

# JSNA Gloucestershire 2022/23

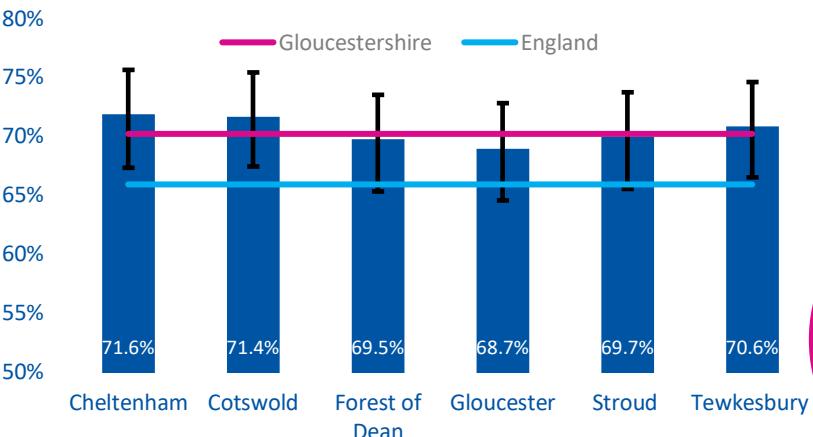
## Physical Activity

In Gloucestershire in 2020/21...

**7 out of 10 adults were physically active<sup>1</sup>**



**70.2%** which is significantly better than England (65.9%)



Nationally physical activity levels are lower among more deprived socioeconomic groups

**1 in 10 adults were 'fairly active'<sup>2</sup>**



**10.8% compared to England (10.7%)**



**2.1% of adults cycled for travel**

for at least 3 days per week in 2019/20 in Gloucestershire which was not significantly different than the England average of 2.3%<sup>5</sup>



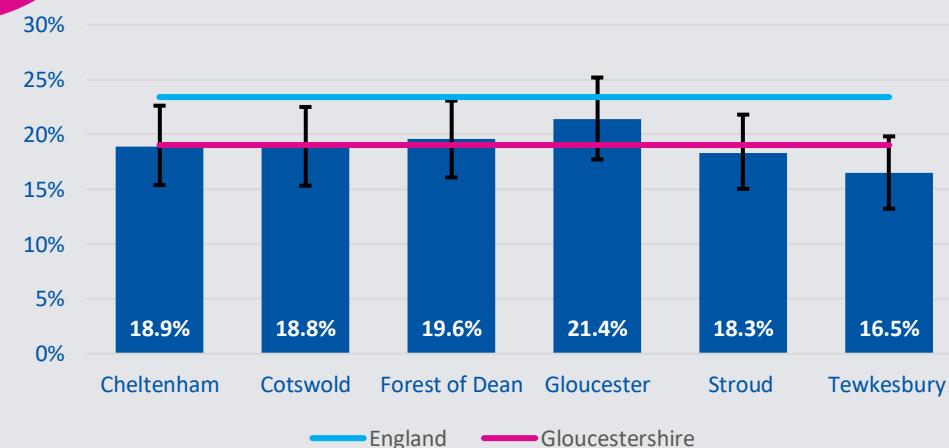
**12.5% of adults walked for travel**

for at least 3 days per week in 2019/20 in Gloucestershire which was significantly worse than the England average of 15.1%<sup>4</sup>

**2 out of 10 adults were physically inactive<sup>3</sup>**



**19% significantly better than England (23.4%)**



England Gloucestershire

Most children in the school love the Daily Mile. The children's general level of activity has increased and therefore so has their fitness and health improved. This has led to better focus and concentration in the classroom and improved results.

We also feel that the mental health of the children has improved. They enjoy using the time to talk with friends and take in the beautiful scenery that we are so lucky to have.

– *The Daily Mile School Participant*

Every minute counts

## In the Pupil Wellbeing Survey<sup>6</sup>...

**76.1%** of pupils in years 8,10 and 12 said they would like to do more physical activity



Overall **47.3%** of children and young people reported doing **6+ hours of exercise per week**

**Boys were more likely to do 6+ hours of exercise per week (51.7%) compared to girls (43.2%)**



In 2020/21, 1,035 **children and young people** from years 1 – 11 in Gloucestershire answered the Active Lives Survey with regard to **Sport and Physical Activity Levels<sup>7</sup>**:

Less active (Less than an average of 30 minutes a day)

**26.3%**

Fairly active (an average of 30-59 minutes a day)

**23.9%**

Active (an average of 60 minutes or more a day)

**49.8%**



**The Daily Mile** is a national initiative, supporting schools to get children fit for life and fit for learning, by encouraging them to run or jog for 15 minutes every day in their schools or nurseries.

