

Key Points from and direction of the Physical Activity Strategy for Surrey 2015-2020

In October 2014, 115 people from 70 local organisations took part in a consultation day to consider the landscape, discuss priorities and provide ideas which started the conversation about the scope of the Surrey Physical Activity Strategy 2015-20. Since then Active Surrey has continued these conversations with stakeholders. The vision and headline actions have been drawn from all the guidance and suggestions provided by the national reports and local discussion and are summarised below:-

The Vision

By enabling more residents of all ages to meet the Chief Medical Officer's physical activity guidelines, the **Vision** is that by 2020, Surrey will be the most active county in England.

Existing Key Performance Indicator's from Sport England's Active People Survey will be used as an initial baseline, with other KPIs being developed as part of the ongoing detailed action planning work.

Priorities

Priorities within the Strategy follow a life course pathway from childhood to adulthood and beyond. These include:

- **Start Moving:** Supporting all children and young people to have an active start in life.
- **Move Every Day:** Encouraging all adults to build activity into their everyday lives.
- **Stay Moving:** Supporting older adults to live longer and more active lives.

Principles:

A set of over-arching principles are also proposed – which include:

- **Active Together:** Working in partnership across all sectors to develop shared priorities and projects and to highlight the importance of, and benefits from, everyone moving more.
- **Active Longer:** Working together to make physical activity a priority in health and social care.
- **Active Environment:** Using and shaping the natural and built environment to encourage residents to move more in their everyday lives (including active travel).

Proposed Actions

More detailed work is yet to be undertaken in partnership discussion on the actions required to deliver the Strategy, but following consultation with Stakeholders, the following areas of activity have been agreed in principle:-

Start Moving:

- Expand the role of children's centres / early years in developing physical literacy
- Ensure school facilities meet sporting, physical activity and active travel needs
- Raise the standard of PE & school sport in all Surrey schools
- Help the most inactive get moving
- Address drop-off rates in teenage girls
- Provide more opportunities to progress from high quality school sport to excellent community clubs

Move Every Day:

- Improve community access to sports facilities
- Better coordinate countywide sport provision for those with disabilities
- Promote the benefits of activity, including active travel, to workplaces (especially sedentary workers)
- Reduce the physical activity gender gap
- Increase access to green spaces, particularly by those with the poorest health (mental & physical)
- Consider physical activity implications when planning projects and housing developments

Stay Moving:

- Implement a systematic approach to assessment/promotion of physical activity in primary care generally, and specifically within disease management pathways
- Include physical activity training (prevention and treatment) within primary care training activities
- Increase availability of appropriate programmes in various settings