

Title of meeting: Health and Wellbeing Board

Subject: Improving physical activity in Portsmouth

Date of meeting: 9th February 2022

Report by: Dominique Le Touze, Consultant in Public Health
Bethan Mose, Public Health Principal
Andrea Wright, Health Development Manager
David Moorman, Strategic Development Manager

Wards affected: All

1. Requested by Director of Public Health

2. Purpose

To update the Health and Wellbeing Board (HWB) in relation to system wide work to increase physical activity in Portsmouth.

3. Information Requested

3.1 Background

Former Chief Medical Officer Liam Donaldson commented that 'the potential benefits of physical activity to health are huge. If a medication existed that had a similar effect, it would be regarded as a 'wonder drug' or 'miracle cure'. Being active can prevent and manage over 20 chronic diseases with inactivity associated with 1 in 6 deaths in the UK¹. Regular physical activity is proven to help prevent and manage non-communicable diseases such as heart disease, stroke, diabetes and several cancers. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being². Indirect benefits from planned and incidental physical activity, such as active travel, include environmental benefits such as reduced air pollution from car travel; social through improvements in social capital and community cohesion due to increased social mixing; economic benefits with reduced treatment costs, increased productivity, reduced absenteeism and improvements to the local economy through greater pedestrian footfall.

Around 70% of adults in Portsmouth are classed as physically active¹, however, approximately 42,000 of the adult population do less than 30 minutes of activity a week³. Although activity levels in Portsmouth adults are similar to the national average, there is wide variation relating to deprivation. The Portsmouth Health and Lifestyle survey (2015) [indicated that those](#) in the most deprived quintile of neighbourhoods are more likely to be sedentary.⁴ Under 16 activity levels are also low with 62% of Portsmouth's children and young people not meeting the recommended daily level of 60 minutes of activity a day⁵. The most recent data from the

¹ Physical Health: applying All our Health, 2019, PHE

² World Health Organisation, 2020

³ Active Lives Survey, 2018-19, Sport England/

⁴ [Portsmouth%20draft%20hwb%20strategy%2016032018%20Cabinet.pdf](#)

⁵ Public Health Outcomes Framework, 2018-29, PHE

National Childhood Measurement Programme indicates that both regionally and nationally there have been statistically significant increases in overweight and obesity at Year 6. Regionally, 22% of Reception children and 32% of Year 6 children were classed as overweight or obese in 2020/21. Moreover, obesity prevalence nationally was at least double for children living in the most deprived areas compared to those living in the least deprived areas. In Reception, 13.3% in the most deprived areas were obese compared to 6.0% in the least deprived. Severe obesity prevalence was almost four times as high in the most deprived areas (3.9%) than the least deprived areas (1.0%). Between 2006/07 and 2020/21 the gap between obesity prevalence for children attending schools in the most and least deprived areas increased by 1.8% at Year R and 4.8% at Y6.

The approach to increasing physical activity in Portsmouth includes not only organised activity such as sport, but also incidental activity. In other words, any activity built up in small amounts over the day, such as walking up the stairs or to the bus stop. The focus of action includes sport and leisure facilities, but also the built and natural environments that can enable physically active behaviours

3.2 Strategic Priorities

The emerging Health and Wellbeing Strategy 2021-2030 sets out a commitment to enabling the City's residents to '*lead active and healthy lives in a city with excellent air quality and sustainable transport*'. It further recognises the need to address the underlying factors that put people at risk of poor outcomes, and that many of our residents want to be more physically active.

The HIOW regional Physical Activity Strategy - *We Can Be Active* produced by Energise Me and co-created with delivery partners was launched at the end of July 2021⁶. It takes a broad, inclusive view of increasing physical activity. To reduce health inequalities, the focus is on areas where the health needs are highest, activity levels lowest and the potential health gains the greatest. This agenda is cross-cutting, with relevance to several Portsmouth City Council (PCC) Directorates and other partner organisations in the city.

