

Physical Activity Provision in Forth Valley



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If physical activity were a drug, it would be miracle cure, due to the many illnesses it can prevent and help treat

Presentation Aim



- Physical Activity Guidelines
- Forth Valley Physical Activity
- Rehabilitation Challenges in FV
- Signposting

What is Physical Activity?

- Going for a walk, cycle, or run.
- Household chores.
- Taking the stairs.
- Gardening.



Muscle Strengthening.

UK CMO Physical Activity Guidelines

1. Early Years <5
2. Children & Young People (5-18)
3. Adults (19-64)
4. Older Adults (65+)
5. Pregnancy

Physical activity for adults and older adults

Benefits health	Reduces your chance of	Type II Diabetes	-40%
Improves sleep		Cardiovascular disease	-35%
Maintains healthy weight		Falls, depression etc.	-30%
Manages stress		Joint and back pain	-25%
Improves quality of life		Cancers (colon and breast)	-20%

Some is good, more is better Make a start today: it's never too late Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

or a combination of both

Build strength
to keep muscles, bones and joints strong

on at least **2** days a week

Swim, Brisk walk, Cycle, Gym, Yoga, Carry heavy bags, Stairs, Sport

Minimise sedentary time

Break up periods of inactivity



Yoga, Carry heavy bags, BOWLS, Tai Chi

Improve balance
2 days a week

For older adults, to reduce the chance of frailty and falls

Dance

UK CMO Physical Activity Guidelines



Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

BUILDS RELATIONSHIPS & SOCIAL SKILLS	MAINTAINS HEALTH & WEIGHT	CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
IMPROVES SLEEP	DEVELOPS MUSCLES & BONES	ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least 180 Minutes per day for children 1-5 years

PLAYGROUND				
JUMP	CLIMB			
MESSY PLAY	THROW/CATCH	SKIP		
OBJECT PLAY	DANCE	GAMES	PLAY	
TUMMY TIME	SWIM	WALK	SCOOT	BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for children and young people (5 – 18 Years)

BUILDS CONFIDENCE & SOCIAL SKILLS	STRENGTHENS MUSCLES & BONES	IMPROVES SLEEP
DEVELOPS CO-ORDINATION	IMPROVES HEALTH & FITNESS	MAKES YOU FEEL GOOD
IMPROVES CONCENTRATION & LEARNING		

Be physically active

Aim for an average of at least 60 minutes per day across week

Spread activity throughout the day

All activities should make you breathe faster & feel warmer

PLAY	RUN/WALK	BIKE	ACTIVE TRAVEL
SWIM	SKATE	SPORT	PE
SKIP	CLIMB	WORKOUT	DANCE

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

Get strong Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for pregnant women

Helps to control weight gain	Helps reduce high blood pressure problems	Helps to prevent diabetes of pregnancy
Improves fitness	Improves sleep	Improves mood

Not active? Start gradually

Already active? Keep going

Throughout pregnancy aim for at least 150 minutes of moderate intensity activity every week

Home

Out and about

Leisure

Do muscle strengthening activities twice a week

Every activity counts, every minute counts, more is better

No evidence of harm

Listen to your body and adapt

Don't bump the bump

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical Activity for Disabled Adults

Make it a daily habit

Disabled adults

Physical activity makes you feel good

Being inactive is harmful to health

Don't be still for too long

Even a little movement is better than nothing

Improves mental health and quality of life

Makes maintaining a healthy weight easier

Makes daily tasks easier and increases independence

Strengthens muscles and bones

Improves mobility and balance

Improves fitness

Helps to prevent chronic disease

Creates opportunities to meet new people and feel part of the community

Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:

