



Public Health
England

Protecting and improving the nation's health

Public Health Taster Day

Move More Sit Less

Nicola Corrigan- HWB Programme Manager (Physical Activity)

Inactivity is killing us

1 in 3 (34%) men and almost 1 in 2 (42% women) not active enough for good health

20% less active since 1960s (35% by 2030)

Physical inactivity is responsible for:

- 1 in 6 UK deaths
- Up to 40% of many long-term conditions
- Around 30% of later life functional limitation and falls

Estimated £7.4 billion annual cost



Physical activity

Active living

Active travel

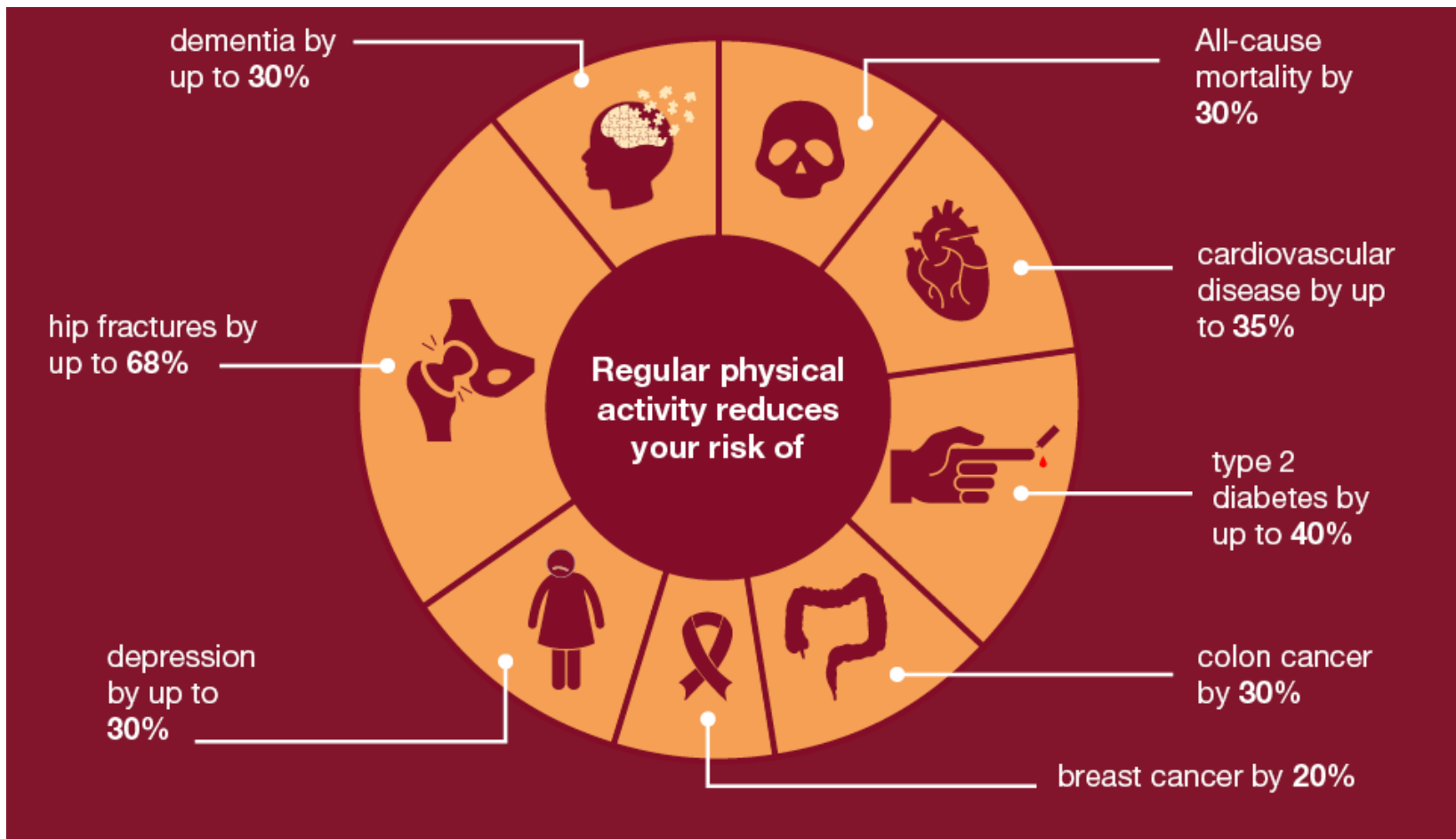
Active recreation

Active sport

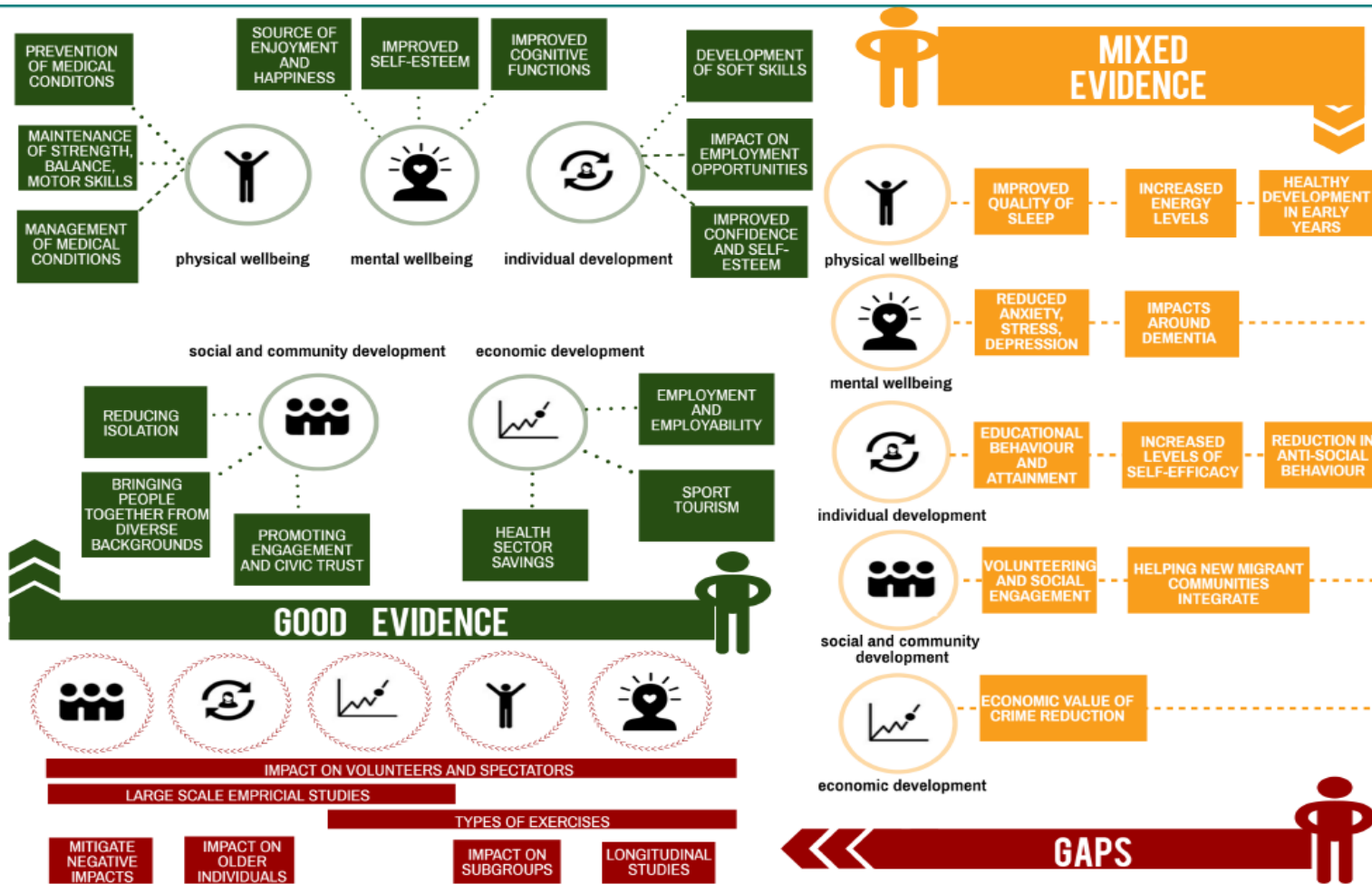
Informal sport

Organised sport

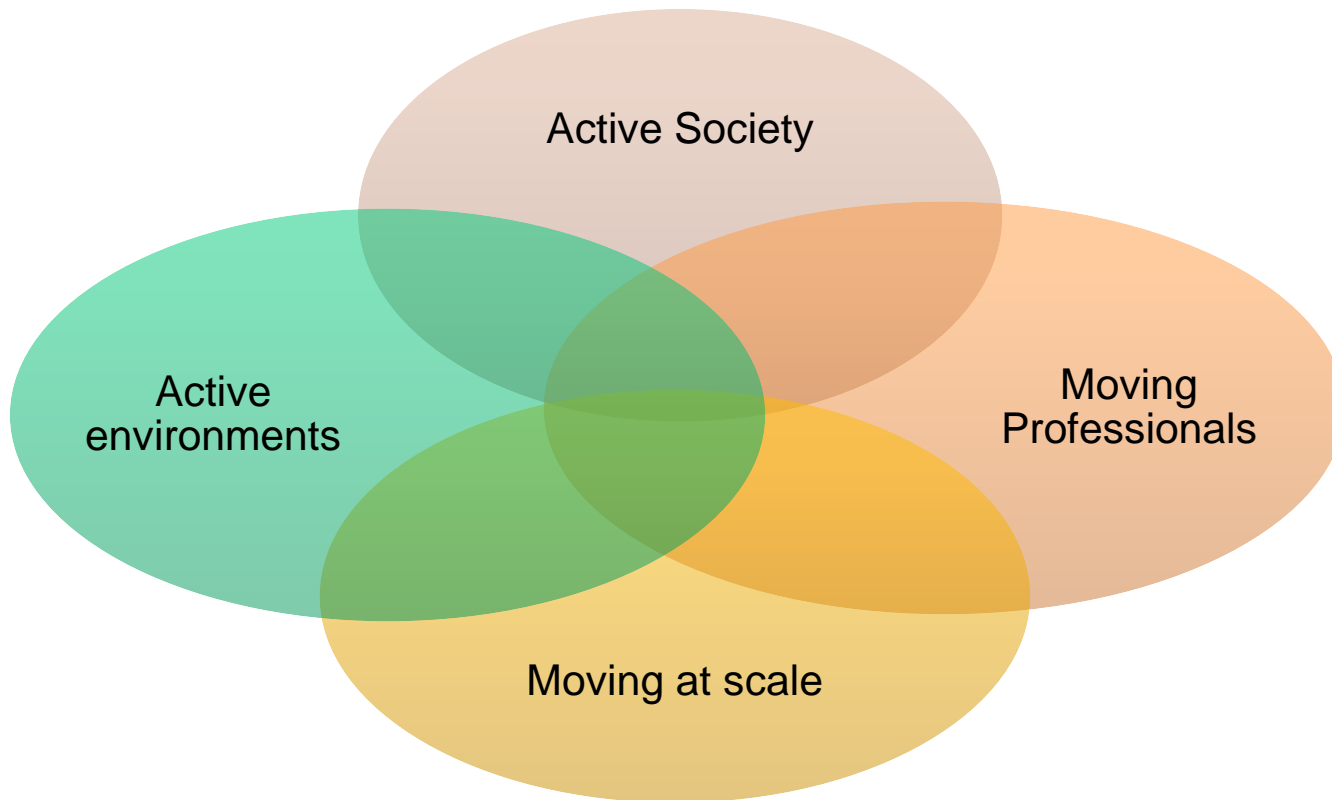
Health benefits of physical activity



Impacts of physical activity on societal outcomes



Everybody Active, Every Day. The national framework for action



National policies including physical activity



CMO guidelines

Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

Not active? Start gradually

Home

Already active? Keep going

Throughout pregnancy aim for at least 150 minutes of moderate intensity activity every week

Out and about

- Do muscle strengthening activities twice a week
- No evidence of harm
- Listen to your body and adapt

UK Chief Medical Officers Recommendations 2017: Physical Activity in Pregnancy bit.ly/startactiveinfo

Physical activity for children and young people (5-18 Years)

- BUILDS CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- STRENGTHENS MUSCLES & BONES
- IMPROVES HEALTH & FITNESS