We can be Active Summary	
<p>The strategy's mission is: <i>'To inspire and support active lifestyles so we can all be active in a way that suits us'.</i></p>	<p>We will recognise success when: <i>'People who once struggled to be active feel the positive benefits of increased activity'.</i></p>
<p>To achieve this, collaborative working across systems will be required, with activity aligned under 5 underpinning priorities, they are:</p> <ul style="list-style-type: none"> - Positive early experiences for our children and young people. - Opportunities that meet our needs and interests, that are accessible and easy to find. - Places and travel routes where we all feel safe and are encouraged to be active. - Support to help us get started or keep moving when we feel that we can't do it alone. - Bold leaders working together to create happier and healthier communities. 	
<p>Next steps in moving towards implementing the strategy:</p>	

⁶ [We-Can-Be-Active-Strategy.pdf \(energiseme.org\)](https://www.energiseme.org/We-Can-Be-Active-Strategy.pdf)

- Scoping what the strategy looks like locally and exploring how we can work together across the system to address the huge challenge of inactivity, combined into a deliverable action plan that all stakeholders are signed up to deliver.
- Working with a wide range of stakeholders including but not limited to the Active Portsmouth Alliance, thus ensuring the needs identified via the public consultation and consolidated in the strategy are recognised and actions defined to address them, through partnership working and utilising the limited resource available.
- Ensuring our key target audience i.e. the inactive who do less than 30 minutes of activity a week and our least active target groups e.g. women/girls, those living in deprivation, disabled/long-term conditions, BAME and those suffering poorer mental health etc. remain at the fore during the action planning process.
- Using universal proportionalism (opportunities for all, with additional resources/support for those with greatest need) to ensure current health inequalities around inactivity do not increase as we move forward.

Timeframe:

It is envisaged the action plan will be completed and agreed by partners/stakeholders by March 2022. Thus, helping to reduce premature mortality and improve the health of some of our most inactive residents in 2022 and beyond.

Physical Activity Strategy and Policy Context with Delivery Programmes

HIOW Physical Activity Strategy <i>We Can Be Active</i>					
Portsmouth Health and Wellbeing Strategy 2021-2030					
Active Portsmouth Alliance	Let's Bounce Back	Making Every Contact Count	Physical Activity CQUIN	Superzone Pilot	School Streets Trial
Quarterly multi-agency network of organisations with an interest in physical activity. Chaired by Public Health.	Formerly Public Health England (PHE) now the Office of Health Improvement and Disparities (OHID) funded Tier 2 Adult Weight Management Programme until March 2022. Indications is that the funding for obesity will continue post April 2022. We are still awaiting details of what this means locally.	MECC is an approach to behaviour change that uses everyday interactions with clients to support them in making positive health changes. Free training is offered for any frontline professional in Portsmouth.	Training for Social Prescribers and GP practices achieving the Active Practice Charter. All 13 GP practices in Portsmouth are signed up.	The pilot is a place-based approach (400m radius) around Arundel Court Primary Academy (ACPA) which re-launched in Sept after an 18 months Covid related delay with a revised action plan that is covid secure.	A multi-agency (Sustrans, PCC) project to improve safety and reduce traffic on the roads outside school during drop-off and pick-up, with a corresponding increase in active school commutes. It is supported by the Pompey Monsters active travel initiative, run by Transport.
Remit is to share knowledge and resources. Working collaboratively when opportunities arise.	12-week weight management programme. Delivered via the Wellbeing Service and Pompey in the Community (PiC) - Fit Fans. Physical activity is incorporated into both programmes, directly in Fit Fans and via BH Live for the Wellbeing Service Programme.	Workshops are based on raising awareness, brief advice and signposting (if relevant) both around generic skills and topic specific examples.	The PA CQUIN was suspended 2021 due to Covid pressures facing GP practices. Discussions with CCG are scheduled for Feb to review, in preparation for next year's CQUINs in 2022/23.	Since Sept the Daily Mile has been reinstated and work is underway to improve Arundel Park which has high levels of anti-social behaviour and is under-utilised by pupils and their families. Parents and children completed a survey which has informed the re-design, utilising the Safer Streets and Greening funding streams.	Phase 1 pilot started in Sept, with two schools (St. Jude's and Brambles) participating in the 7-week initiative. Another 2 schools (currently confirming which schools) will start the Phase 2 of the trial in April.
Policy Framework for Delivery					
PCC Healthy Weight Strategy					
		Public Health Draft Workforce Development Strategy		Children's Physical Health Strategy	
PCC Sport Facilities Strategy				PCC Greening Strategy	
PCC Sports and Leisure's post-Covid-19 Vision.				OPCC Safer Streets	
PCC Playing Pitches Strategy				Air Quality	
		Local Transport Plan 4			
		Local Cycling & Walking Infrastructure Programme			
		Portsmouth Draft Local Plan - 2038			
PCC Parks and Open Spaces Strategy					

Monitoring
 Health Impact Assessment
 Healthy Streets Approach

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3.3 Sports Facilities Strategy and the PCC Sports and Leisure's post-Covid-19 Vision

PCC is continuing to invest in its leisure facilities to ensure that they meet the needs of the people of Portsmouth, and to enable them to operate sustainably and in an environmentally friendly way.