Can talk, but not sing = moderate intensity activity

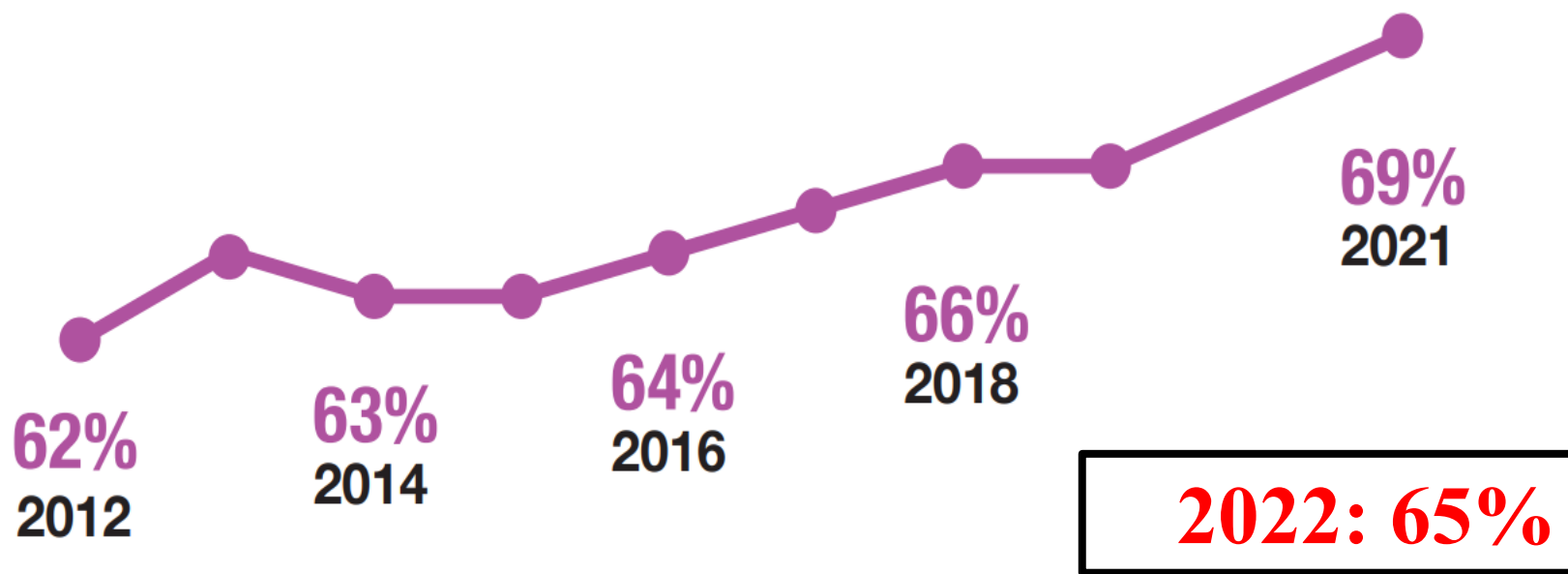
Difficulty talking without pausing = vigorous intensity activity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

- Public Health Scotland (2022) *Scottish Burden of Disease Study: Forecasting the future burden of disease: Incorporating the impact of demographic transition over the next 20 years: Scottish!*
- Tackling the Burden of Insufficient Physical Activity in Europe.* OECD. Available: [Step Up! Tackling the Burden of Insufficient Physical Activity in Europe](#) | READ online (oecd-ilibrary.org) Burden of Disease Study - Scottish Burden of Disease Study - Publications - Public Health Scotland
- Scottish Government (2019) *UK Chief Medical Officers' Physical Activity Guidelines.* Department of Health & Social Care. Available: [UK Chief Medical Officers' Physical Activity Guidelines \(publishing.service.gov.uk\)](#)

Scottish Health Survey 2021

In 2021, significantly more adults met the guidelines for moderate or vigorous physical activity (MVPA)¹, than previous years, continuing a general upwards trend since 2012.



