**LEISURE, WELLBEING AND HEALTH COMMITTEE**

**22 MARCH 2017**

**PART I - DELEGATED**

**10. PHYSCIAL ACTIVITY STRATEGY TARGETS**

(CED)

1. **Summary**

1.1 This report reviews the performance indicators for the Physical Activity Strategy agreed on 3 June 2015 and recommends new indicators and targets for the next three years.

2. **Details**

2.1 At its meeting on 3 June 2015 the Committee agreed the Three Rivers Physical Activity Strategy 2015-18, and its associated key performance indicators (minute refers). The indicators and targets agreed are shown in table 1.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Indicator | Baseline | 2016 | 2017 | 2018 |
| KPI 1: To achieve a year on year reduction in the level of physical inactivity of adults in Three Rivers (less than 30 minutes per week.) | 29% | 28% | 27% | 26% |
| KPI 2: To achieve a year on year increase in the number of adults who are active to the recommended level (150 minutes per week) | 53.3% | 54% | 55% | 56% |
| KPI 3: To achieve a year on year increase in the number of adults participating in sport for (1 x 30 minutes per week) | 36.9% | 38% | 39% | 40% |

Table 1: Key performance indicators and targets.

2.2 The indicators used when agreeing the strategy were those collected through the Active People Survey conducted by Sport England. The latest and last data to be collected through this annual survey were published in December 2016 and cover the year ending in September 2016. The results for Three Rivers are shown in Table 2 for this last data point.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Indicator | Baseline | Target 2016 | Result | Target 2017 | Target 2018 |
| The proportion of adults aged 16 and over, with valid responses to questions on physical activity, doing less than 30 “equivalent” minutes of at least moderate intensity physical activity per week in bouts of 10 minutes or more in the previous 28 days | 29% | 28% | **27.81%**  (23.97% - 31.66%) | 27% | 26% |
| The proportion of adults aged 16 and over, with valid responses to questions on physical activity, doing at least 150 “equivalent” minutes of at least moderate intensity physical activity per week in bouts of 10 minutes or more in the previous 28 days | 53.3% | 54% | **59.83%**  (55.62% - 64.04%) | 55% | 56% |
| The proportion of adults aged 16 and over participating in sport, of at least moderate intensity, for at least 30 minutes, on at least four days in the last 29 days (excludes recreational walking, and utility cycling) | 36.9% | 38% | **39.9%** | 39% | 40% |

Table 2: Final Active People Survey Results Sept 2016, Three Rivers Adults aged 16+

Note, () denotes 95% confidence levels.

2.3 The baseline data used for the performance indicators came from the 2013-14 year results of the Active People Survey as they were the most current data available.

2.4 The targets for KPIs 1, 2 & 3 for 2016 have been achieved. However it should be noted that the confidence interval for these results (given the sample size of the survey which is 521 respondents) does not provide absolute certainty of this improvement. For KPI2 (those achieving 150+ minutes activity per week) the target for 2018 was achieved. For KPI3 the target for 2017 was achieved (no confidence interval data is available from Public Health England or Sport England for this specific result).

2.5 Sport England have now changed how they will survey physical activity levels. This is to align with the new *Towards an Active Nation strategy for 2017-21*. The new survey conducted by Ipsos-Mori is called Active Lives. The levels of activity measured within this survey are more inclusive of non-sporting/fitness activities such as gardening, walking, dance and cycling for travel. Sport England has extended its remit to cover cycling for travel, walking for leisure and travel and Dance. Whilst the survey collects data on gardening, this does not fall under the remit of Sport England.

2.6 The first results for the Active Lives survey were published in January 2017 and cover the period Nov 2015 – 2016. Activity is measured if it is done at least twice in the last 28 days at moderate intensity – where the heart rate is raised and the person feels a little out of breath. Vigorous intensity – where the person is breathing hard and fast and heart rate has increased significantly so they are unable to say more than a few words without pausing for breath - counts as double the time of moderate intensity. The results of this survey for Three Rivers are shown in Table 3. This includes activity data for gardening.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Indicator | 2015/16  Three Rivers | 2015/16  Herts | Best in Herts 2015/16 | England 2015/16 |
| Inactive adults aged 16 and over (<30 mins of activity per week) | 15.9%  (12.2% - 20.4%) | 18.4%  (16.9%-20.0%) | 14.0% (10.4% - 18.6%) | 22.0%  (21.7% - 22.3%) |
| Active adults aged 16 and over (150+ minutes of activity per week) | 71.6%  (65.6% - 76.8%) | 68.2%  (66.4% - 70.0%) | 74.0%  (68.6% - 78.7%) | 65.4% (65.1% - 65.7%) |

Table 3: Active Lives Survey Data Results 2015/16

Note, () denotes 95% confidence levels.

2.7 The data show Three Rivers adults aged 16 and over to be more active than the average for England and for Hertfordshire. However we are the 3rd best in Hertfordshire. Caution should also be taken for the confidence interval in these results due to sample sizes.

2.8 As the Active People Survey has now ended and been replaced with the Active Lives Survey officers are recommending that the measures used in the new Active Lives Survey are used as the Key Performance Indicators for the Physical Activity Strategy. The strategy was written from a Public Health perspective, and activities such as walking, cycling, gardening and dance are all valid choices for adults when considering how to reduce health inequalities in the District.