Based on public consultation⁷, the Sports Facilities Strategy⁸ recommended that some of the older, lower quality facilities (Eastney Swimming Pool, Wimbledon Park Sports Centre) be closed and re-provided as a combined new facility. The decision was taken in October 2020 to close the Pyramids leisure pool and re-purpose the building by converting the pool into an indoor adventure play and bounce attraction, and large modern gym. Works are due to complete by January 2022.

Proposals have been brought forward to bring community, sports and swimming facilities together in one new modern and ecologically sound hub at Bransbury Park. This remains provisional until planning advice concludes that there is no viable alternative. The existing community centre provision at Bransbury Park will be incorporated into the new facility and the old buildings demolished.

The outline programme currently forecasts completion for mid-2024, subject to planning. The likely facility mix will include: a 25m 4 lane swimming pool; Learner pool; 2 or 3 court sports hall; 50-75 station gym with group exercise studio; Community rooms with main function room, kitchen, meeting room, office etc; and Café.

The new leisure centre offers potential to link with broader health and wellbeing priorities and Public Health have representation on the Project Board. Our inclusion allows for wider opportunities to be explored including - accessibility, active travel to and from, air quality mitigation, greening and healthy food environment to support a balanced lifestyle offer. As per the Portsmouth Local Plan, the development will be subject to a Health Impact Assessment.

3.4 Partnership working: facilitating incidental physical activity through the built environment

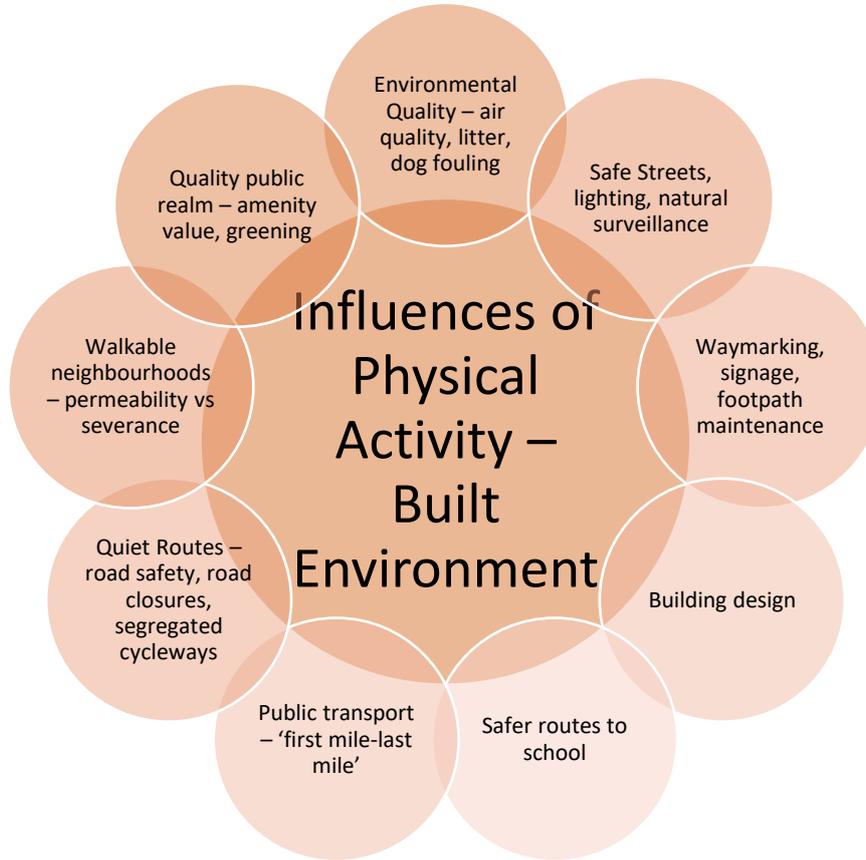
There is a significant body of work being delivered across PCC and by partner organisations within the city that both directly and indirectly influences physical activity. The diagram below indicates some examples of the way the built environment can positively impact physical activity.

