbox"/> No <input type="checkbox"/>
5.6 Technology / Digital impact Does the report contain information that has an impact on either technology, digital transformation, service redesign / business change processes, data management, or connectivity / broadband / Wi-Fi? Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> If Yes, please provide a brief summary of the impact?

Where the impact identifies a requirement for significant technology change, has an assessment been carried out (or is scheduled to be carried out) by the Enterprise Architecture Governance Group (EAGG)?

Yes No

5.7 Environmental / Carbon impact

Does the report / project / practice contain information that has an impact on any environmental or carbon matters?

Yes No

If Yes, please provide a brief summary of the impact?

5.8 Communications impact

Does the report contain any information that has an impact on the council's communications activities?

Yes No

If Yes, please provide a brief summary of the impact?

5.9 Risk impact

Is there a risk impact?

Yes No

If Yes, please provide a brief summary of the key risks and potential impacts, highlighting where the risk(s) are assessed and recorded (e.g. Corporate or Service or Project Risk Registers), and how they are managed?

5.10 Armed Forces Covenant Duty

Does the report require to take due regard of the Armed Forces Covenant Duty (i.e. does it relate to healthcare, housing, or education services for in-Service or ex-Service personnel, or their families, or widow(er)s)?

Yes No

If Yes, please provide a brief summary of the provision which has been made to ensure there has been appropriate consideration of the particular needs of the Armed Forces community to make sure that they do not face disadvantage compared to other citizens in the provision of public services.

5.11 Children's rights and wellbeing impact

Does the report contain any information regarding any council activity, service delivery, policy, or plan that has an impact on children and young people up to the age of 18, or on a specific group of these?

Yes No

If Yes, please provide a brief summary of the impact and the provision that has been made to ensure there has been appropriate consideration of the relevant Articles from the United Nations Convention on the Rights of the Child (UNCRC).

If Yes, has a Children's Rights and Wellbeing Impact Assessment (CRWIA) been carried out?

Yes No