



HEALTH AND WELLBEING BOARD PAPER FORMAL PUBLIC MEETING

Report of: (Health and Wellbeing Board Member) Greg Fell

Date: Thursday 30th March 2023

Subject: Physical Activity in Sheffield

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Kate Clark

Summary: This report outlines the inequalities that continue to persist in levels of physical activity in Sheffield and details the Move More whole systems approach to physical activity in the City which aims to tackle these inequalities. The report requests discussion of an approach to sharing information on physical activity, developing strategic alignment between the NCSEM and H&W Board and agreeing an approach around co-design of sport and leisure facilities.

Questions for the Health and Wellbeing Board:

How would HWB Board like to be updated on Physical Activity developments?

How can we ensure strategic connectivity between NCSEM Board and HWB Board?

How would the HWB Board like to contribute to the co-design of sport and leisure facilities?

Recommendations for the Health and Wellbeing Board:

Agree on mechanism for sharing information on physical activity.

Agree approach to ensuring strategic alignment between Boards.

Develop an approach to the co-design of sport & leisure facilities.

Background Papers:

- [Move More Strategy](#)
- [Move More Index](#)

Which of the ambitions in the Health & Wellbeing Strategy does this help to deliver?

Physical Activity cuts across the themes in the Health & Wellbeing Strategy. It is important in supporting people in Sheffield to live well across the life course. It is referenced specifically in Ambition 6 'Everyone can safely walk or cycle in their local area regardless of age or ability'. However, it has broader relevance across every stage of life for example, in being ready to learn at school, in supporting workforce wellbeing and in maintaining independence in later life.

Who has contributed to this paper?

Dr Anna Lowe

Kate Clark

REPORT TITLE - *Physical Activity in Sheffield*

1.0 SUMMARY

- 1.1 To report outlines the inequalities that continue to persist in levels of physical activity in Sheffield and details the Move More whole systems approach to physical activity.
- 1.2 In order to tackle these persistent inequalities a collaborative approach is required
- 1.3 The report requests discussion of an approach to a number of areas where the input of the H&W Board could have a significant impact including
 - 1.3.1 The sharing of information on physical activity
 - 1.3.2 Developing strategic alignment between the NCSEM and H&W Board
 - 1.3.3 Development of an approach to the co-design of sport and leisure facilities due for investment

2.0 HOW DOES THIS IMPACT ON HEALTH INEQUALITIES IN SHEFFIELD?

- 2.1 Major inequalities persist in participation in Physical Activity:
 - 24.7% adults in Sheffield are inactive
 - 46.9% of older adults in Sheffield are inactive

These are higher than national averages and certain groups are overrepresented within these stats. For example, women are more likely to be inactive as are those from economically disadvantaged and ethnically diverse groups.
- 2.2 There are major inequalities in Sheffield in life expectancy and healthy life expectancy
- 2.3 Physical activity is a force for good, it promotes physical and mental wellbeing, it generates social cohesion, helps people stay happy and healthy in work, maintains independence and reduces falls/frailty in later life.
- 2.4 People who experience the worst health in Sheffield have the lowest participation rates in physical activity. That is those who have the most to gain from becoming more active, engage the least.
- 2.5 It is easier to be active in some communities than others with some people finding it more difficult to access facilities and services and the benefits of physical activity are not always realised where they are most needed.
- 2.6 We need support to implement our whole system approach to physical activity that centres on addressing health inequalities.

3.0 MAIN BODY OF THE REPORT

- 3.1 The National Centre for Sport and Exercise Medicine (NCSEM) in Sheffield is the collective voice for Physical Activity in Sheffield. The NCSEM Board has representatives from SCC and all other major public sector organisations. It provides the governance for Sheffield's approach to increasing Physical Activity.
- 3.2 Move More is Sheffield's whole system approach to increasing physical activity. This is founded on evidence that siloed, single organisation approaches are not effective in tackling entrenched, complex issues like physical inactivity.
- 3.3 The Move More Strategy sets out how organisations in Sheffield will work together, around 6 key themes (Sport, Education, Healthcare, Communities, Active Travel and Active Environments) to improve the health and wellbeing of people in Sheffield by making Sheffield a more active city.
- 3.4 There has been a significant amount of work delivered within target communities to tackle inequalities in physical activity which we can build on, for example Move More Empowered Communities and This Girl Can. The learning and evaluation from this work is critical to planning future projects, investment and services to help reduce inequalities in physical activity.
- 3.5 This is an ambitious, long term plan. We measure our success in a number of ways including by using the Move More Index and we are developing a more holistic evaluation framework.
- 3.6 Contributing to the long term Move More plan, Sheffield City Council's new Sport & Leisure Strategy will be launched in 2023. The Strategy has been carefully designed to ensure its themes dovetail with the themes outlined in the Move More Strategy and will help guide and shape operational activity to ensure it supports delivery of the ambitions of the Move More's Strategy and contributes to the whole systems approach to physical activity.
- 3.7 The future design and operation of Sheffield City Council's sport and leisure assets and services will be shaped by our Sport & Leisure Strategy commitments and will focus resources where they are most needed, improving access to facilities and services to ensure they target less active groups and contribute to public health ambitions to reduce health inequalities across the city.

4.0 WHAT NEEDS TO HAPPEN TO MAKE A DIFFERENCE IN THIS AREA?

- 4.1 Support for the collaborative whole system approach.
- 4.2 Strategic connection between the NCSEM Board and HWB Board.
- 4.3 Co-design of sport and leisure facilities and services to ensure a focus on inequalities health and wellbeing
- 4.4 Collaborative approach to measuring the social value of sport and physical activity to enable an improved narrative for future investment.

5.0 QUESTIONS FOR THE BOARD

- 5.1 How would HWB Board like to be updated on Physical Activity developments?
- 5.2 How can we ensure strategic connectivity between NCSEM Board and HWB Board?
- 5.3 How would the HWB Board like to contribute to the co-design of sport and leisure facilities?

6.0 RECOMMENDATIONS

- 6.1 Agree on mechanism for sharing information on physical activity.
- 6.2 Agree approach to ensuring strategic alignment between Boards.
- 6.3 Develop an approach to the co-design of sport & leisure facilities.

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