

**LEISURE, ENVIRONMENT AND COMMUNITY COMMITTEE  
11 JULY 2018**

**PART I - DELEGATED**

**6. PHYSICAL ACTIVITY STRATEGY AND ACTION PLAN  
(DCES)**

**1 Summary**

1.1 The purpose of this report is to provide members with an updated Physical Activity Strategy to replace the 2015-18 document.

**2 Description**

2.1 The current physical activity strategy was adopted by Members at the 3 June 2015 Leisure, Wellbeing and Health Committee (Minute:LW08/15).

2.2 The 2018-21 strategy includes updates from partners such as Sport England, Herts Sports Partnership and Hertfordshire Public Health as well as reflecting changes in priorities from the Strategic Plan and Community Strategy.

2.3 Increasing the physical activity levels of the residents of Three Rivers remains a strategic priority of the Council contributing to the health and wellbeing of the local population, and demands on public resources.

2.4 The strategy identifies the Council's priorities and the measures it will use to assess their delivery. It focuses on the areas where the Council has a lead role, or can play a key part in delivering or influencing the outcomes.

2.5 The following key performance indicators were adopted into the Strategic Plan of Three Rivers District Council and measured through the Three Rivers Omnibus survey and Sport England Active People Survey.

- *% adults classified as inactive (less than 30mins per week)*
- *% adults achieving 150 minutes of physical activity per week*
- *% adults participating in sport for 30 minutes per week*

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%

Source: Herts Omnibus Survey 2017 / Sport England APS10

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- 2.6 These targets were revised on 16 March 2016 Leisure, Wellbeing and Health Committee (LW46/15) as follows:

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%

- 2.7 The change in targets reflects the change on Sports England's Strategy and measurement of physical activity using the Active Lives Survey. This is more inclusive in the types of activity considered including non-sporting/fitness activities such as gardening, walking, dance and cycling for travel.
- 2.8 The strategic priorities will remain Active People, Active Places, Active Together.
- 2.9 Each of the strategic priorities will have their own action plan created to implement, monitor and evaluate the strategy. Reports on action plans will be feedback through the Members' bulletin.

### 3 Options and Reasons for Recommendations

- 3.1 That the Leisure, Environment and Community Committee adopt the physical activity strategy and action plan.

### 4 Policy/Budget Reference and Implications

- 4.1 The recommendations in this report are within the Council's agreed policy and budgets. The relevant policy is entitled:

- 4.1.1 Three Rivers Community Strategy 2018-23

#### Independence and Resilience

Residents live in supportive communities

#### Health and Wellbeing:

Residents have opportunities to be physically and mentally healthy

Residents, especially the vulnerable, have access to health and social care

#### Safety

Neighbourhoods are safe for people to live, work and socialise in.

- 4.1.2 Three Rivers District Council Strategic Plan 2017-20

#### Healthier Communities

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

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2.5.2 Contribute to partnership working to reduce health inequalities

2.5.3 Provide a range of supervised leisure activities and facilities for young people.

2.5.4 Work with the Community and Voluntary sector to meet the needs of local communities

4.2 The recommendations in this report relate to the achievement of the following performance indicators set out in the Physical Activity Strategy.

Indicator	Baseline	2018/19	2019/20	2020/21
KPI 1: Inactive adults aged 16 and over (<30 mins of activity per week)	19.2%	19%	18.5%	18%
KPI 2: Active adults aged 16 and over (150+ mins of activity per week)	65.1%	66%	67%	68%
KPI 3: To achieve a year on year increase in the number of adults who have taken part in sport and physical activity at least twice in the last 28 days	83.5%	84%	84.5%	85%
KPI 4: To achieve a year on year increase in the number of adults who have volunteered to support sport and physical activity at least twice in the last year	19.1%	19.5%	20%	20.5%

4.2.1 These will be measured annually through the Sport England Active Lives Survey.

4.3 The impact of the recommendations on these performance indicators is to provide an action plan through which they will be achieved:

**5 Staffing, Environmental, Community Safety, Customer Services Centre, Communications & Website**

5.1 None specific

**6 Financial Implications**

6.1 There are no budget implications in agreeing this recommendation.

**7 Equal Opportunities Implications**

7.1 Relevance Test

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

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**8 Public Health implications**

8.1 The action plan will help the Council achieve its strategic objective 2.5 to reduce health inequalities, promote healthy lifestyles, support learning and community organisations

**9 Risk Management and Health & Safety Implications**

9.1 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.

9.2 The subject of this report is covered by the  service plan(s). Any risks resulting from this report will be included in the risk register and, if necessary, managed within this/these plan(s).

9.3 The following table gives the risks if the recommendation(s) are agreed, together with a scored assessment of their impact and likelihood:

Description of Risk		Impact	Likelihood
1	Accidents and injuries to Children and young people and adults	III	E

9.4 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
2	Sport, Health and Disability targets within the Physical Activity Strategy will not be achieved.	II	D

9.5 Of the risks detailed above the following is already managed within the Leisure service plan.

Description of Risk		Service Plan
No	1	Leisure and Landscape

9.6 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.

Like liho	A						Impact	Likelihood



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

9.7 In the Officers' opinion none of the new risks above, were they to come about, would seriously prejudice the achievement of the Strategic Plan and are therefore operational risks. The effectiveness of treatment plans are reviewed by the Audit Committee annually.

10 **Recommendation**

10.1 That the Leisure, Environment and Community Committee adopt the physical activity strategy and action plan.

Report prepared by: Ryan Watson, Sports Development Officer

**Data Quality**

Data checked by:

Charlotte Gomes, Leisure Development Manager

Data rating:

1	Poor	
2	Sufficient	X
3	High	

**Background Papers**

**APPENDICES / ATTACHMENTS**

**Appendix 1: 2018-2021 Physical Activity Strategy**

**Appendix 2: Physical Activity Strategy Action Plan**