



Tackle inequality so people have a fair chance
INTEGRATED IMPACT ASSESSMENT TEMPLATE



REPORT TO CABINET

13 September 2022

TITLE OF REPORT: Physical Activity Strategy 2022 - 2032

Appendix 3

<p>Title of proposal:</p> <p>Gateshead Draft Physical Activity Strategy</p> <p>Working with our communities and partners, to get Gateshead moving. We want to make Gateshead a borough where every resident has access to a range of appropriate and affordable opportunities for physical activity that become part of their everyday life.</p>	Age	Race	Sex	Gender reassignment	Disability	Religion or Belief	Pregnancy and Maternity	Sexual Orientation	Marriage and Civil Partnership	<p>Description of potential mitigation</p>
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<p>Equality impact: (✓ all that apply. The assessment should also consider impact on council employees and carers where applicable)</p> <p>The mission of providing appropriate and affordable opportunities for physical activity, to improve health and wellbeing, for all residents is supported by five objectives:</p> <ul style="list-style-type: none"> • Recover, reinvent and thrive we will learn from the pandemic to become a stronger and fairer borough, where no-one is less active because of who they are or where they live. • Creating a positive experience for children and young people - we want our children and young people to enjoy being physically active and build foundations for a long, healthy and active life. • Living well and ageing well - we will strengthen the connection between physical activity and health and wellbeing throughout every stage of life. • Supporting communities - physical activity brings people together and helps makes better places to live. We will work with 	✓	✓	✓	✓	✓	✓	✓	✓		<p>The strategy identifies groups who experience inequalities in levels of physical activity. It will have a positive impact on the health and wellbeing of these groups and communities as it will support targeting of resources and opportunities where barriers to participating in physical activity are greatest.</p> <p>Barriers to physical activity identified in a local survey include, caring for children, physical access needs, lack of gender specific opportunities, and the lack of culturally accessible opportunities. (The most frequent responses were it's too expensive, confidence/embarrassment and lack of motivation.)</p> <p>The strategy also includes summaries of the UK Chief Medical Officers' Physical Activity Guidelines (2019 and 2022) for different groups of people.</p> <p>One of the strategies values/guiding principles is, 'People-centred - putting people, their needs and the barriers they face at the heart of our plans. Delivering services in and with communities.'</p> <p>Outcomes identified include:</p> <p>By 2032 we will have:</p> <ul style="list-style-type: none"> • Increased physical activity levels and reduced inactivity levels for: <ul style="list-style-type: none"> ○ Women and girls ○ Ethnically diverse and/or minoritised communities. ○ Older people (55 and over) ○ People with a disability or long-term condition
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<p>communities and partners to support people be more active where they live, particularly targeting where inequalities are greatest and recognising that every community is different.</p> <ul style="list-style-type: none"> • Creating active environments - we want to make it easier for people in Gateshead to be active in the space around them and contribute to the reduction of carbon emissions. 										<ul style="list-style-type: none"> ○ People from LGBT+ communities • More children and young people in Gateshead will be physically active and achieving the Chief Medical Officer's recommended levels of physical activity. • More adults (aged 19-64) and older adults (aged over 65) will be physically active and achieve the Chief Medical Officer's recommended levels of physical activity. • More physical activity opportunities will be seen as 'age friendly'.
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<p>Health impact: (e.g. physical, mental health, wellbeing, substance misuse)</p> <p>The aim of the strategy is to improve the health and wellbeing of Gateshead through increasing levels of physical activity, particularly in groups who are currently less active.</p> <p>There is overwhelming evidence that regular physical activity is good for your physical and mental health and wellbeing and prevents long term health conditions such as heart and lung diseases, diabetes, cancers and obesity.</p>	<p>The strategy will have a positive impact on physical and mental health. It sets out how it will help deliver our vision for Health and Wellbeing in Gateshead.</p>
<p>Socio Economic impact: (e.g. neighbourhood, ward, area of deprivation, household group, income, wealth)</p> <p>The strategy recognises that less affluent people are more likely to be inactive, as well as less likely to be active, than those who are better off. The strategy aims to support communities to collaborate on developing local opportunities for physical activity that meet their needs and interests.</p>	<p>The strategy will have a positive socio-economic impact. The overall mission is about affordability and accessibility: 'Working with our communities and partners, to get Gateshead moving, to improve health and wellbeing. We want to make Gateshead a borough where every resident has access to a range of appropriate and affordable opportunities for physical activity that become part of their everyday life.'</p> <p>Identified outcomes include by 2032:</p> <ul style="list-style-type: none"> • We will have provided more opportunities and support for people in Gateshead to be physically active in the places where they live, using community facilities and the local green environment. • We will have increased physical activity levels and reduced inactivity levels for:



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| | <ul style="list-style-type: none">○ People who live in areas that are in the 10% most deprived in England. |
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<p>Environmental impact: (does the proposal impact on climate change and the Council’s commitment to be carbon neutral by 2030?)</p> <p>The strategy supports giving people the opportunity to walk and cycle which will be key in reducing carbon emissions and levels of Nitrous Oxide (NO₂) as well as increasing physical activity levels.</p>	<p>The strategy will have a positive environmental impact.</p> <p>Outcomes identified include:</p> <ul style="list-style-type: none"> • More people in Gateshead will be using our parks, green and open spaces and countryside sites. • More journeys will be made by walking and cycling and will be supported by more walking and cycle routes. • Increased active travel will be reducing the environmental impact of transport and supporting Gateshead’s climate strategy.
<p>Cumulative impact: (consider impact based on successive budgetary decisions relating to the proposal or is the proposal part of wider budgetary considerations that may collectively have an impact on service users, and is potentially at odds with the Thrive agenda)</p> <p>The overall impact of the strategy is considered to be positive and supports the Thrive agenda. The mission and strategic objectives will shape the future provision of physical activity in the borough.</p>	



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**Summary of consultation/data/research undertaken to inform the assessment:
(e.g. feedback and engagement with service users, trade unions, employees, partners, public, benchmarking, case studies)**

The following engagement activities were undertaken to inform the strategy:

- Desk-top research including evidence and best practice from Sport England, Office for Health Improvement & Disparities/Public Health England, UK Chief Medical Officers,
- Council Health and Wellbeing Survey March 2021
- Consultation has taken place through the Council's consultation portal.
- Feedback was invited from local physical activity/sports organisations and clubs.

Feedback from these activities is incorporated in the Cabinet Report (Appendix 1).

Amendments to the strategy were made to reflect these comments.

Signed: (completing officer) Helen Bell
Date: 24/08/22

Strategic Director: (approved) Andy Graham
Date: 24/08/22