



Office for Health
Improvement
& Disparities



Physical Activity for the Management and Prevention of Long Term Conditions



INSERT NAME HERE XXXXXXXXXXXXX

Physical Activity Clinical Champions 2022 (last updated August 2022)



Online Etiquette

- Videos On
- Mute
- Chat Test
- Rejoin if any disruption



Learning Outcomes

By the end of the session you will be able to:

- Demonstrate knowledge of the UK Chief Medical Officers' (CMOs) guidelines for physical activity
- Describe population physical activity levels at national and local levels
- Explain the benefits of physical activity for the management and prevention of long term conditions
- Apply this knowledge in your clinical care of patients through routine brief advice on physical activity.



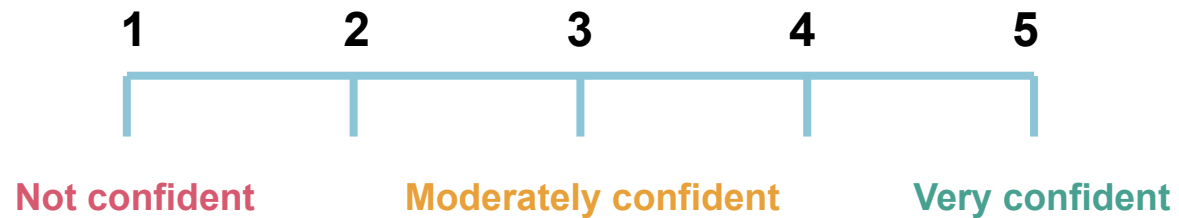
Add your/related photo here

Introductions

A bit about you as champion.....



How confident are you with giving physical activity advice?



Plan for the Session

1. Setting the scene
2. Key concepts in physical activity
3. Benefits of physical activity
4. Supporting people to become more active



Plan for the Session

1. **Setting the scene**
2. Key concepts in physical activity
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Knowledge and skills of healthcare professionals

RESEARCH



GPs in England 'unconfident' discussing
with patients - report

Physical activity
cross-sectional study

Anna Lowe^{1*}, Anna Myers², Hele
Rob Copeland¹

Open Access

BMJ Open
Sport &
Exercise
Medicine

Physiotherapy
cross-sectional
physical activity
of physical activity
physical activity
physiotherapist

Anna Lowe, Chris Littlewood,¹

After PACC Training

- ↑ Confidence to advise patients
- ↑ Knowledge on PA guidelines
- ↑ Perceived importance on promoting PA
- ↑ Frequency of PA conversations with patients

unconfident discussing activity
award of national guidelines

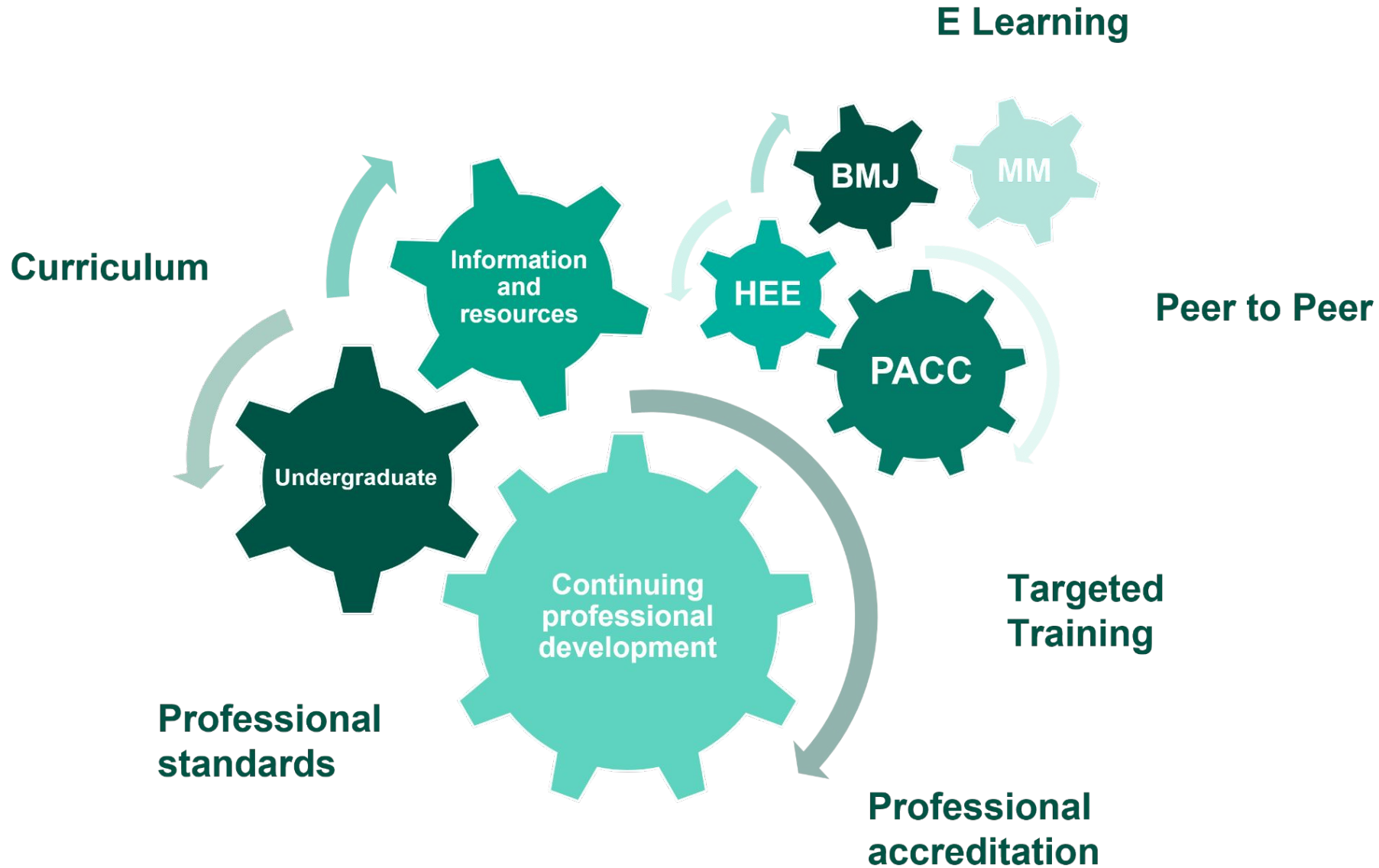
the guardian



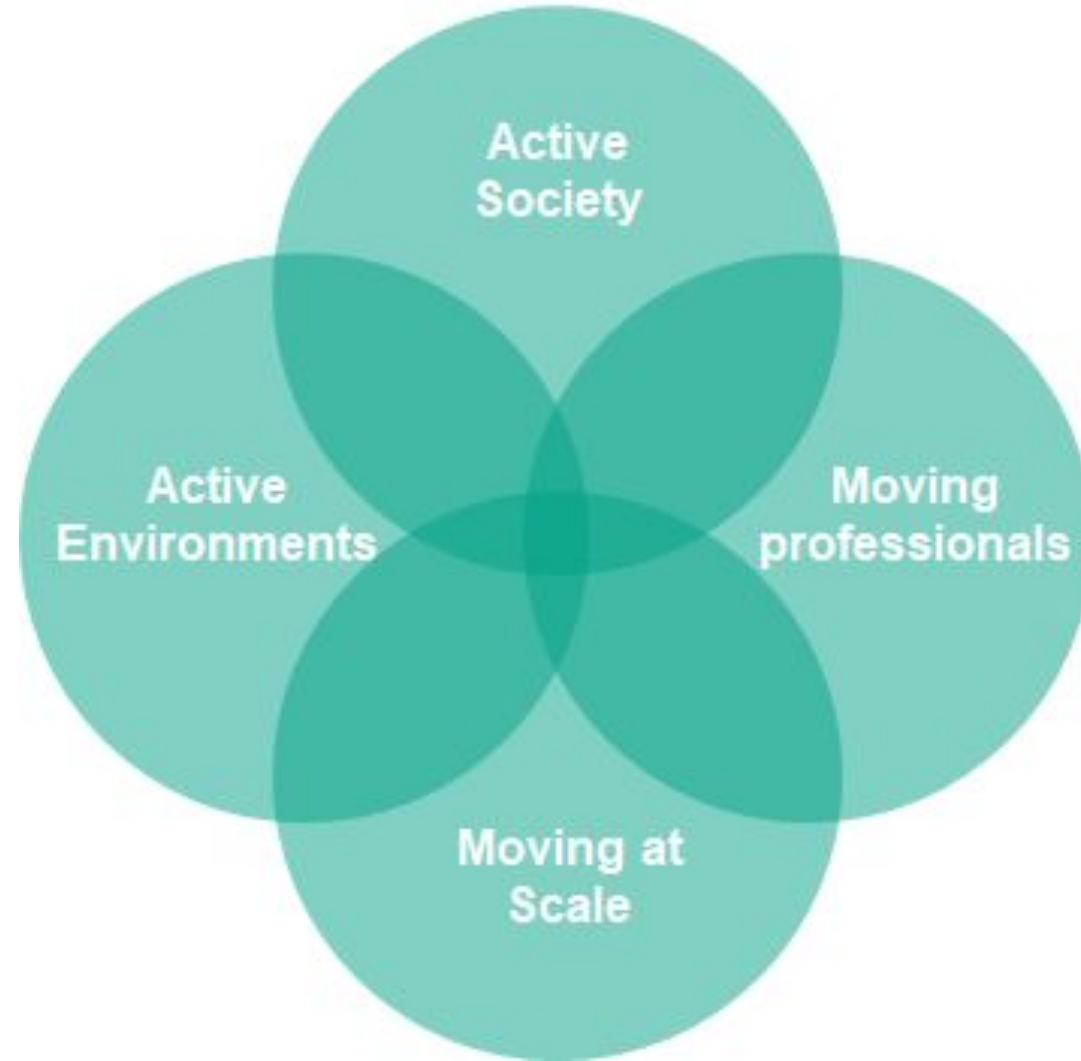
...y don't have time or even energy to
patients.



