

# **The role systems-based approaches to physical activity can play in reducing health inequalities and engaging with marginalised communities**

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# Health Inequalities and marginalised communities

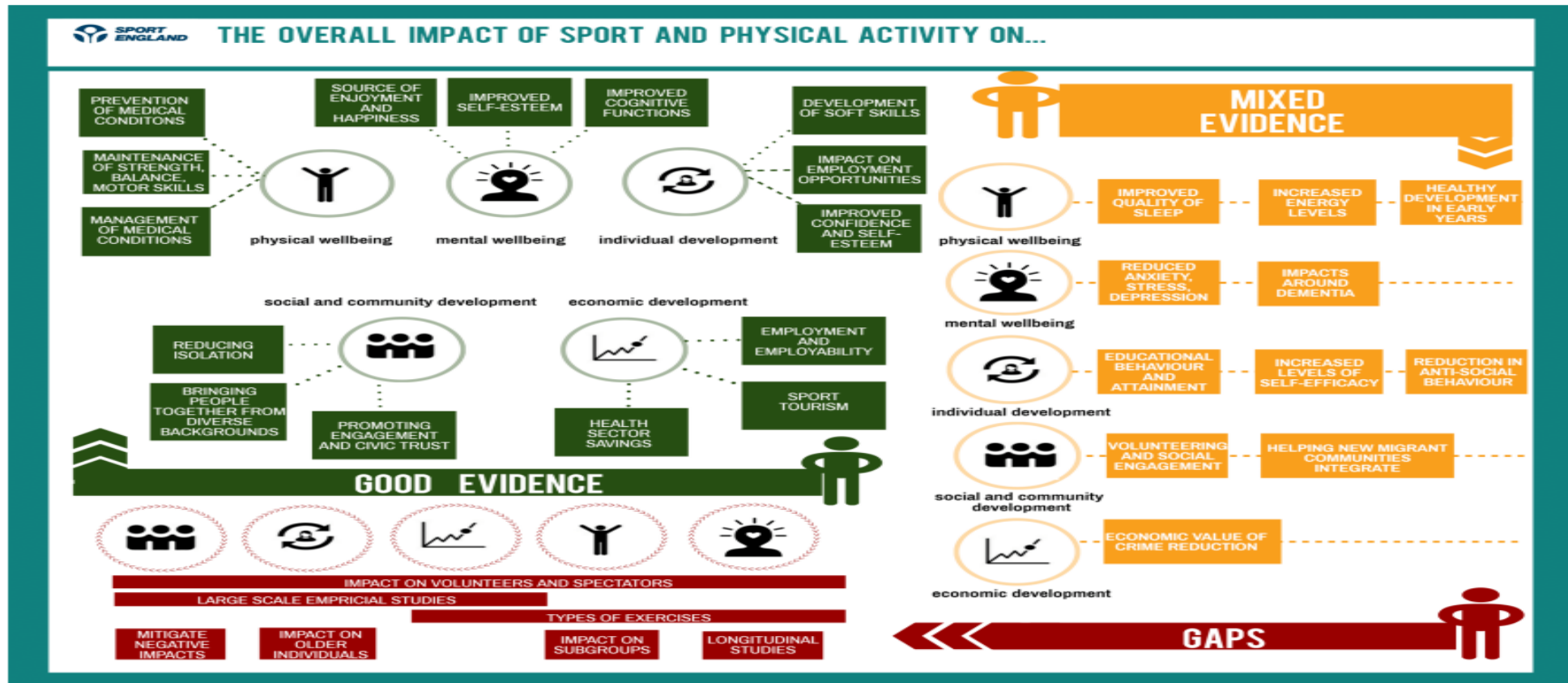
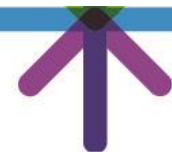
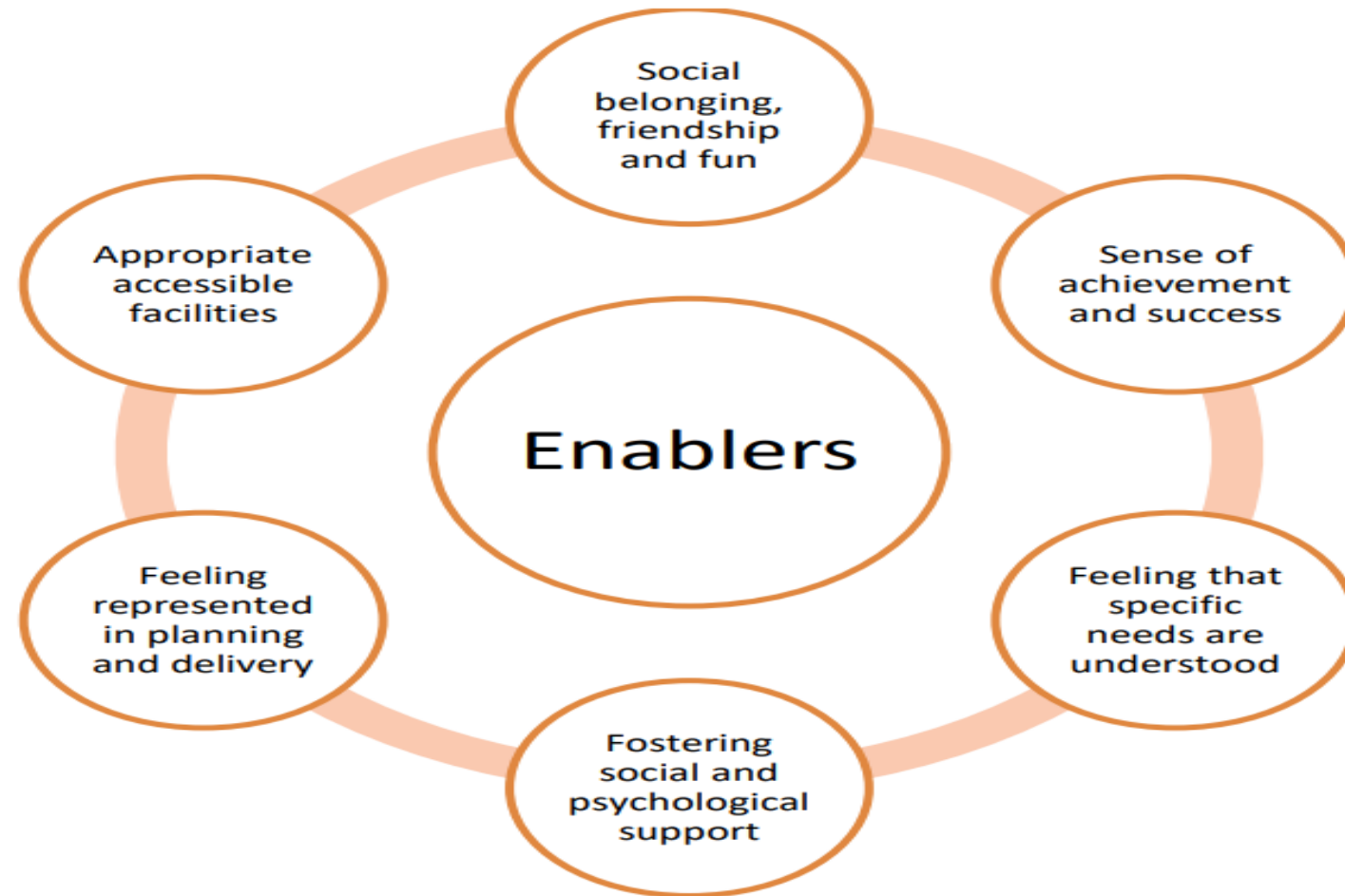