⁷ [Sport and Leisure Facilities Consultation - Portsmouth City Council](#)

⁸ [03.1 Portsmouth City Council Sports Facility Strategy 2017 - exec summary.pdf](#)

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3.4.1 Active travel: The Transport team in the Council aim to 'deliver a people centred network that prioritises walking, cycling and public transport to help deliver a safer, healthier and more prosperous city'. The development of the **Local Transport Plan 3 and Local and Cycling Walking and Infrastructure Plan** have included close involvement with public health colleagues to ensure physical activity are central considerations. Both emphasise the need for a modal shift away from car travel to more active modes. A wide range of transport policies support active travel and physical activity including, but not limited to: the School Streets programme and Pompey Monsters Walk to School initiative to promote active travel to school; the South East Hampshire Rapid Transit network to promote rapid bus travel in the Portsmouth travel to work area; development of Quieter Routes for safer cycling; an electric scooter scheme; development of an East-West Cycle corridor from Fratton to the Hard; a range of schemes to improve air quality which encourage modal shift away from private cars towards active travel modes.

3.4.2 Built environment policy: Housing, Planning and Regeneration: The links to physical activity are highlighted as part of PCC's Health Impact Assessment framework (in draft, required as Local Plan Policy), and routinely explored between Public Health and development applications. For example, strong collaboration with Regeneration colleagues and the externally appointed consultants for the early stage masterplanning of Horatia and

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Leamington social housing consideration of physical activity. Specifically in relation to walkable, accessible neighbourhoods; open space, play and recreation were identified at a very early stage as key design considerations. The Healthy Streets Approach⁹ for assessing how well the streetscape promotes health, including physical activity is being explored for other built and natural environment schemes across the city, including OPCC Safer Streets and the Arundel Court Superzone project.

3.4.3 Greening - PCC Estate Services Clean & Green teams deliver greening projects across our social housing estate, with a strong emphasis on local volunteers and residents actively taking part in planting activities such as the Queen's Canopy planting days planned for late autumn/early winter 2021.

3.5 Sustainability and partnership working

3.5.1 The **Greener NHS programme** supports the *NHS Long Term Plan* and *Delivering a net zero National Health Service* sustainability commitments. Each NHS Trust and Integrated Care System has been tasked with producing a Greener NHS Plan by April 2022, coordinated and supported by multi-agency stakeholder groups. One of three current aims in a number of South East Greener NHS Plans is a focus on transport and active travel, a co-benefit of which will be increasing active travel amongst staff and patients.

3.5.2 The **Portsmouth Climate Action Board** is a partnership of 14 organisations, including Portsmouth City Council, Portsmouth University Hospitals Trust, Portsmouth University, the Royal Navy and representatives from the voluntary and community sector. Among the aims of the Board are seeking better quality, more sustainable public transport and better walking and cycling routes, both of which support active travel.

3.5.3 The terms of reference and membership of the **Portsmouth Air quality Board** is currently being revised. The Board aims to synthesise work underway within the Council and with partner organisations to improve air quality in the city. Around 50% of air pollution is transport related, much of the focus of the Board is on improving active travel and reducing car travel to reduce emissions.

4 Summary

Throughout the city there is significant need for an increase in physical activity levels to support improved health outcomes, and the environmental, social and economic co-benefits of physical activity for the city are substantial. Across the Council and partner organisations there are many schemes and projects under development that promote physical activity. The Health and Wellbeing Board, through its refreshed strategy can play a significant role to facilitate greater levels of physical

⁹ [Healthy Streets | Making streets healthy places for everyone](#)

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activity across the city. It can do this through its support of a place-based approach that powerfully advocates for the health and wider benefits to society of an active population.

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Signed by (Director)

Appendices:

Background list of documents: Section 100D of the Local Government Act 1972

The following documents disclose facts or matters, which have been relied upon to a material extent by the author in preparing this report:

Title of document	Location
Physical Activity Strategy - <i>We Can Be Active</i>	We-Can-Be-Active-Strategy.pdf (energiseme.org)
Sport and leisure future plans	Sport and leisure - future plans - Portsmouth City Council