General

Physical activity has been proven to reduce early deaths and help and manage many chronic health conditions. Key trends are:

• in children aged 0-5 years, lower levels of physical activity are associated with increased levels of obesity

• active adults have a 30% higher chance of enhanced wellbeing than inactive adults plus a 20-30% lower risk of depression, distress and dementia.

The UK Chief Medical Officer (CMO) has set out how much physical activity adults should do (150 minutes +) on a weekly basis, for it to benefit their health. Using these guidelines, physical activity levels can be categorised into Active, Fairly Active and Inactive.

<table>
<thead>
<tr>
<th>Active</th>
<th>Fairly active</th>
<th>Inactive</th>
</tr>
</thead>
<tbody>
<tr>
<td>150mins + moderate intensity exercise per week</td>
<td>30-150mins moderate intensity exercise per week</td>
<td>Less than 30 mins moderate intensity exercise per week</td>
</tr>
</tbody>
</table>

CMO guidelines also specify that children and young people (aged 5-18) should engage in moderate to vigorous physical activity for at least 60 minutes a day. In a similar manner to adults, the physical activity levels of children are categorised.

<table>
<thead>
<tr>
<th>Active every day</th>
<th>Active across the week</th>
<th>Fairly active</th>
<th>Less active</th>
</tr>
</thead>
<tbody>
<tr>
<td>60+ mins every day</td>
<td>An average of 60 mins a day but not every day</td>
<td>An average of 30-59 mins per day</td>
<td>Less than an average of 30 mins a day</td>
</tr>
</tbody>
</table>

Nationally, certain groups including women and girls, older people, disabled people and those in lower socio-economic groups are identified as being significantly less likely to play sport and be physically active than the population in general. Specific trends are:

• Disabled people are twice as likely to be inactive as non-disabled people

• Over half of disabled people are over 60 years old

• 50% of females and 47% of people in lower socio-economic groups meet the CMO guidelines on physical activity compared to 56% of the wider population.
Local Situation

Children and Young People

Public Health England data tells us the following about children and young people in South Northamptonshire:

- One fifth (20%) of reception children (4-5 year old) are overweight or obese.
- Over a quarter (26%) of Year 6 children (10-11 year olds) are overweight or obese.

The Active Lives Children and Young People Survey for academic year 2017/18 (published December 2018) shows the self-reported activity levels of children in school years 1-11 for South Northants:

<table>
<thead>
<tr>
<th>Active every day</th>
<th>Active across the week</th>
<th>Fairly active</th>
<th>Less active</th>
</tr>
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<tr>
<td>60+ mins every day</td>
<td>An average of 60 mins a day but not every day</td>
<td>An average of 30-59 mins per day</td>
<td>Less than an average of 30 mins a day</td>
</tr>
<tr>
<td>16%</td>
<td>28%</td>
<td>33%</td>
<td>24%</td>
</tr>
</tbody>
</table>

Adults

The Active Lives Adult Survey November 2017/18 shows the activity levels of adults in South Northamptonshire are as follows:

<table>
<thead>
<tr>
<th>Active</th>
<th>Fairly active</th>
<th>Inactive</th>
</tr>
</thead>
<tbody>
<tr>
<td>62.6%</td>
<td>10.7%</td>
<td>26.7%</td>
</tr>
</tbody>
</table>

2 Public Health Outcomes Framework fingertips.phe.org.uk/profile/public-health-outcomes-framework
Public Health England data tells us the following about adults in:

**Northamptonshire:**
- 14% of adults have their day to day activities limited by their health or disability.
- 21% of residents use outdoor space for exercise and/or health reasons.

• the healthy life expectancy (how long people have good health) for males is 65 years and for females 63 years. Physical activity is one of the factors that have a significant impact on healthy life expectancy

**South Northamptonshire:**
- only 60% reach the Public Health recommendation of eating 5 portions/pieces of fruit and vegetables per day
- 57% are over overweight or obese.
- 14% were suffering from depression

The Census 2011 provides further information about people with a long-term health problem or disability that limits a person’s day-to-day activities, and has lasted, or is expected to last, at least 12 months. This includes problems that are related to old age. People were asked to assess whether their daily activities were limited a lot or a little by such a health problem, or whether their daily activities were not limited at all. The results for South Northants are shown below:

<table>
<thead>
<tr>
<th>Age</th>
<th>Day-to-day activities limited a lot</th>
<th>Day-to-day activities limited a little</th>
<th>Day-to-day activities not limited</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 5</td>
<td>45</td>
<td>75</td>
<td>98</td>
</tr>
<tr>
<td>16 to 49</td>
<td>235</td>
<td>570</td>
<td>1,140</td>
</tr>
<tr>
<td>50 to 64</td>
<td>321</td>
<td>988</td>
<td>1,293</td>
</tr>
<tr>
<td>65 and over</td>
<td>1,431</td>
<td>2,095</td>
<td>1,087</td>
</tr>
</tbody>
</table>

Number of people in South Northants with long term health problem or disability by age and level of limitation to their daily activities.
The data can also be mapped to show the location of any hotspots. The following map shows levels of long-term limiting illnesses or disabilities across South Northants, with the darker areas having the higher levels. We are currently developing specific services in conjunction with the communities of Blisworth and Kings Sutton and will identify localities within the Danvers and Wardourn and Brafield and Yardley wards to work with in the future.

Areas of South Northamptonshire with higher numbers of people with a long-term limiting illness or disability:

This is a key work area to target wards for more physical activity provision for those with long term limiting illness and disabilities.

Our county strategy Northamptonshire: More Active, More Often outlines:

- In the county the demographic groups that have the largest proportions of inactive people are those with a long-term limiting illness or disability (33%) and those in lower socio-economic groups (27%).
- The annual health cost of inactivity for the whole county is £12,335,540 and for South Northants is £1,593,400. This includes costs attributed to: breast cancer; cancer of the lower gastrointestinal tract e.g. bowel cancer; cerebrovascular disease; diabetes; and coronary heart disease.

3 Northamptonshire: More Active, More Often
Older People

- The average life expectancy in South Northants for males is 81 years and females 85 years; these are higher than both the countywide and national figures. However, across Northamptonshire, the healthy life expectancy for males is 65 years and 63 for females, compared to 63 years for men and 64 years for women nationally.

- Keeping fit and active helps prevent slips, trips and falls. The number of South Northants residents aged 80 or over admitted to hospital as an emergency due to a fall is significantly worse than the national average.

- In 2017, it was estimated that in South Northants:
  - 13% of people aged 65 and over had Type 1 or Type 2 diabetes, this compares to 12.4% for England.
  - 7% of people aged 65 and over had dementia.4

Workplace wellbeing

- Throughout the district of South Northants 1.2% of working days were lost due to sickness absence, this is slightly above the national average (source: footnote 2).

- In December 2018, South Northamptonshire Council conducted a workplace wellbeing survey to get a better understanding of the health and wellbeing needs of council staff and how it can support staff to be happy, healthy and motivated at work. Key findings were:
  - 23% of respondents meet Public Health recommendations of 150 minutes of physical activity a week.
  - only 12% use active travel to commute to work, when 61% live less than 9 miles away from work.
  - only 28% of staff are reaching the Public Health recommendations of eating 5 portions/pieces of fruit and vegetables per day.

4 NCC Older People JSNA