Lincolnshire Physical Activity Programmes:

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Public Health

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Lincolnshire Sports Partnership

Lincolnshire LAA Suggested Priority Areas

Source: ODPM/DCLG IMD2004, ONS Census 2001
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Acknowledgements

• Boston Borough Council
• Carres Grammar School, Sleaford
• City of Lincoln Council
• East Lindsey District Council
• Leisure Connections (Arts NK - Vitality)
• Lincolnshire County Council
• Lincolnshire Sports Partnership
• North Kesteven District Council
• South Holland District Council
• South Kesteven District Council
• University of Lincoln
• YMCA Lincoln
Lots of Policy and Guidance
The ‘top four’ of tobacco, physical inactivity, excess alcohol consumption and poor diet are responsible for 42% of deaths from leading causes,\(^7\) and approximately 31% of all disability-adjusted life years (DALYs).\(^8\) Together they account for at least £9.4 billion in annual direct costs to the NHS.\(^9\)

### UNITED KINGDOM

<table>
<thead>
<tr>
<th>Risk factor</th>
<th>% of total</th>
<th>Risk factor</th>
<th>% of total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco</td>
<td>24.3</td>
<td>Tobacco</td>
<td>14.2</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>19.4</td>
<td>High blood pressure</td>
<td>8.6</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>13.3</td>
<td>High cholesterol</td>
<td>6.9</td>
</tr>
<tr>
<td>High BMI</td>
<td>8.0</td>
<td>High BMI</td>
<td>6.3</td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>5.5</td>
<td>Alcohol</td>
<td>5.2</td>
</tr>
<tr>
<td>Low fruit and vegetable intake</td>
<td>4.0</td>
<td>Physical inactivity</td>
<td>3.1</td>
</tr>
<tr>
<td>Occupational airborne particulate matter</td>
<td>0.6</td>
<td>Illicit drugs</td>
<td>2.6</td>
</tr>
<tr>
<td>Urban outdoor air pollution</td>
<td>0.6</td>
<td>Low fruit and vegetable intake</td>
<td>2.2</td>
</tr>
<tr>
<td>Unsafe sex</td>
<td>0.6</td>
<td>Unsafe sex</td>
<td>0.8</td>
</tr>
<tr>
<td>Illicit drugs</td>
<td>0.4</td>
<td>Occupational airborne particulate matter</td>
<td>0.6</td>
</tr>
</tbody>
</table>

Activity Definitions

PHYSICAL ACTIVITY

Active living
- Active Transport
- Domestic Activity
- Workplace Activity

Sport and Active Recreation
- Active Recreation
  - Unstructured sport
  - Casual leisure time activity
  - Recreational walking
  - Recreational cycling
- Organised Sport
  - Clubs
  - Competition
  - Coaching

championing lincolnshire

Lincolnshire County Council
NHS Lincolnshire
Physical Activity Continuum - Adults

<table>
<thead>
<tr>
<th>Lead Organisations</th>
<th>Lead Organisations</th>
<th>Lead Organisations</th>
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<th>Lead Organisations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health &amp; Well-being (local authorities and NHS)</td>
<td>Health &amp; Well-being /Sport</td>
<td>Sport / Health &amp; Wellbeing</td>
<td>Sport (Clubs / NGBs And L Sports Partnership)</td>
<td>UK Sport</td>
</tr>
<tr>
<td>1 x 30 minutes physical activity</td>
<td>2 x 30 minutes physical activity</td>
<td>3 x 30 minutes physical activity</td>
<td>4 x 30 minutes physical activity</td>
<td>5 x 30 minutes physical activity</td>
</tr>
</tbody>
</table>

Responsibilities locally
Relationships (before Coalition)
Building Physical Activity into Our Lives

Children and Young People
• Increase school-based PE to engage the inactive and sedentary students
• Develop the Multi-Skills Training Package pilot into a substantive programme (playground markings and training)
• Promote school/sports links in local communities
• Improve local access to schools for walking / cycling
• Investigate and promote early years physical activity opportunities –Play4Life
• Fit Kids’ activity and weight management
• Wheelchair sports
• Free Swimming
• Bike4Life

Actions yet to be developed

Adults and Communities
• Develop community sports opportunities
• Implement Over 45s Activators in every district to increase participation opportunities
• Enhancing walking infrastructure in key areas
• Strengthen Walking for Health programmes
• Extend the Vitality Programme into all districts
• Improve access to exercise referral programmes
• Inclusive Fitness Initiative
• Dance4Life
Physical Activity and Health

NHSL has successfully commissioned a series of physical activity interventions with borough, city and district councils:

• Walking for Health in Lincolnshire – over 5,398 registered adults/2,555 active walkers utilise 158 registered walks, mostly led-by 144 trained volunteer walk leaders. NHSL funds - £181,119 p.a.