2.9 Officers have considered targets for increasing physical activity in adults aged 16+ and are recommending the targets in table 4 for the next 3 years. These targets will be assessed by the Active Lives Survey results, which will be mirrored through the local Omnibus Survey to increase the Council’s access to demographic data on activity levels in the District. The targets are based on improving the activity levels of adults with the aspiration to be the highest in the County, based on current baseline performance.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Indicator | Baseline | 2017/18 | 2018/19 | 2019/20 |
| KPI 1 - Inactive adults aged 16 and over (<30 mins of activity per week) | 15.9% | 14.9% | 14.4% | 13.9% |
| KPI 2 - Active adults aged 16 and over (150+ mins of activity per week) | 71.6% | 72.6% | 73.4% | 74.0% |

Table 4: Proposed targets and indicators for 2017-2020

3. **Options/Reasons for Recommendation**

3.1 To agree new performance indicators and targets for physical activity in Three Rivers.

3.2 To continue to seek to reduce health inequalities within the District, based on the wider health benefits of physical activity.

4. **Policy/Budget Reference and Implications**

[Link to current policies](http://intranet.threerivers.gov.uk/Default.aspx/Web/PoliciesAndProceduresCategoryListingPage)

4.1 The recommendations in this report are within the Council’s agreed policy and budgets. The relevant policy is entitled Three Rivers Physical Activity Strategy 2015-18 and was agreed on 3 June 2015.

4.2 The recommendations in this report relate to the achievement of the following priorities and objectives of the Strategic Plan 2017-20:

2.5 We will reduce health inequalities, promote healthy lifestyles, support learning and community organisations.

2.5.1 Improve and facilitate access to leisure and recreational activities for adults.

2.5.2 Contribute to partnership working to reduce health inequalities.

4.3 The impact of the recommendations on these objectives is to set their performance targets for the next 3 years.

5. **Financial, Legal, Staffing, Environmental, Community Safety, Customer Services Centre, and Communications & Website Implications**

5.1 None specific.

6. **Equal Opportunities Implications**

6.1 **Relevance Test**

|  |  |
| --- | --- |
| Has a relevance test been completed for Equality Impact? | Yes |
| Did the relevance test conclude a full impact assessment was required? | No |

Whilst older people, and people with long term conditions and disabilities are over represented in the inactive adult population, setting targets to increase adult activity levels should address these existing inequalities.

7. **Public Health implications**

7.1 The purpose of the Three Rivers Physical Activity Strategy is to reduce levels of inactivity, increase regular participation and contribute to a healthier, more active Three Rivers. The Strategy is in line with the new national *Towards an Active Nation strategy for 2017-21*. It is also in line with the priorities of:

* Hertfordshire Physical Activity and Sport Framework 2015
* Hertfordshire Health and Wellbeing Strategy 2016-2020
* Healthier Herts – A Public Health Strategy for Hertfordshire 2013-17

8. **Risk Management and Health & Safety Implications**

8.1 The Council has agreed its risk management strategy which can be found on the website at http://www.threerivers.gov.uk. In addition, the risks of the proposals in the report have also been assessed against the Council’s duties under Health and Safety legislation relating to employees, visitors and persons affected by our operations. The risk management implications of this report are detailed below.

8.2 The subject of this report is covered by the Community Partnerships service plan***.*** Any risks resulting from this report will be included in the risk register and, if necessary, managed within this plan.

8.3 There are no risks to the Council in agreeing the recommendation***.***

8.4 The following table gives the risks that would exist if the recommendation is rejected, together with a scored assessment of their impact and likelihood:

|  |  |  |  |
| --- | --- | --- | --- |
| Description of Risk | | Impact | Likelihood |
| 1 | No performance indicator or target or performance measure is set for an objective of the Strategic Plan | III | A |
| 2 | No data will be available to measure the performance of the Physical Activity Strategy due to national targets and measures changing | III | A |

8.5 Of the risks detailed above none is already managed within a service plan.

8.6 The above risks are plotted on the matrix below depending on the scored assessments of impact and likelihood, detailed definitions of which are included in the risk management strategy. The Council has determined its aversion to risk and is prepared to tolerate risks where the combination of impact and likelihood are plotted in the shaded area of the matrix. The remaining risks require a treatment plan.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Likelihood** | A |  |  | 1, 2 |  |  | Impact | Likelihood |
| B |  |  |  |  |  | V = Catastrophic | A = >98% |
| C |  |  |  |  |  | IV = Critical | B = 75% - 97% |
| D |  |  |  |  |  | III = Significant | C = 50% - 74% |
| E |  |  |  |  |  | II = Marginal | D = 25% - 49% |
| F |  |  |  |  |  | I = Negligible | E = 3% - 24% |
|  | I | II | III | IV | V |  | F = <2% |
| **Impact** | | | | | |  |  |

8.7 In the officers’ opinion, of the new risks above, were they to come about, the following would seriously prejudice the achievement of the Strategic Plan and are therefore strategic risks. Progress against the treatment plans for strategic risks is reported to the Policy and Resources Committee quarterly. The effectiveness of all treatment plans are reviewed by the Audit Committee annually.

|  |  |  |
| --- | --- | --- |
| Description of Risk | | Service Plan |
| 1 | No performance indicator or target or performance measure is set for an objective of the Strategic Plan | Community Partnerships |
| 2 | No data will be available to measure the performance of the Physical Activity Strategy due to national targets and measures changing | Community Partnerships |

9. **Recommendation**

9.1 That the Committee agrees the revised key performance indicators for the Physical Activity Strategy.

9.2 That the Committee agrees the targets for 2017-2020 for Physical Activity.

Report prepared by: Andy Stovold, Head of Community Partnerships

**Data Quality**

Data sources:

Active People Survey – Public Health England / Sport England

Active Lives Survey – Public Health England / Sport England

Data checked by:

Ryan Watson, Sports Development Officer

Data rating:

|  |  |  |
| --- | --- | --- |
| 1 | Poor |  |
| 2 | Sufficient |  |
| 3 | High | **✓** |