Figure 5: Individual and societal health and wellbeing benefits of physical activity (11)

1. [Measuring health inequalities - Health inequalities - Public Health Scotland](#)
2. [UK Chief Medical Officers' Physical Activity Guidelines \(publishing.service.gov.uk\)](#)



# Enablers for physical activity



# A systems-based approach to physical activity in Scotland: A framework for action at a national and local level



A systems-based approach to  
physical activity in Scotland

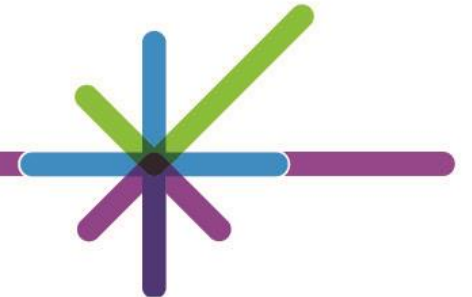
A framework for action at a national  
and local level

Publication: 10 November 2022

## ❖ Report content:

- An overview of work undertaken nationally
- A framework for national and local action
- Translation of GAPPA & 8 Investments into Scottish context
- Appraisal of the physical activity landscape
- 8 strategic delivery outcomes
- Action planning templates
- Prioritisation matrix

<https://publichealthscotland.scot/our-areas-of-work/scotlands-public-health-priorities/eat-well-have-a-healthy-weight-and-are-physically-active/a-systems-based-approach-to-physical-activity-in-scotland/>



# Aim (system boundary): To reduce inactivity and increase population levels of physical activity in Scotland.

GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY 2018-2030

**MORE ACTIVE PEOPLE FOR A HEALTHIER WORLD**



AT-A-GLANCE



## EIGHT INVESTMENTS THAT WORK FOR PHYSICAL ACTIVITY

<b>1</b> <b>WHOLE-OF-SCHOOL PROGRAMMES</b> <small>Programmes that engage school communities to provide students with multiple physical activity opportunities throughout the day have benefits for academic achievement and classroom behaviour.</small>	<b>2</b> <b>ACTIVE TRAVEL</b> <small>Transport policies that support walking, cycling and public transport induce demand for active travel which has multiple co-benefits to the achievement of the sustainable development goals.</small>	<b>3</b> <b>ACTIVE URBAN DESIGN</b> <small>Policies that support equitable access to parks, local amenities and better walking, cycling and public transportation infrastructure make being active more appealing.</small>	
<b>8</b> <b>COMMUNITY-WIDE PROGRAMMES</b> <small>Offering more than one approach to physical activity promotion is recommended. A holistic approach to physical activity will have many co-benefits to society beyond health.</small>	<b>A call to action for everyone to embed physical activity in national and subnational policies.</b>		<b>4</b> <b>HEALTHCARE</b> <small>Community health professionals such as general practitioners should promote physical activity to their patients for the prevention and management of disease.</small>
<b>7</b> <b>WORKPLACES</b> <small>Workplace-based physical activity programmes which include opportunities to be active embedded throughout the day will have physical, mental, and social benefits, while also reducing absenteeism and burnout.</small>	<b>6</b> <b>SPORT AND RECREATION FOR ALL</b> <small>Equitable access to formal and informal sporting opportunities across the lifespan to increase participation in sport and contribute to many of the sustainable development goals.</small>	<b>5</b> <b>PUBLIC EDUCATION, INCLUDING MASS MEDIA</b> <small>Public education campaigns that transmit clear messages about physical activity can reach large populations and increase awareness of the importance of physical activity.</small>	

International Society for Physical Activity and Health (ISPAH) ISPAH's Eight Investments That Work for Physical Activity November 2020. Available from <https://www.ispah.org/resources/key-resources/8-investments/>