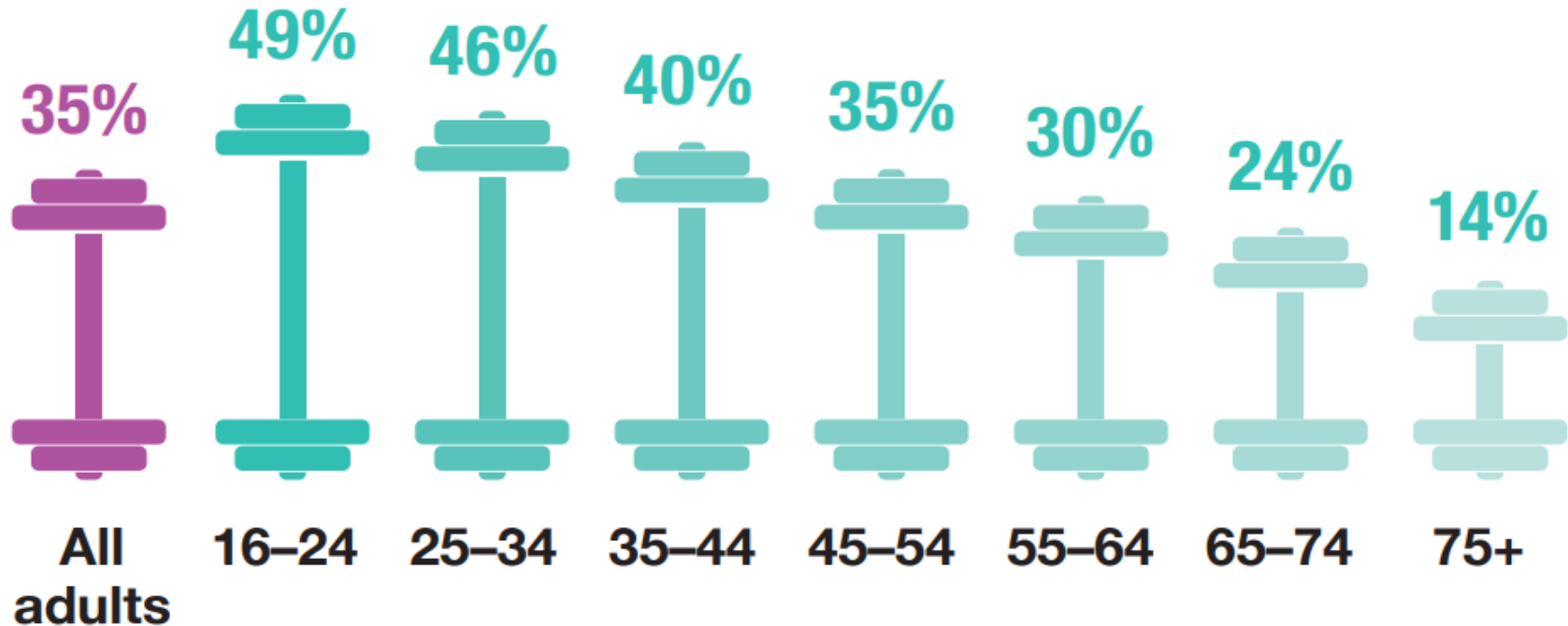
Local Context



Local Data	Clackmannanshire	Falkirk	Stirling	Forth Valley	Scotland
Meets Moderate to vigorous physical activity guideline (Male & Female)	55%	60%	72%	63%	65%
Meets Moderate to vigorous physical activity guideline - Male	62%	68%	75%	69%	72%
Meets Moderate to vigorous physical activity guideline - Female	49%	53%	70%	57%	62%
Very low activity (<30mins)	28%	22%	16%	21%	19%

Scottish Health Survey 2021

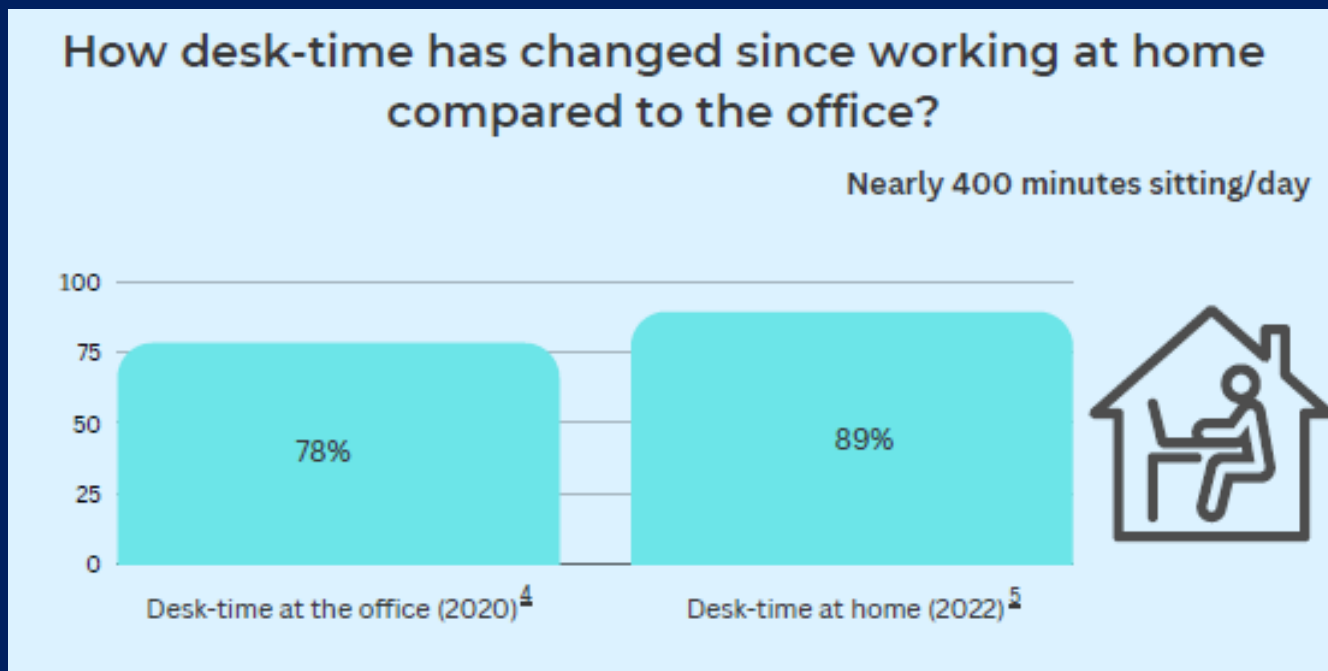
In 2021, just over a third of adults adhered to both the MVPA and muscle strengthening guidelines². As age increased the proportion of adults adhering to both guidelines decreased.