Moving Healthcare Professionals Programme



Everybody Active Every Day – 4 Key Domains



How Active are Adults in England?



27.2% are physically inactive



61% of 75+ are physically inactive



48% of the least affluent are inactive

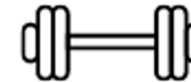


55% of adults with a LTC or disability are physically inactive



Adults are at least **20% less** active than in 1960s

Estimates suggest that by 2030 we will be **35% less** active.



43% of adults do 2x days of strength or balance activities

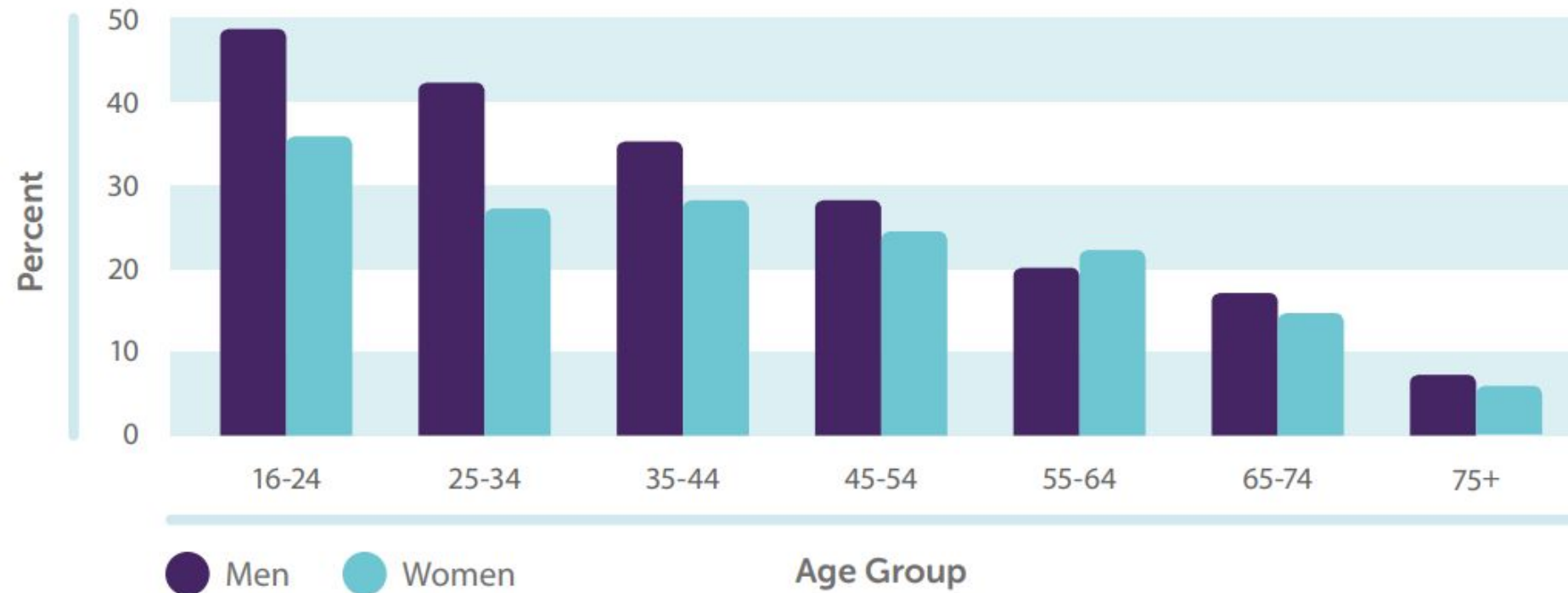


Age
Disability
Socioeconomic Status



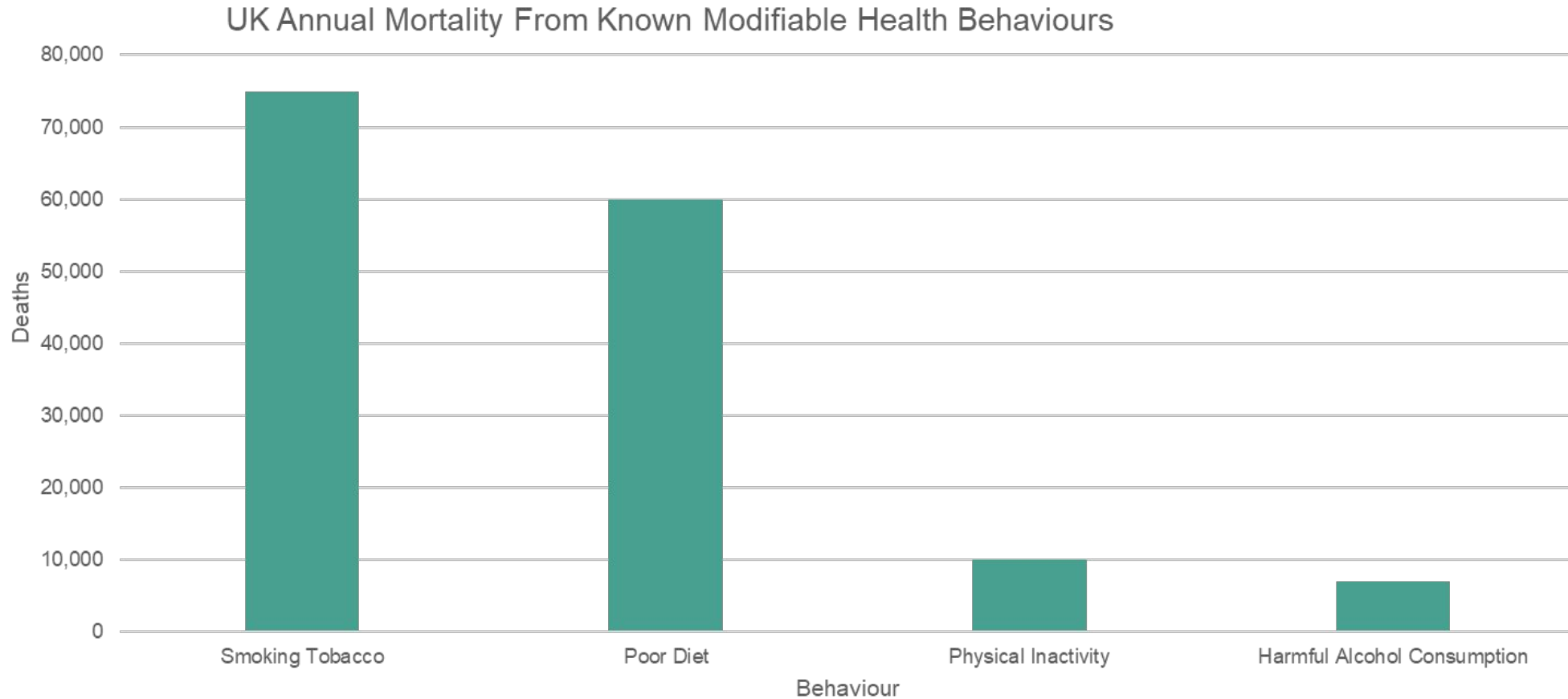
Activity across the lifecycle

Proportion meeting both the aerobic and muscle-strengthening guidelines, by age and sex



UK annual mortality from modifiable health behaviours

Leading risk factors driving the UK's high burden of preventable ill health and premature mortality:



