

<b>Report of:</b>	Mark Adams - Director of Public Health Councillor Dorothy Davison - Executive Member for Adult Social Care and Public Health
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<b>Submitted to:</b>	Executive - 16 February 2021
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<b>Subject:</b>	Final Report of the Adult Social Care and Services Scrutiny Panel - Physical Activity for Older People (aged 65 plus) - Service Response
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## Summary

<b>Proposed decision(s)</b>
That the Executive approves the response, and accompanying action plan, to the Adult Social Care and Services Scrutiny Panel final report on physical activity for older people (aged 65 plus)

Report for:	Key decision:	Confidential:	Is the report urgent?
Executive	Yes – more than 2 wards will be affected.	This report is not confidential.	For the purposes of the call-in procedure, this report is not urgent.

Contribution to delivery of the 2018-22 Strategic Plan		
Business Imperatives	Physical Regeneration	Social Regeneration
		The proposed recommendations are in line with the ambitions of the social regeneration strategy

Ward(s) affected
All

## What is the purpose of this report?

1. The report provides the response, and accompanying action plan, to the Adult Social Care and Services Scrutiny Panel final report on physical activity for older people (aged 65 plus).

## Why does this report require a Member decision?

2. There is a requirement for the Executive to formally consider the final reports of the Council's scrutiny panels and agree departmental service responses and accompanying action plans.

## Report Background

3. During 2019/2020, the Adult Social Care and Services Scrutiny Panel investigated the topic of physical activity for older people (aged 65-plus).

The purpose of the scrutiny panel's review was to examine whether effective and successful models of support are in place, in Middlesbrough, to:

- a) To understand the importance of physical activity for those over the age of 65;
- b) To examine current service provision and ascertain how accessible physical activity is for Middlesbrough residents over the age of 65; and
- c) To explore effective strategies, interventions and projects to further develop service provision.

Physical activity is defined as “any bodily movement produced by skeletal muscles that requires energy expenditure” – it is a key component of good health. The latest data from the Active Lives Survey (Sport England) shows that 58% of the Middlesbrough population is active (150+ minutes of physical activity a week), 9.8% are fairly active (30 – 149 minutes a week) and 32.2% are inactive (<30 minutes a week). These rates have remained stable over time, emphasising the need for a new approach.

Physical activity is particularly important for older people, contributing to maintaining quality of life, health, and physical function and reducing falls. The Active Lives Survey national sample results show the physical activity declines with age, particularly after age 75 as shown in table one.

Table one – levels of physical activity in England by age (Active Lives Survey, May 19 to May 20)

Age band (years)	% physically active (150+ minutes a week)	% Fairly Active (30 – 149 minutes a week)	% Inactive (<30 minutes a week)
16-24	72.5%	9.0%	18.5%
25-34	66.3%	12.0%	21.7%
35-44	66.1%	12.3%	21.6%
45-54	66.7%	11.4%	21.9%
55-64	62.0%	12.2%	25.8%
65-74	58.7%	12.6%	28.7%
75-84	44.1%	13.3%	42.6%
85+	22.4%	11.6%	66.1%

Interventions to increase physical activity have tended to focus on changing individual behaviour – for example, by:

- a) Providing access to activity sessions in the community and leisure centres
- b) Referring people to Health Coaches
- c) Encouraging people to use a smartphone or web-based application
- d) Running campaigns such as Change4Life or Fit as a Fiddle on TV, Radio, online and via posters/leaflets etc. (which aim to change awareness rather than behaviour).

However, these have not shifted population levels of physical activity and the latest evidence suggests that multi-modal and multi-component interventions are needed, including for older people<sup>1</sup>. These interventions go beyond the individual and change the physical and social environment as well as influence policy decisions – examples might include improving the quality and availability of pavements and cycle paths along with measures to reduce road traffic or crime.

**What decision(s) are being asked for?**

- 4. That the Executive approves the response, and accompanying action plan, to the Adult Social Care and Services Scrutiny Panel final report on physical activity for older people (aged 65 plus).

**Why is this being recommended?**

- 5. The Adult Social Care and Services Scrutiny Panel final report and subsequent action plan on physical activity for older people (aged 65 plus) will be used to support wider action alongside the Sport England Local Delivery Pilot, developing a Council-wide approach to the issue.

**Other potential decisions and why these have not been recommended**

- 6. In most instances, no alternative decisions were considered as the recommendations by the Adult Social Care and Services Scrutiny Panel are straightforward to implement and there are no significant resource implications.

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<sup>1</sup> Zubala et al. Promotion of physical activity interventions for community dwelling older adults: A systematic review of reviews. PLoS One. 2017 Jul 10;12(7):e0180902

Alternative actions are proposed for the recommendation around the provision of transport, such as Officers working with any groups identified with such a need to access relevant funding.

### **Impact(s) of recommended decision(s)**

7. The Adult Social Care and Services Scrutiny Panel report will support wider action around increasing levels of physical activity, particularly for older people. This will lead to improvements in physical and mental health, particular around falls prevention and social isolation.

The action plan will be implemented in partnership with wider Council colleagues, other statutory organisations (e.g. NHS Tees Valley CCG) and voluntary and sector partners.

### **Equality and Diversity**

8. There will be no negative, differential impact on diverse groups and communities associated with this report.

### **Legal**

9. None Identified.

### **Financial**

10. No significant costs identified.

### **Policy Framework**

11. The proposed action has no impact on the Council's policy framework.

### **Equality and Diversity**

12. The purpose of the Adult Social Care and Services Scrutiny Panel's report is to consider the potential positive impact of physical activity on older people to reduce disadvantage experienced by all protected characteristics.

13. Advice will be sought regarding requirements around an Equality Impact Assessment(s).

### **Risk**

14. The implementation of the Adult Social Care and Services Scrutiny Panel recommendations will support the Council in ensuring that our older people will be afforded opportunities to be physically active and age well.

### **Actions to be taken to implement the decision(s)**

15. Progress on implementation of the identified actions will be provided.

### **Appendices**

16. There are no appendices.

### **Background papers**

<b>Body</b>	<b>Report title</b>	<b>Date</b>
Adult Social Care and Services Scrutiny Panel	Final Report – Physical Activity for Older People (Aged 65-plus)	5 November 2020

## **Appendices**

17. There are no appendices to this report.

## **Background papers**

18. There are no background papers to this report.

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