Working From Home

- Less likely to find opportunities to move during the working day
- Sitting at desks for long periods of time.



Scotland's Health Priorities



A Scotland where we eat well, have a healthy weight and are physically active



Public Health Priorities for Scotland



IMPROVING SCOTLAND'S HEALTH

A More Active Scotland:

Scotland's Physical Activity Delivery Plan



National Physical Activity Pathway

The National Physical Activity Pathway (NPAP) is a set of steps that health and social care professionals can take to encourage the people in their care to be more active. It is for people who are inactive or not active enough to benefit their health and can be used to start a conversation between you and the person in your care.

The pathway should be used by health and social care professionals in primary and secondary care roles. It can easily be integrated into existing clinical practice to provide health benefits to every adult that becomes more active.

The health benefits of physical activity and its impact on health and wellbeing are outlined on our [physical activity overview](#) page.

These resources support health and social care professionals to implement the National Physical Activity Pathway (NPAP) across primary and social care settings. They will equip health and social care professionals with the knowledge and skills to

Forth Valley Strategies

Stirling & Clackmannanshire Commissioning Plan 2023-2033

Promote physical activity and reduce exposure to adverse behaviours. Right levels of support and advice at the right time...

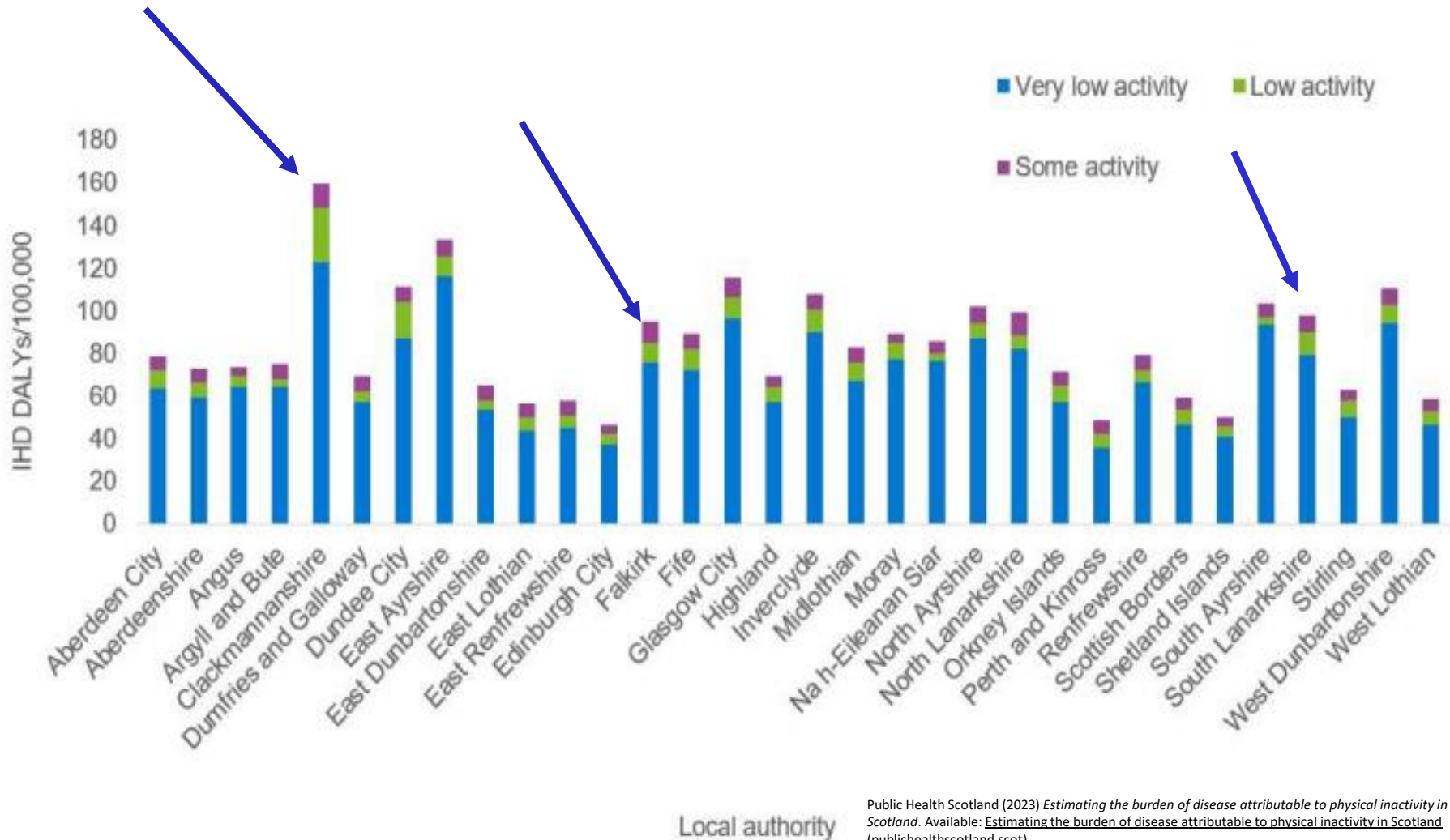
NHS Forth Valley Healthcare Strategy 2023-2028