How does the UK's inactivity levels compare with the following countries?*

Australia

Finland

France

Netherlands

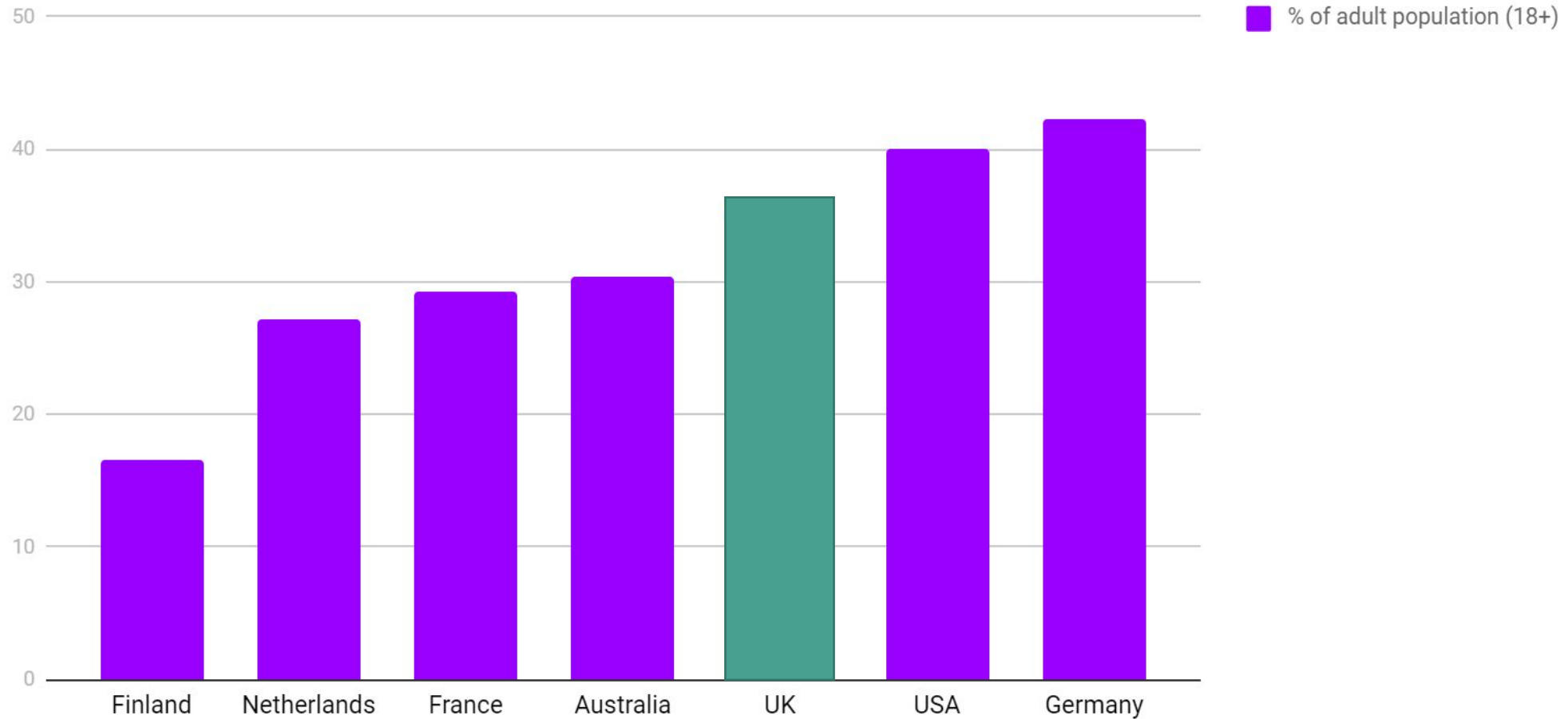
Germany

USA



How inactive are we? Globally....

Prevalence of Insufficient Physical Activity (age-standardized estimate)

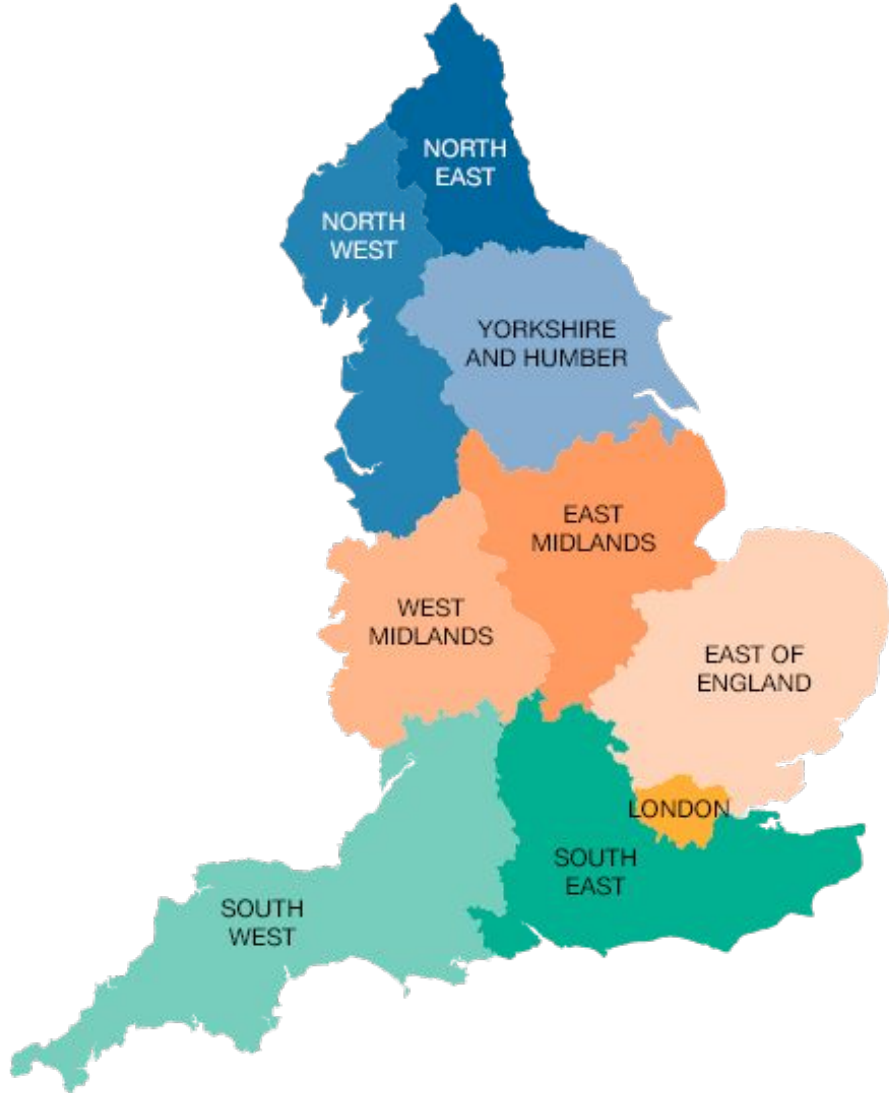


Which areas of England are the most physically inactive?



Regional Data

Region	Inactive (<30 mins per week)
West Midlands	30.0%
North East	29.9%
East Midlands	28.8%
North West	28.7%
Yorkshire and the Humber	28.4%
East	27.9%
London	26.4%
South East	24.1%
South West	23.6%

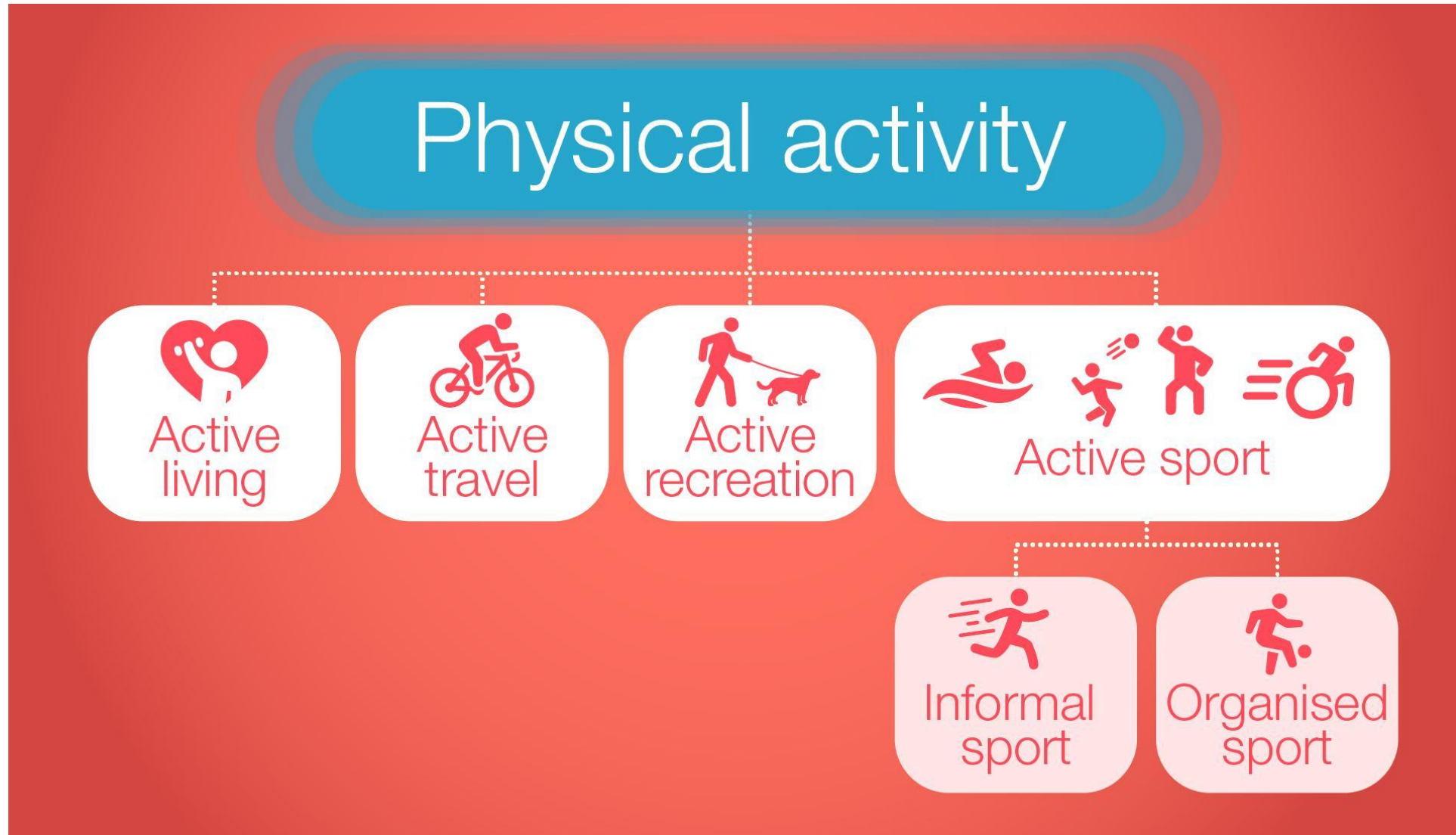


Plan for the Session

1. Setting the scene
2. **Key concepts in physical activity**
3. Benefits of physical activity
4. Supporting people to become more active