**170**  
schools

across Gloucestershire take part in The Daily Mile improving physical activity for around 32,000 children<sup>8</sup>



This physical activity promotes social, emotional, and mental health and wellbeing, as well as fitness. It takes place outside in the fresh air during the school day at a time of the teacher's choosing. Children can run in their school clothes and no special kit or equipment is required.

## Physical wellbeing

## Mental wellbeing

## Individual development

## Social and community development

## Economic development

### Generally, sport and physical activity can...

- Help improve and maintain fitness, strength and balance
- Help prevent and manage medical conditions

- Contribute to happiness and improved self-esteem
  - Reduce stress, anxiety and depression

- Help develop soft/social skills and increase persistence and perseverance
  - Impact positively on employment opportunities

- Bring people together
  - Build trust and reduce isolation

- Promote economic growth
  - Create jobs

### The Active Lives Adult Survey evidenced this by looking at...

The proportion of adults who undertook an average of **150+ minutes a week of sport and physical activity** and analysing their responses to the following questions and statements:

- How **happy** did you feel yesterday?
- How **satisfied** are you with your life nowadays?
- To what extent do you feel that the things that you do in your life are **worthwhile**?
- How **anxious** did you feel yesterday?

- I can **achieve** most of the goals I set myself
- If I find something difficult, I **keep trying** until I can do it.

- Most people in our local area can be **trusted**.

*The economic value of sport, as reported in:*

- *DCM's Sports Satellites Accounts*
- *Further details can be found in Sheffield Hallam University's report on the social and economic value of community sport and physical activity in England.*

You can view the Active Lives Adult Survey results [here](#).

# What are we doing locally?

Physical Activity is one of the 7 strategic priorities for Gloucestershire Health and Wellbeing Board.

Support for individuals and communities wanting to build more physical activity into their daily lives includes:

- **'We can move'** which is a county-wide movement of people committed to getting Gloucestershire physically active. Moving more is the single biggest difference we can make to our health and wellbeing. All over Gloucestershire there are local groups, charities and businesses who could help get people moving. 'We can move' aims to start, facilitate and sustain these conversations. Watch the **video** here: <https://wecanmove.net/>
- **'The Daily Mile'** is a fully inclusive, simple initiative which improves the physical and mental health and wellbeing of children. As a result of regular participation children are physically fitter, more focused in the classroom, more confident and more resilient. Children should be active for 30 minutes in school every day, by participating in the Daily Mile they easily achieve 15 minutes.
- **'Creating Active Schools Program'** will be delivered in primary schools in Gloucestershire. This is a whole school behaviour change approach to increasing and improving physical activity across the whole school community.
- **'Active Travel'** For information on the council's vision around strategic transport including active travel please see Gloucestershire's Local Transport Plan [here](#).



I wanted to do something and get involved. Having attended a 'We can move' systems mapping workshop, I decided to take action and get in touch with local commissioners to see if physical activity guidelines could be imbedded in new commissioning frameworks. The commissioners were happy to review the service specification for providers to include 'We can move' in the framework. I have since supported the movement by linking day centre services to important research to explore the barriers that influence activity levels of disabled people in Gloucestershire.

-Jane, Systems Workshop attendee

## Physical Activity in adults<sup>10</sup>

Reduces your chance of	-	%
Type II Diabetes	-	40%
Cardiovascular disease	-	35%
Falls, depression etc.	-	30%
Joint and back pain	-	25%
Cancers (colon and breast)	-	20%

Build strength to keep muscles, bones and joints strong on at least 2 days a week<sup>11</sup>

## Key evidence

### Physical Activity Overview

<https://pathways.nice.org.uk/pathways/physical-activity>

Chief Medical Officer's Physical Activity Recommendations (revised 2019): gives specific physical recommendations for health for different sub-groups of the population

<https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>

1. Fingertips (based on the Active Lives Adult Survey, Sport England). 2. Fingertips (based on the Active Lives Adult Survey, Sport England). 3. Fingertips (based on the Active Lives Adult Survey, Sport England). 4. Fingertips (Department for Transport). 5. Fingertips (Department for Transport). 6. Pupil Wellbeing Survey, Pupil Inform. 7. Active Lives Survey. 8. Active Gloucestershire January 2020. 9. Active Lives Adults Survey May 2020/21. 10. UK Chief Medical Officer Physical Activity Guidelines. 11. UK Chief Medical Officer Physical Activity Guidelines.