- MAINTAINS HEALTHY WEIGHT
- IMPROVES SLEEP
- MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for at least 60 minutes everyday

All activities should make you breathe faster & feel warmer

- PLAY
- RUN/WALK
- BIKE
- ACTIVE TRAVEL
- SWIM
- SKATE
- SPORT
- PE
- SKIP
- CLIMB
- WORKOUT
- DANCE

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

Sit less **Move more**

LOUNGING

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive

Physical activity benefits for adults and older adults

- BENEFITS HEALTH
- IMPROVES SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGES STRESS
- IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

Type II Diabetes	-40%
Cardiovascular Disease	-35%
Falls, Depression and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

Be Active **Sit Less** **Build Strength** **Improve Balance**

VIGOROUS MODERATE

RUN WALK TV

SPORT CYCLE SOFA

STAIRS SWIM COMPUTER

MINUTES PER WEEK

75 OR 150

VIGOROUS INTENSITY (BREATHING FAST, DIFFICULTY TALKING) MODERATE INTENSITY (ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP SITTING TIME

Something is Start small or just 10 minute MAKE A STAI

UK Chief Medical Officers' Guidelines 2011 Start Active.

Physical Activity for Disabled Adults

Make it a daily habit

Disabled adults

- Improves mental health and quality of life
- Makes maintaining a healthy weight easier
- Makes daily tasks easier and increases independence
- Strengthens muscles and bones
- Improves fitness
- Improves mobility and balance
- Helps to prevent chronic disease
- Creates opportunities to meet new people and feel part of the community
- Physical activity makes you feel good
- Being inactive is harmful to health
- Don't be still for too long
- Even a little movement is better than nothing

Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity


Remember the talk test: Can talk, but not sing = moderate intensity activity. Difficulty talking without pausing = vigorous intensity activity.

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive



Last activity - This month

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Yorkshire & Humber Physical Activity Knowledge Exchange (YoHPAKE)

The purpose of the YoHPAKE network is to encourage knowledge exchange between key physical activity stakeholders the Yorkshire and Humber area. The network comprises of academics, public health practitioners, sporting partnerships, education-active schools, leisure services, medical professionals and private and voluntary organisations. The purpose of the discussion group is for members to share the latest knowledge on physical activity.

knowledgehub.net/group/yorkshire-humber-physical-activity-knowledge-exchange/group-blogs

Action

Clinical Champions training for health professionals

Clients stand up and move about during visits

Walking meetings with clients or colleagues

Build activity into lesson plans

Encourage gardening, cleaning and other household activities

Playing in the park or garden with children

Find out more about the 4 Local Delivery Pilots in Y&H

Join YoHPAKE and build relationships across research and practice

Catch the bus and train

MOVE MORE SIT LESS