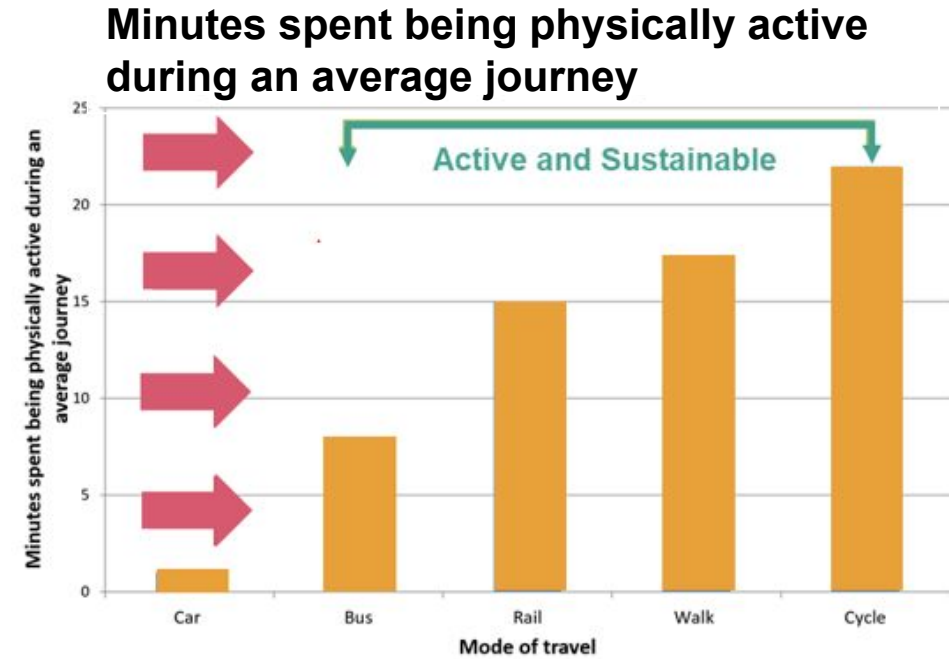


What is Physical Activity?



Active travel

- Active travel is an **equitable** form of physical activity that can be built into the everyday routine.
- **Public transport** is an active mode of travel because it involves walking or cycling.
- Asking inactive people to do 20 minutes of active travel per day is a **realistic** and **achievable** way of improving health.
- TfL's '20 Minute Challenge' showed:
 - Exercise was perceived as something patients had to make time for (such as going to the gym)
 - Participants found active travel an accessible & enjoyable way to achieve physical activity recommendations
 - Case study: Encouraging patients to fit 20 minutes of walking or cycling as part of a journey into their lives each day
- Active travel is a priority in NHS Green Plans



TfL, London Travel Demand Survey

“Why did it never occur to me that exercise could be walking as part of a journey?”



How many minutes of cardiovascular physical activity should an adult aim to undertake each week?

30

60

90

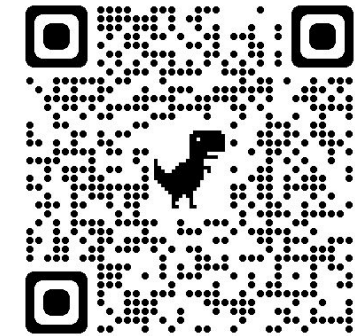
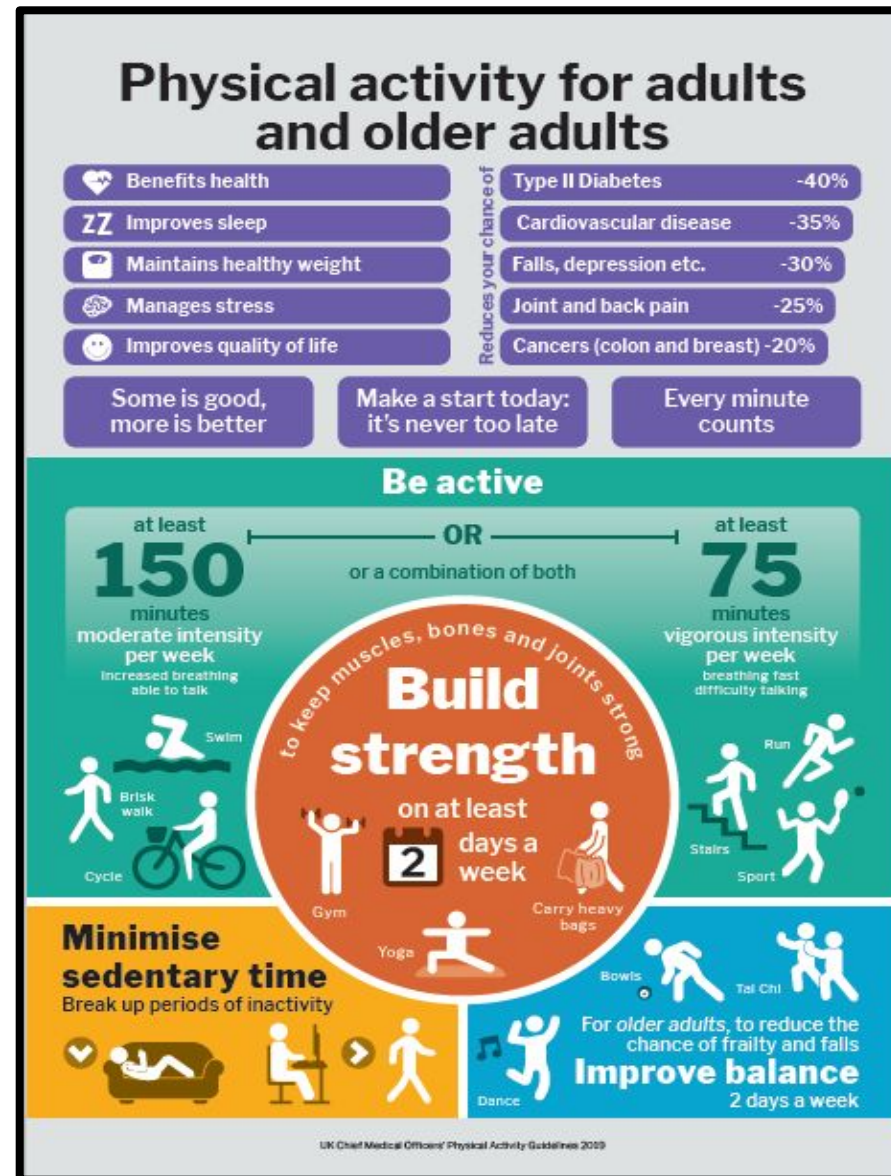
120

150



UK Chief Medical Officers' guidelines

Every
minute
counts.
Some is
good.
More is
better!



Resource: CSP
Stronger My
Way



Intensity of physical activity

As the intensity increases, heart rate, respiratory rate and energy consumption do likewise

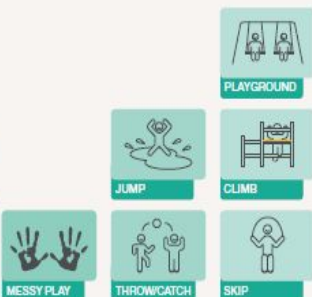


Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



Every movement counts



Under-1s
at least
30 minutes
across the day



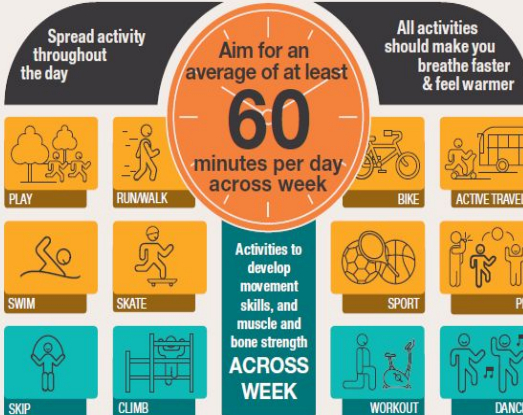
Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

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



Be physically active



Get strong



Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about



Benefits of physical activity



How much physical activity should I do?



UK Chief Medical Officers' Physical Activity Guidelines for Disabled Children and Disabled Young People 2022. This infographic was co-produced with disabled children, disabled young people, parents and carers.



