

East of England Public Health Conference- Prevention

Embedding Physical Activity locally to tackle health inequalities and utilising movement as a key driver to meet Public Health priorities.





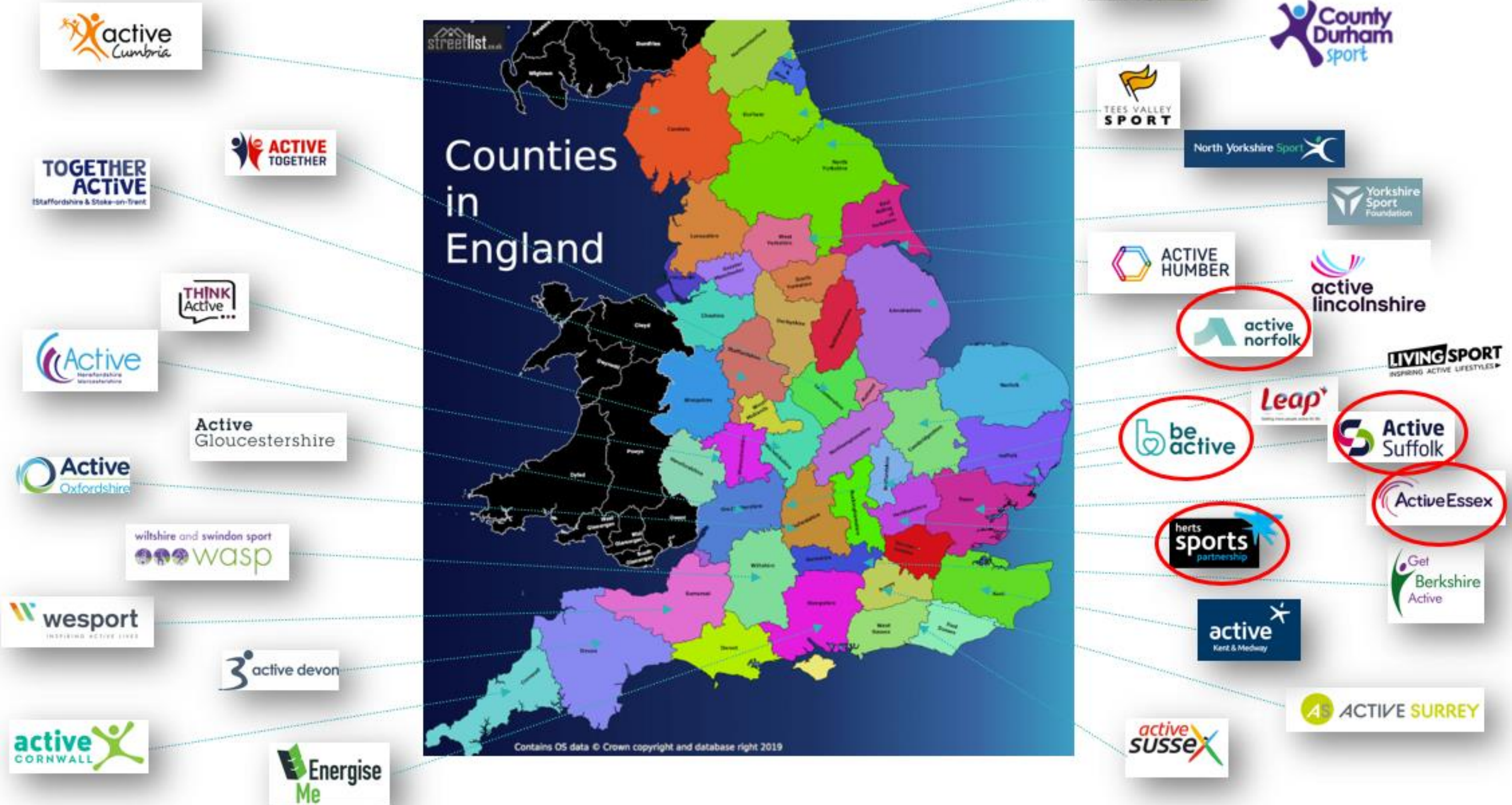
# Creating Healthier, Happier Communities

- Identify the challenges and opportunities
- Advocate for physical activity as a tool to improve lives and build community resilience
- Influence and support the system to ensure that physical activity is part of the solution
- We closely align our strategic aims and objectives to the NHS Core 20 plus 5, OHID priorities
- We use local insight to inform where we focus our efforts
- We work at both a strategic and operational level





# EoE Active Partnership Network





# Sport England Relationship & Uniting the Movement

We're one of over 100 system partners funded by Sport England to help deliver their strategy **Uniting the Movement**. This is a 10-year plan to transform communities through sport and physical activity.

As one of these system partners we play a connecting, influencing and governing role within the sport and physical activity sector.

Our role is to create the conditions for positive change to help more people engage and reap the benefits of getting active.



# **The role of physical activity**

Being physically active has a huge role to play in improving the physical and mental health of our local populations, supporting the economy, reconnecting communities and rebuilding a stronger society for everyone.

What do we mean by Embedding Physical Activity locally?



# Embedding Physical Activity into Health and Care Systems

## Why we need to do something.....

11m people aged 65+ (19%). In 10 yrs time this will increase to 13m, 22% of the population.

43% of pop. has 1 LTC, with 1:4 having multiple LTCs. This will increase to reach 2/3 by 2035; & are 2-3x more likely to experience **mental health problems**.

The number of years expected to spend in good health, without a disabling illness, continues to **decline**: 62.4 yrs (M) & 60.9 yrs (W)

In the most deprived areas, people can expect to live **>17 yrs more with disabling health conditions**, with huge variation in poor health across **minoritised ethnic groups**.

## How.....

Influence people working in the NHS and social care to prioritise physical activity to address health inequalities

Improve the pathway between health and organised activity by removing barriers associated with risk

Champion the role of physical activity in supporting positive mental health and wellbeing

## **Come find us today!**

Through each Active Partnership's commitment to local insight, influence, and strategic partnerships, we want to work with Public Health and other strategic partners to ensure movement and physical activity plays a key role in improving lives and building community resilience.

# Contact details

## Active Essex

### Living Sport (Cambridgeshire and Peterborough)

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### Herts Sport & Physical Activity Partnership (Hertfordshire)

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# Q&A