“Build prevention into services and pathways and working with community planning partners to support lifestyle choices - focusing on...physical activity.”

We will seek to improve health-related behaviours, including... physical activity.”

Forth Valley Burden Of Disease

Figure 12: IHD DALYs crude rate attributed to physical inactivity by category, by local authority



Public Health Scotland (2023) *Estimating the burden of disease attributable to physical inactivity in Scotland*. Available: [Estimating the burden of disease attributable to physical inactivity in Scotland \(publichealthscotland.scot\)](https://publichealthscotland.scot)

Physical Activity Referral Programmes

NHS

- Active Forth: Falkirk
- Active Stirling
- Active Clacks



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IN PEOPLE

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Until 2021

What Do They Do?



- Personal physical activity programme
- Reviewed



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Who Are They For?

**Chronic
Back Pain**

Cardiac

Injury or Post Rehab Surgery

Type 2 Diabetes

Mental Health

Arthritis

Stroke

Fibromyalgia

Serious respiratory disorder

Cancer Rehab

Osteoporosis

Motor Disease

Epilepsy

Hypertension stage 3+

Falls Prevention Parkinson's

Type 1 Diabetes PVD

**Chronic Fatigue
Syndrome**

**Cystic
Fibrosis**

**Referral
Criteria**

Classes

- Strength & Balance
- Aquafit
- Circuits
- Spinning
- Back Rehabilitation



Walking Programmes

- Buggy Walks
- Health Walks
- Nordic Walking
- Free!



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Raising The Conversation

Moving Medicine

The ultimate resource to help healthcare professionals integrate physical activity conversations into routine clinical care.

[Click here to see the video](#)



"Great information accessed in one webpage. Everything is covered in relation to exercise and physical activity. Great resources for professionals to signpost patients to, as well as for patients to explore direct."