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 | **Already active?** Keep going

Home | **Out and about** | **Leisure**

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

Do muscle strengthening activities twice a week | Every activity counts, every minute counts, more is better

No evidence of harm | Listen to your body and adapt | Don't bump the bump

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for women after childbirth (birth to 12 months)

Time for yourself - reduces worries and depression | Helps to control weight and return to pre-pregnancy weight | Improves tummy muscle tone and strength

Improves fitness | Improves mood | Improves sleep

Not active? Start gradually | **Active before?** Restart gradually

Out and about | **Leisure** | **Home**

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

Start pelvic floor exercises as soon as you can and continue daily | Build back up to muscle strengthening activities twice a week

It's safe to be active. No evidence of harm for post partum women | Depending on your delivery listen to your body and start gently | You can be active while breastfeeding

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical Activity for Disabled Adults

Make it a daily habit

Improves mental health and quality of life | Makes maintaining a healthy weight easier

Creates opportunities to meet new people and feel part of the community | Makes daily tasks easier and increases independence

Helps to prevent chronic disease | Strengthens muscles and bones

Don't be still for too long

Even a little movement is better than nothing

Improves mobility and balance | Improves fitness

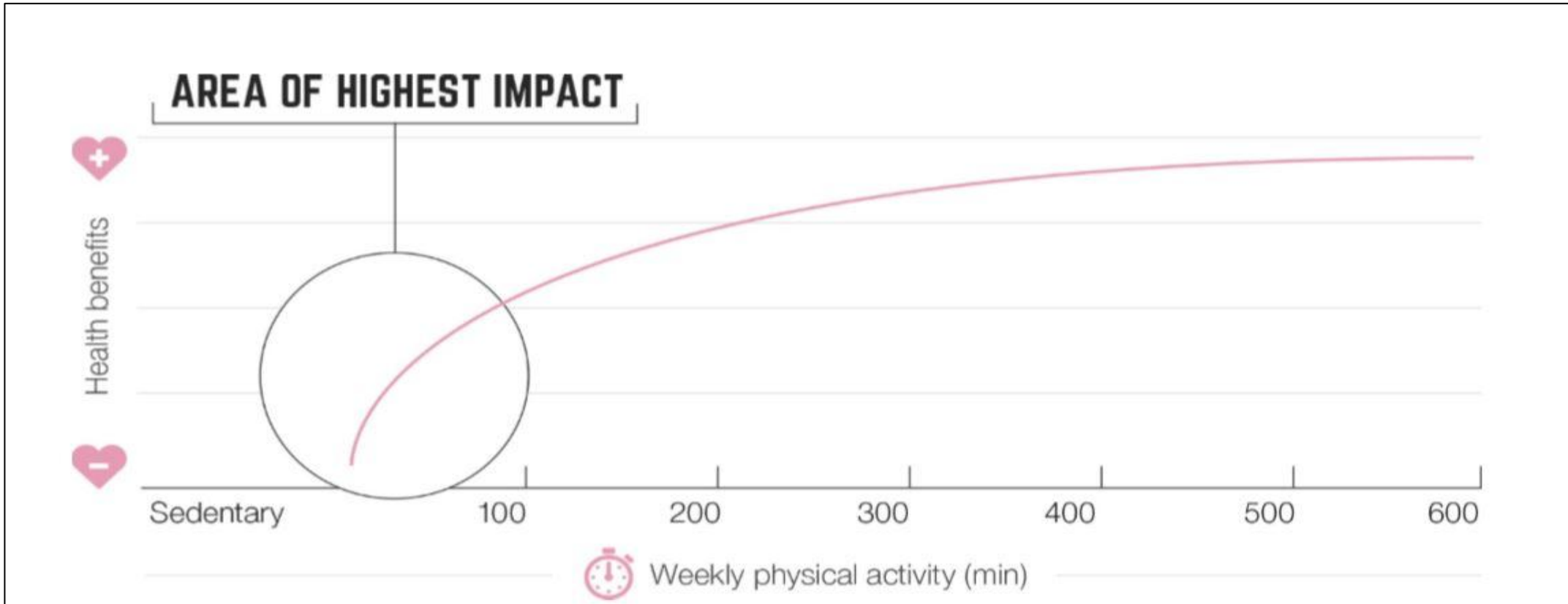
Do strength and balance activities on at least two days per week | For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

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

UK Chief Medical Officers' Physical Activity Guidelines, 2019



Who gains the most?



Dose-response curve of physical activity and health benefits

Greatest gains are in those who go from doing nothing to doing something.



Sedentary behaviour

Over **17.5 million** adults in the UK are physically inactive.

Sitting or lying awake is an **independent risk factor** for health by disrupting metabolism (muscle, lipid, glucose) and circulation.

The cost of physical inactivity in the UK is around **£7.4billion**

Over 50% adults spend **>4-6 hours** sedentary per day

Extended periods of sedentary behaviour should be broken up by at least light activity when possible



Plan for the Session

1. Setting the scene
2. Key concepts in physical activity
3. **Benefits of physical activity**
4. Supporting people to become more active



Benefits of physical activity

1. What are the health benefits and what conditions can it help prevent?

2. What are the physiological mechanisms at work?



Physical activity reduces the risk of which of the following conditions by at least 20%?

