

# REPORT TO THE HEALTH AND WELLBEING BOARD

2<sup>nd</sup> February 2016

## Sport & Active Lifestyle Strategy Action Plan

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### 1. Purpose of Report

- 1.1 To provide an opportunity for Health & Wellbeing Board to consider the Sport & Active Lifestyle strategy action plan 2016-2018, given that a system wide co-ordinated planning and action is required by many agencies to tackle this agenda.
- 1.2 To outline recommendations to establish commitment amongst key stakeholders to tackle physical inactivity amongst Barnsley residents.

### 2. Recommendations

2.1 Health and Wellbeing Board members are asked to:-

- Note the content of the action plan with recommendations
- Provide any feedback
- Agree next steps for action and communication of the action plan

### 3. Introduction/ Background

- 3.1 Barnsley Sport and Active Lifestyle Strategy previously approved at Health & Wellbeing Board, sets out a broad vision and key priorities for the Council and its partners, to increase physical activity across the Borough for the next three years. It builds on the progress Barnsley has made towards achieving its long term goal of everybody in the Borough being active across the life-course regardless of age, gender, income, or disability.
- 3.2 The Sport and Active Lifestyle Strategy and action plan supports the Public Health Strategy priority to improve physical activity levels across the borough, particularly amongst groups who are least active.
- 3.2 Across Barnsley there are high levels of chronic disease such as cardiovascular disease, obesity and type II diabetes. Levels of physical

activity and sport are significantly lower than the national average for both children and adults.

- 3.3 Leading a physically active lifestyle has been proven to offer opportunities to improve both the length and quality of life for individuals, but also offers huge social and economic benefits for society as a whole.

#### **4. Barnsley's Sport and Active Lifestyle Action Plan**

4.1 Following approval of the strategy, the high level action plan makes use of available data and evidence to identify where activity should be targeted to best effect, and to enable internal and external partners to align available resources. The aim is for more residents to take care of their own health and wellbeing, which will prevent longer term health problems and reduce the need for expensive intervention by the Council and its partners in the future.

4.2 The focus of the plan is to improve physical activity levels amongst our most inactive groups, using evidence based approaches. We have identified four enablers of physical activity with supporting objectives and proposed actions:

- **Places** – creating the right physical environments for activity to take place including safer walking and cycling routes to parks and open spaces to sport specific built facilities.
- **People** – creating a skilled and motivated paid and volunteer workforce able to inspire, promote and lead others to an active lifestyle.
- **Community** – supporting and developing awareness of the opportunities that already exist within local communities.
- **Communication and Advocacy** – ensuring that everyone is aware of the benefits and opportunities to be physical active. Ensuring that the decision makers in the Borough promote physical activity and sport to achieve specific outcomes.

4.3 The action plan has been developed in consultation with Barnsley Sport & Active Lifestyle Partnership, comprising key providers e.g. Barnsley Premier Leisure. This partnership will be responsible for monitoring the progress against key indicators/measures.

#### **5. Conclusion/ Next Steps**

5.1 It is recommended that Health & Wellbeing Board discuss the progression of the Sport & Active Lifestyle action plan, provide a commitment where relevant to progress key actions, and agree next steps.

## **6. Financial Implications**

- 6.1 There are no direct financial implications arising from this report. Any financial implications associated with any of the priority actions identified will be subject to further reports where necessary.

## **7. Consultation with stakeholders**

- 7.1 The action plan has been prepared in consultation with Barnsley Sport & Active Lifestyle Partnership. Cllr Miller and Cllr Andrews have been briefed and key Council officers have been involved in preparing the action plan.

## **8. Appendices**

### **9. Background Papers**

- 9.1 Barnsley Sport & Active Lifestyle Strategy Action Plan

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