Physical Activity

Health Improvement

[Services](#) / [Health Improvement](#) / Physical Activity

Physical Activity >

Benefits of Being Active >

Getting Active In Your Area >

Active Travel >

Strength & Balance >

Physical Activity at Home >

Physical Activity During & After Pregnancy >

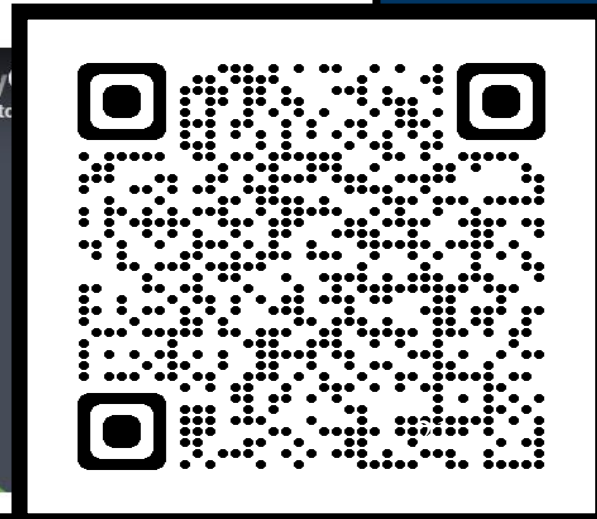
Guidance & Signposting for Professionals >

Resources for Professionals >

Here you will find out how to be more active, the **benefits** of physical activity and the services and support available to help you become **more active in your local area**. There is also information on **strength and balance exercises, active travel** and details of how you can become more **active at home**.

If you are a health professional looking for guidance and information for your patients see the **Guidance for Professionals**.

Watch the video below to learn about what happens inside your body when you are active



EXERCISE FOR ALL

Do you want to move more and feel better?
Are you looking for support to get more active and help your chronic health condition?



Exercise doesn't have to be the Gym or running (but don't stop if you enjoy it!)

Forth Valley has a lot of different ways to help you, including seated exercises, group walks, water-based exercises, exercise for chronic pain, walking football and much more.

Support and ideas can be found at <https://nhsforthevalley.com/health-services/health-promotion/physical-activity/how-to-be-active/> or scan the QR code



You can also speak to your Healthcare Professional and ask about a referral to **Active Forth**. Active Forth is Falkirk's physical activity referral programme.

The aim of the 6 month programme is to give people with long term health conditions or post injury/surgery an opportunity to become more active and gain the benefits of a healthier lifestyle.



OCHILVIEW PRACTICE

Do you want to move more and feel better?
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Support and ideas can be found at [NHS Forth Valley Physical Activity](https://nhsforthevalley.com/health-services/health-promotion/physical-activity/how-to-be-active/) or scan the QR code



You can also speak to your Healthcare Professional and ask about a referral to **Active Living for Life**. Active Living for Life is Stirling's physical activity referral programme.

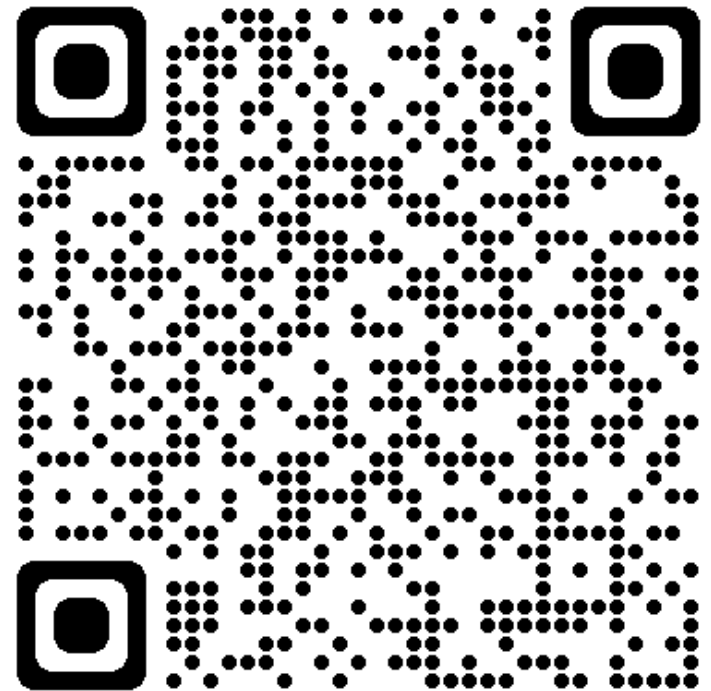
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Take Home Messages

- Local Physical Activity Levels
- What is available?
- Improvements:
 - Forth Valley Physical Activity Website

Physical Activity Website



Key Links



- [NHS Forth Valley – Physical Activity](#)
- [Moving Medicine](#)
- [Screening for physical activity levels using Scot-PASQ](#)
- [MAP of health behaviour change : helping people to make and maintain behaviour change](#)
- [NHS Forth Valley – Starting the conversation with your patients](#)
- [Physical Activity Resources](#)



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