All-Cause Mortality

Breast Cancer

Depression

CHD and Stroke

Colorectal Cancer

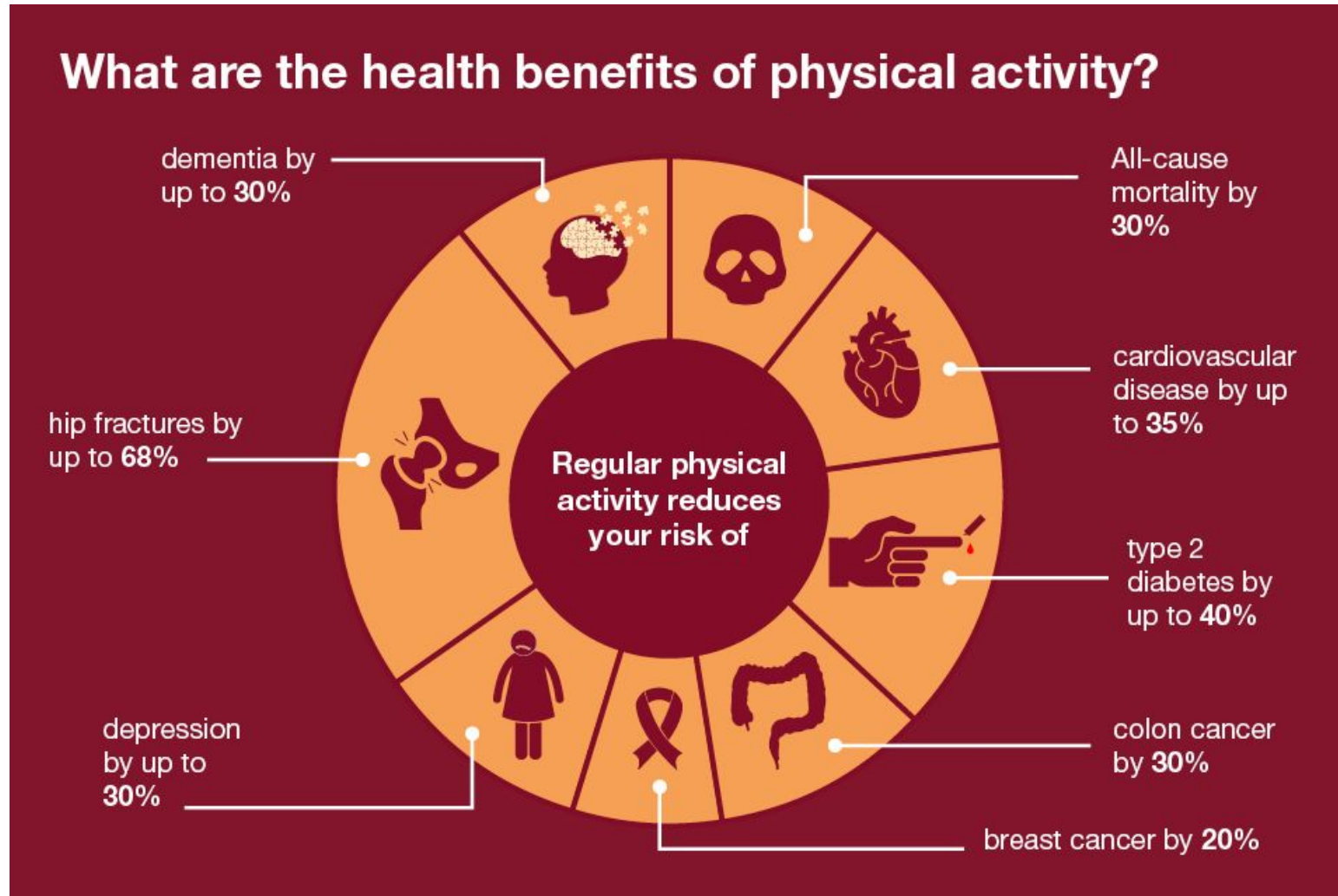
Bone Fractures

Hypertension

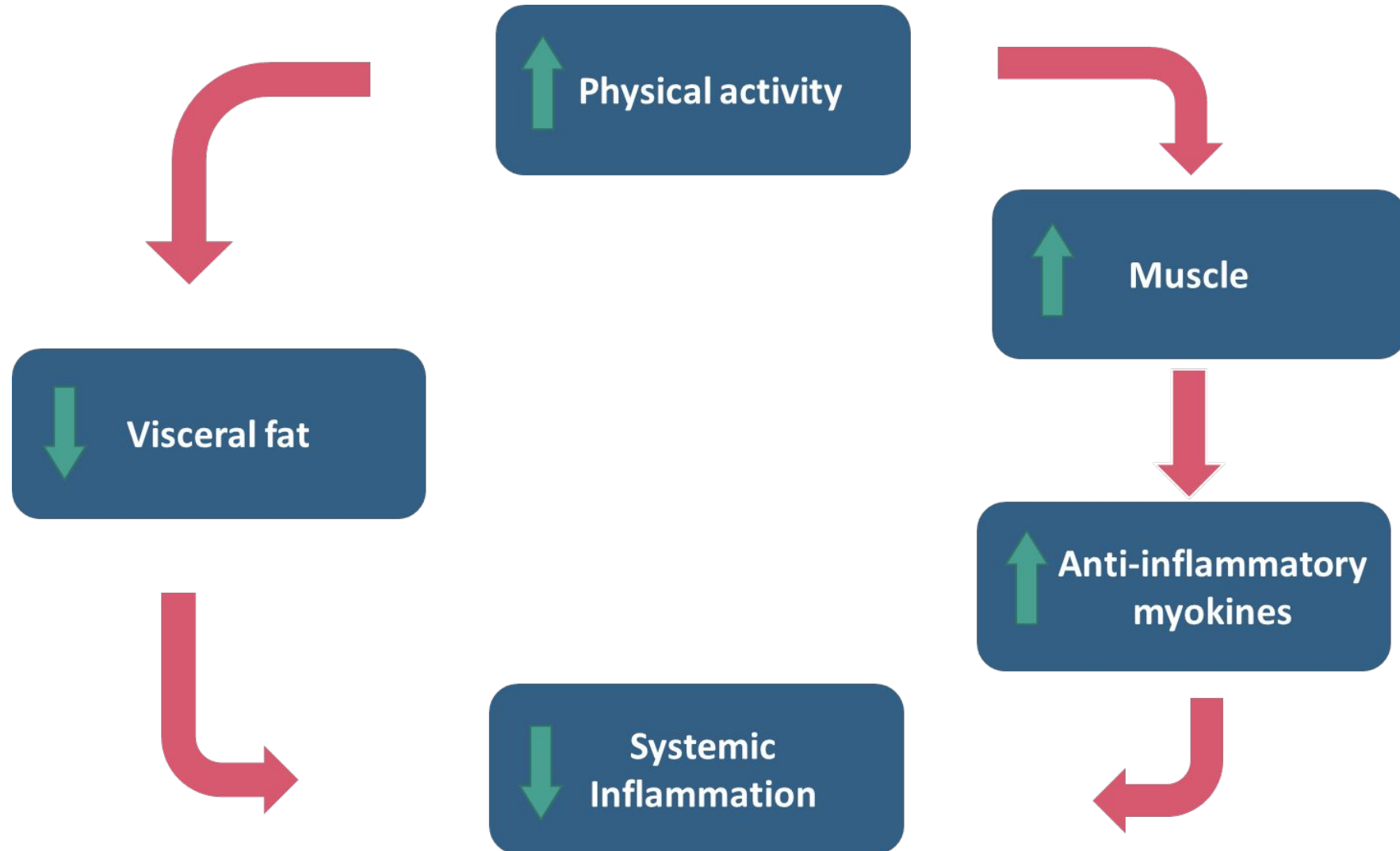
Reduction in cognitive function



Physical activity reduces mortality and morbidity



How is physical activity protective?



Visceral fat for the same BMI

Similar Age, Gender, BMI and Same % Body Fat

Different levels of Internal Fat = Different Disease Risks

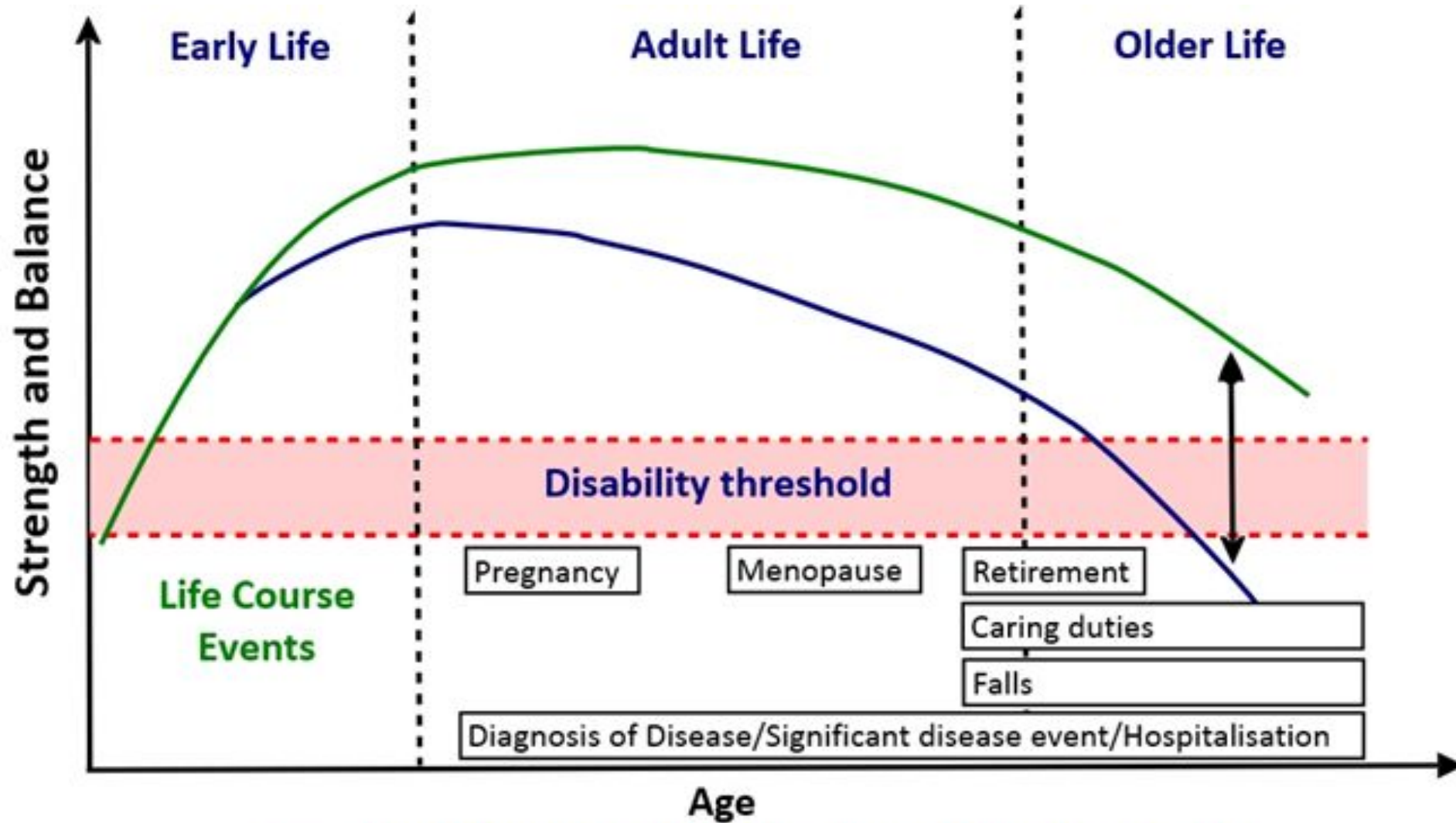


EL Thomas and JD Bell 2008



The Missing Risk: MRI and MRS Phenotyping of Abdominal Adiposity and Ectopic Fat. Obesity (2012)
Stefan Häring et al. (2013) *Lancet Diab Endocrinol.* with permission from Elsevier