• Health-related exercise referral – 2,952 adults are referred to 20 sites in 17 urban areas (three in Lincoln) from 68 health venues, including GPs and hospitals. NHSL £247,224 p.a.

• Vitality: seated exercise and movement to music – over 5,600 participants across 35 classes. Adults are typically over 60 years and often with disabilities, health conditions or limited mobility. NHSL funds- £90,000 p.a.

• Improving Access – improving skills, access to paths and trails, open spaces and parks. NHSL funds - £200,000 non-recurrently
Walking for Health Monitoring

- Bar charts showing comparisons between Active Walkers and New Walkers.
- Area graphs with population segments categorized by age.

Lincolnshire County Council and NHS Lincolnshire logos are present.
Exercise Referral Monitoring

Total Referrals 2011/12

![Graph showing total referrals by location]

Completers % 2011

- YMCA
- West Lindsey
- South Kesteven
- South Holland
- North Kesteven
- East Lindsey
- City of Lincoln
- Boston

![Bar chart showing completers percentage by location]

Exercise Referral Annual Report 2011/12

[Images and graphics related to exercise referrals and completers percentage]
Evaluation example (Ex Ref)

Out of 3847 clients over five years, the following changes are recorded in terms of average statistical change:

• Average statistical changes:
  – Weight Loss = 4.8kg
  – BMI reduction = 2.1
  – Peak Flow Increase = 37.8
  – BP Reduction = 6.4/3.6
  – Self Confidence Increase = 92%
  – Prescribed Medication Reduced = 8.6%
  – Reduced GP’s Visits = 49%
  – Improvement in Pain Management = 79 people reported
Vitality

Have the exercises you have done in your Vitality class helped you with:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Improved</th>
<th>No difference</th>
<th>Worsened</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking and Balance</td>
<td>233</td>
<td>106</td>
<td>3</td>
</tr>
<tr>
<td>Climbing up and down stairs</td>
<td>163</td>
<td>81</td>
<td>1</td>
</tr>
<tr>
<td>Getting on and off seats</td>
<td>182</td>
<td>134</td>
<td>2</td>
</tr>
<tr>
<td>Keeping fingers/hands flexible</td>
<td>254</td>
<td>81</td>
<td>1</td>
</tr>
</tbody>
</table>

**Most Enjoyable:**
- Seated Exercises: 36%
- Teachers Expertise: 25%
- Music: 18%
- Standing and Moving Exercises: 14%
- Coordination work: 4%

**Second Most Enjoyable:**
- Use of Equipment: 23%
- Standing and Moving Exercises: 26%
- Teachers Expertise: 16%
- Music: 5%
- Coordination work: 1%
Community Health Improvement

Health Trainers
A community-based behavioural support programme for adults who wish to make positive life changes for health improvement.

In 2011/12 the service engaged with 3,393 clients; 57% were supported to access other services and 1249 clients undertook a personal health plan. 916 (73%) of clients achieved their personal health goals that included:

- reductions in BMI, fatty food consumption; increases in daily consumption of fruit and vegetables
- Reduced alcohol intake
- increases in exercise and
- reported improvements in self-efficacy and general wellbeing
Improving Access

• Annual training – e.g. BMI 40+ for Ex Ref staff, motivational interviewing

• Rights of Way
  – 495 miles of Walking for Health walks have been audited; with 600 issues relating to maintenance, legal status, enforcement and improvements
  – 55 stiles replaced with gates, 5 bridges and 2 boardwalks installed and
  – 2,500m of surfacing undertaken

• Inclusive Fitness Initiative
  – 18 sites (+ 3/4 changing places)
  – 947 –reported increase in memberships
  – 917 inductions
  – 22,000 throughput
Inclusion

Over 45s
• 82 groups sustainably set up over two years; 3015 participants contributed to 32,435 attendances
• Activities ranged from tai chi, nordic walking, table tennis, bowls, badminton, aerobics, circuit training and golf.

New Age Kurling/ New Age Bowls
• 4120 participants including 1034 disabled people
• Sustainable Clubs have set up leagues and competitions, finding funding for their own kits
• 445 Volunteers have supported the project, sharing the responsibilities between them within the clubs.
Does it work?

• Evaluation findings across the schemes
  – Improved physical activity and fitness
  – Strong impact on social and mental well-being
  – Changes in weight and clinical conditions
  – Improved access re: inclusion
  – Acceptance and support from health partners
  – Increasing inter-dependencies between local interventions

• Supported by quantitative and qualitative methodologies
Celebrate Annually

• Active4health Award

• Contribution to Physical Activity

Lincolnshire Sports Awards 2011
Campaign 2012

County-wide and local advertising:
• Improve communications with health professionals, sign-posting and appropriate referrals
• Utilise capacity in the schemes
• Increase demand from the public
Chance to play!
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  Sarah.clarke@lincolnshiresports.co.uk

• www.lincolnshiresports.com/physicalactivity