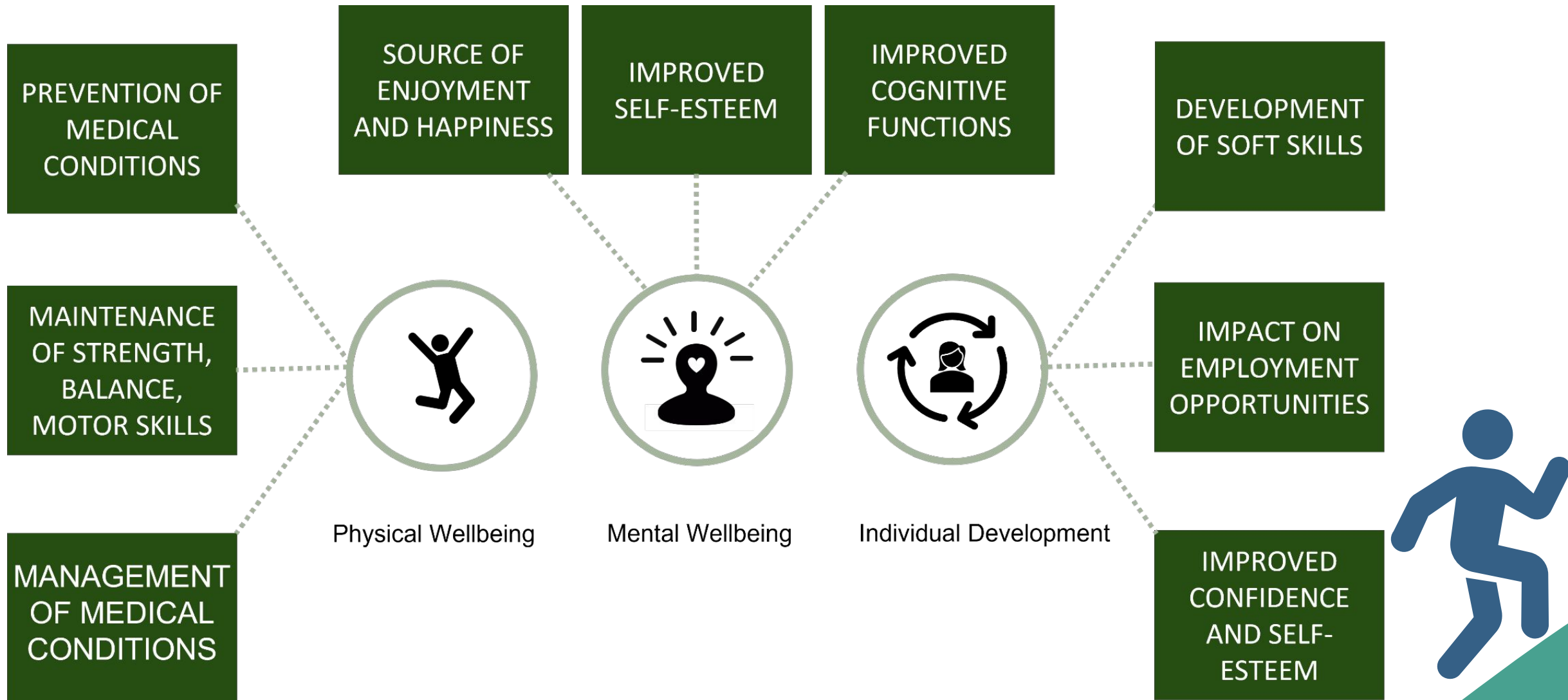
Strength & Balance



- Successful ageing with good health and regular strength and balance activity
- Decline in strength and balance if not part of activity throughout lifespan



The wider well-being benefits of physical activity



Plan for the Session

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In-patient settings

95%



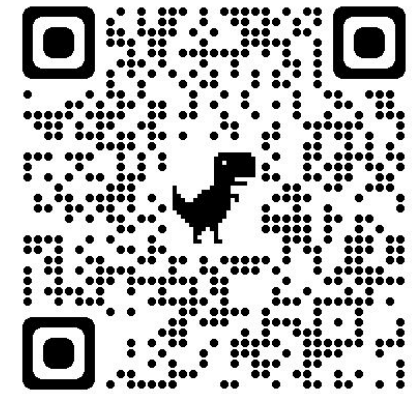
up to
23hr
per day

- De-conditioning / Risk of daily living disability
- Declines in muscle strength and cognition
- Higher risk of hospital re-admission
- Reduced quality of life



In-patient physical activity associated with:

- Decreased length of stay
- Improved fitness



Moving Medicines Active
Hospitals Toolkit



What is the main barrier to physical activity for people with a long term condition?

Lack of motivation

Breathlessness before, during or after physical activity

Pain before, during or after physical activity

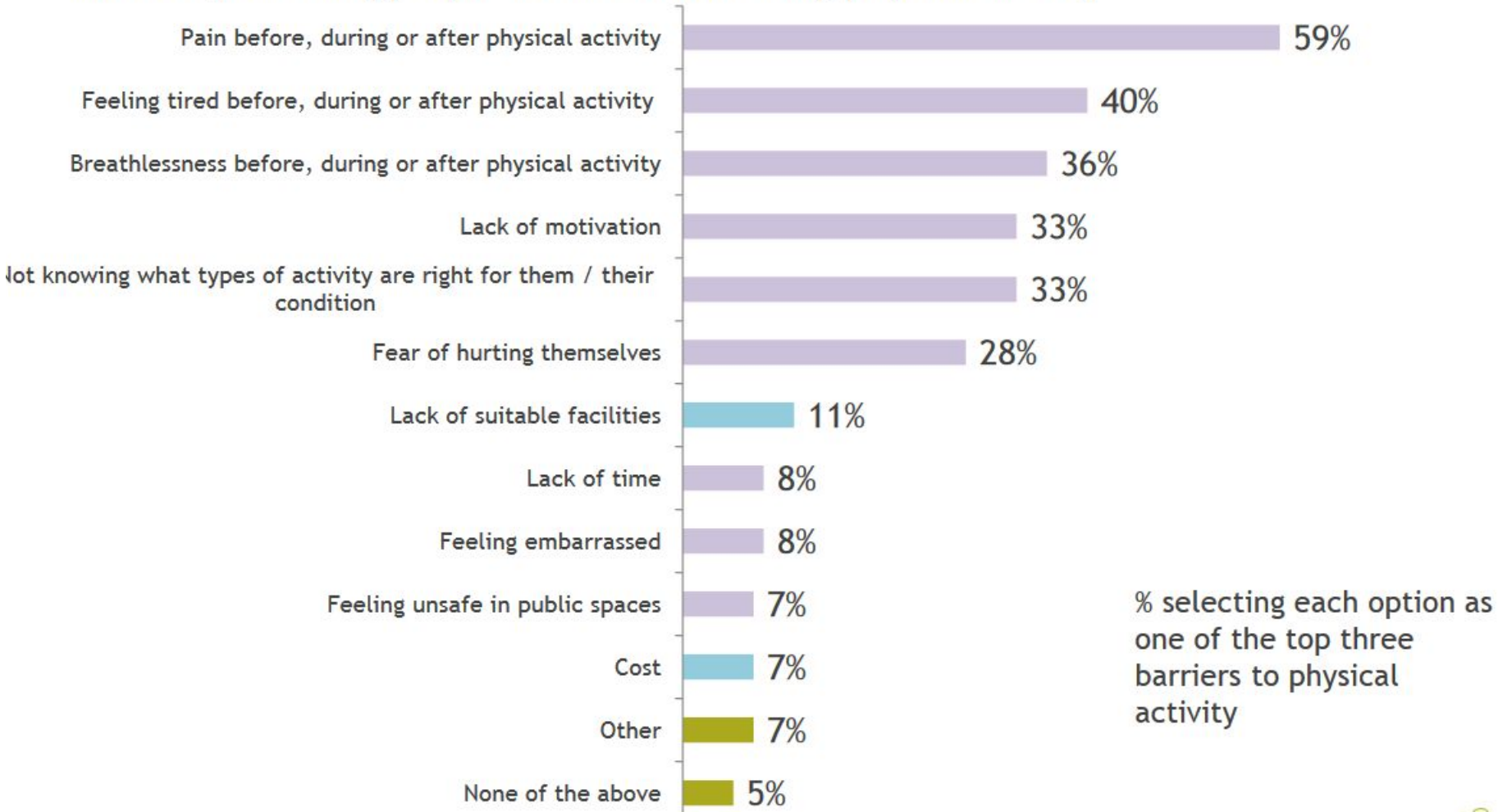
Feeling embarrassed

Cost



What are the perceived barriers for people with LTCs

Barriers preventing people with LTCs from doing physical activity



Reassure
and
empower!

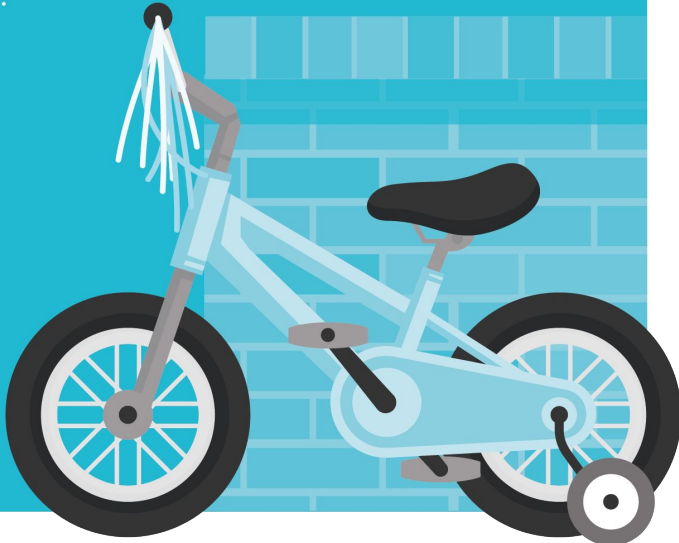


% selecting each option as one of the top three barriers to physical activity

Consensus Statement on Risk

1. The benefits outweigh the risks

Physical activity is safe, even for people living with symptoms from multiple medical conditions.



2. The risk of adverse events is very low but that's not how people feel

Well informed conversations with healthcare professionals can reassure people who are fearful of their condition worsening, and further reduce this risk.



Visit for more information



The Power Of Healthcare Professional Advice

After brief intervention from
a healthcare professional



Increase in MVPA behaviour in
patients on average 14 minutes
per week

Associated with an 11% reduction
in all-cause mortality

More likely to meet MVPA
guidelines



Patient physical activity
behaviour retained for



Interventions with at least five brief contacts had a larger effect on self-reported minutes of MVPA than those with fewer contacts – Make Every Contact Count



Clinical tips

Have physical activity conversations in consultations. ***Make every contact count!***

Very brief advice can be effective, especially related to long-term conditions.

‘Moderate intensity’ activity differs by individual – ***Make it achievable!***

Physical activity conversations **can be 1, 5 or more minutes**

Use the [Moving Medicines](#) website for support offering tailored brief advice on physical activity across a range of clinical specialties.



The 1 minute conversation

The 5 minutes conversation

The more minutes conversation





[Covid Recovery](#)

[International](#)

[Course log in](#)

[Consultation Guides](#)

[Active Hospitals](#)

[Supporting you](#)

[Why movement matters](#)

[About us](#)



Moving Medicine

The ultimate resource to help healthcare professionals integrate physical activity conversations into routine clinical care.

[Click here to see the video](#)

The 1 minute brief advice

Ask



Would it be OK to spend a minute talking about something many patients find really helpful?

Explain



Many people find that moving more can help with healthy ageing as well as improving their general wellbeing. I wonder what you make of that?

Invite




Would you be interested in talking a little more about how physical activity might help with your health and wellbeing on another visit?



The 5 minute brief advice

Engage Explore Decide

Open the conversation

 Would you be happy to spend 4-5 minutes talking about something that can make a big difference to your future health and wellbeing?



Motivational Interviewing principles

Resist the urge to dictate the conversation

Understand the individual's reasons for change

Listen – the solutions lie within the individual

Empower the individual so they have the ability to change





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& Disparities



How can you and your workplace help to increase physical activity amongst your patients and staff?



Physical Activity Clinical Champions 2022





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Revisit the learning objectives



You should now be able to:

- Demonstrate knowledge of the UK Chief Medical Officers' (CMOs) guidelines for physical activity
- Describe population physical activity levels at national and local levels
- Explain the benefits of physical activity for the management and prevention of long term conditions
- Apply this knowledge in your clinical care of patients through routine brief advice on physical activity.





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& Disparities



Would you like to find out more about physical activity?

The Physical Activity Clinical Champion training is one element of the Moving Healthcare Professional Programme.

For a breakdown of the learning based on Physical activity guidance, please refer to:
<https://www.sportengland.org/funds-and-campaigns/moving-healthcare-professionals>

If you would like to be added to a distribution list to be kept informed about other parts of the programme and policy updates around physical activity, please contact
Physicalactivity@dhsc.gov.uk

Spread the word

If you have enjoyed the session today, please tell your colleagues how to access their **FREE** online training course by following these easy steps:

1. Contact **Physicalactivity@dhsc.gov.uk** and ask for your local Physical Activity Clinical Champion contact
2. Arrange a suitable time
3. Ensure your session will meet the minimum criteria
 - At least 1 hour in length
 - At least 12 - 15 healthcare professionals / trainees are able to attend





QUESTIONS? (use the chat)

- What opportunities do YOU have to promote PA in your own clinical setting?



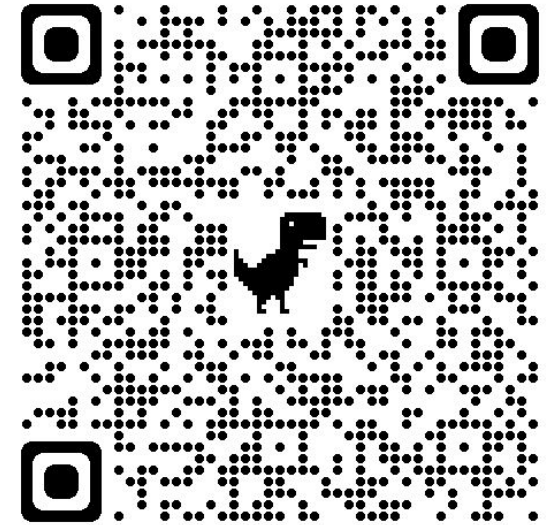
Training certificate

- To access your training certificate, follow this link: tinyurl.com/y6sbnl2l



Share good practice

- Keep in touch and let us know how this training has helped you and your patients





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Additional Resources and Signposts



Physical Activity Clinical Champions 2022



Local Opportunities



43 Active Partnerships across England, using the power of sport and physical activity to transform lives.



'Swim England's Poolfinder tool makes it easier for people to find the right swimming pool for them, using live timetable data, details on learning to swim and a wider range of accessibility features.'



parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.



GP practices can sign up to become an Active Practice. They must demonstrate evidence of boosting physical activity for patients and staff, and of partnering with local physical activity providers.



Walking for Health is England's largest network of health walks with over 360 active walking schemes

MHPP key resources

Physical Activity training for healthcare professionals

[All Our Health](#) Health Education England training and resources on Physical Activity



[BMJ Physical Activity modules](#) - BMJ Physical Activity modules



[Health Education England](#) - Physical Activity training e-modules for Physical Activity



[Moving Medicine](#) Prescribing movement



Key Resources

Royal Colleges/Professional bodies

[RCGP Active Practice Charter](#)

[RCGP toolkit](#)

Recent Publications

[Returning to physical activity after Covid-19](#) British Medical Journal

[Physical activity: understanding and addressing inequalities](#)

[Uniting the Movement](#) Sport England

Guidance

[UK CMOs guidance and infographics](#)

[NICE guidance](#)

[Everybody active, every day: framework for physical activity](#)

National public campaigns

[We are UndefeatABLE](#) 15 UK Health Charities

[Better Health](#) NHS

[Love Activity, Hate Exercise?](#) Chartered Society of Physiotherapy

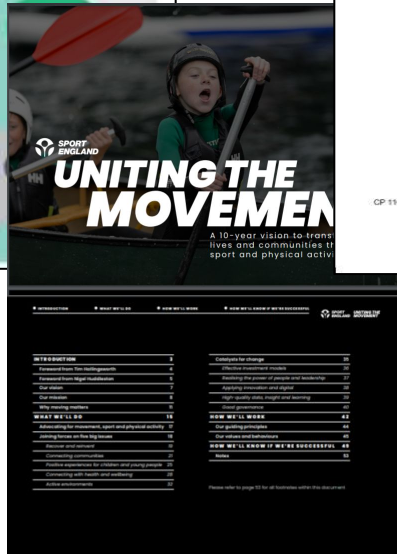
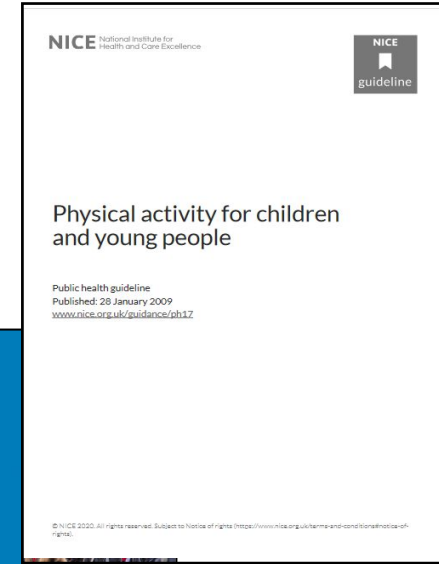
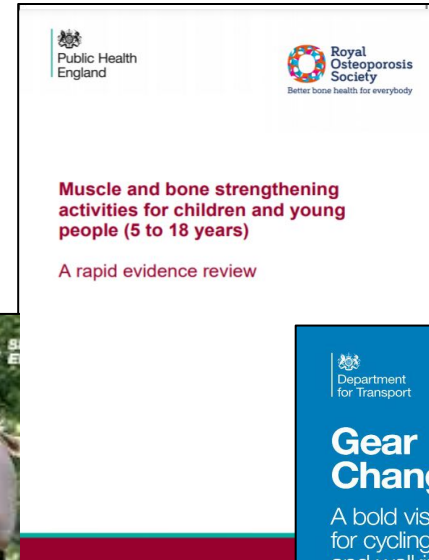
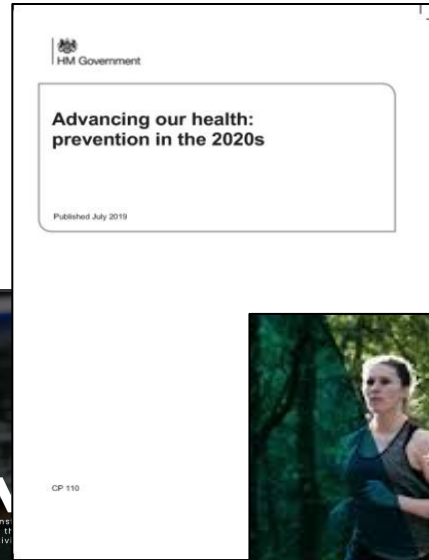
[One You](#) / [Change4Life](#) / [Active 10](#) Public Health England

[Couch to 5K](#) NHS

[Moving Healthcare Professionals](#) Sport England



Physical activity across policies and guidance-





Office for Health Improvement & Disparities

Health Improvement & Disparities (OHID)

The Office for Health Improvement and Disparities (OHID) will work across the Department of Health and Social Care (DHSC), the rest of government, the healthcare system, local government and industry to be creative about how we shift our focus towards preventing ill health, in particular in the places and communities where there are the most significant disparities.

As part of DHSC, OHID brings together expert advice, analysis and evidence with policy development and implementation to shape and drive health improvement and equalities priorities for government

Office for Health Improvement and Disparities,
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Follow us on Twitter [@OHID](https://twitter.com/OHID)

www.gov.uk/government/organisations/office-for-health-improvement-and-disparities/



With thanks to the National Centre for Sport and Exercise Medicine



About Sport England

Sport England is a public body and invests up to £300 million National Lottery and government money each year in projects and programmes that help people get active and play sport.

It wants everyone in England, regardless of age, background, or level of ability, to feel able to engage in sport and physical activity. That's why a lot of its work is specifically focused on helping people who do no, or very little, physical activity and groups who are typically less active - like women, disabled people and people on lower incomes.

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