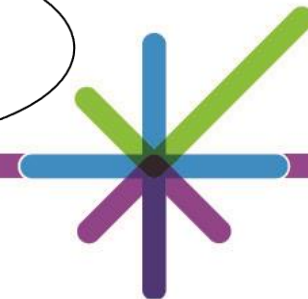
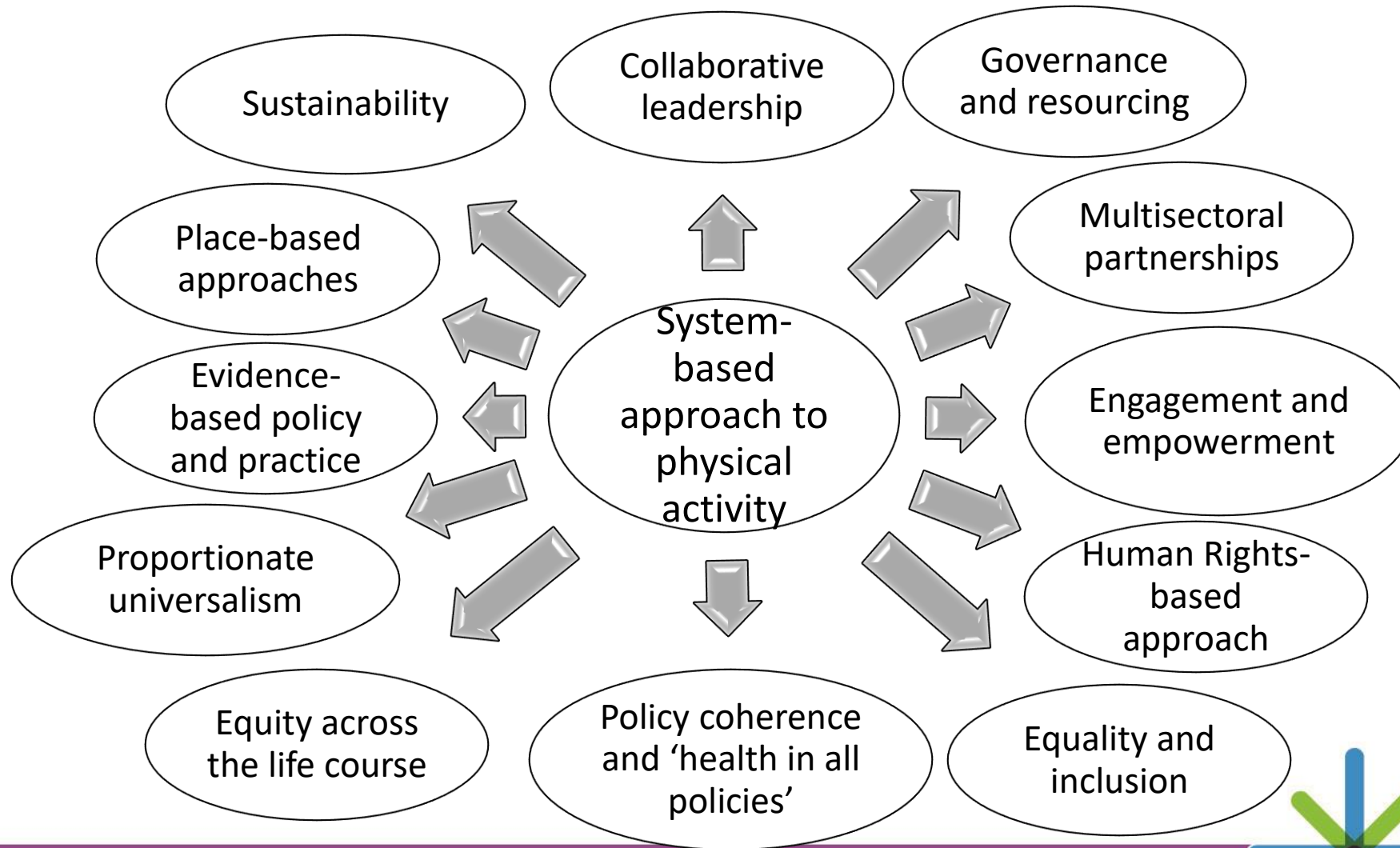
Physical activity  
(expenditure of calories,  
raised heart rate)

**Everyday activity:**  
Active travel (cycling/walking)  
Heavy housework  
Gardening  
DIY  
Occupational activity (active/manual work)

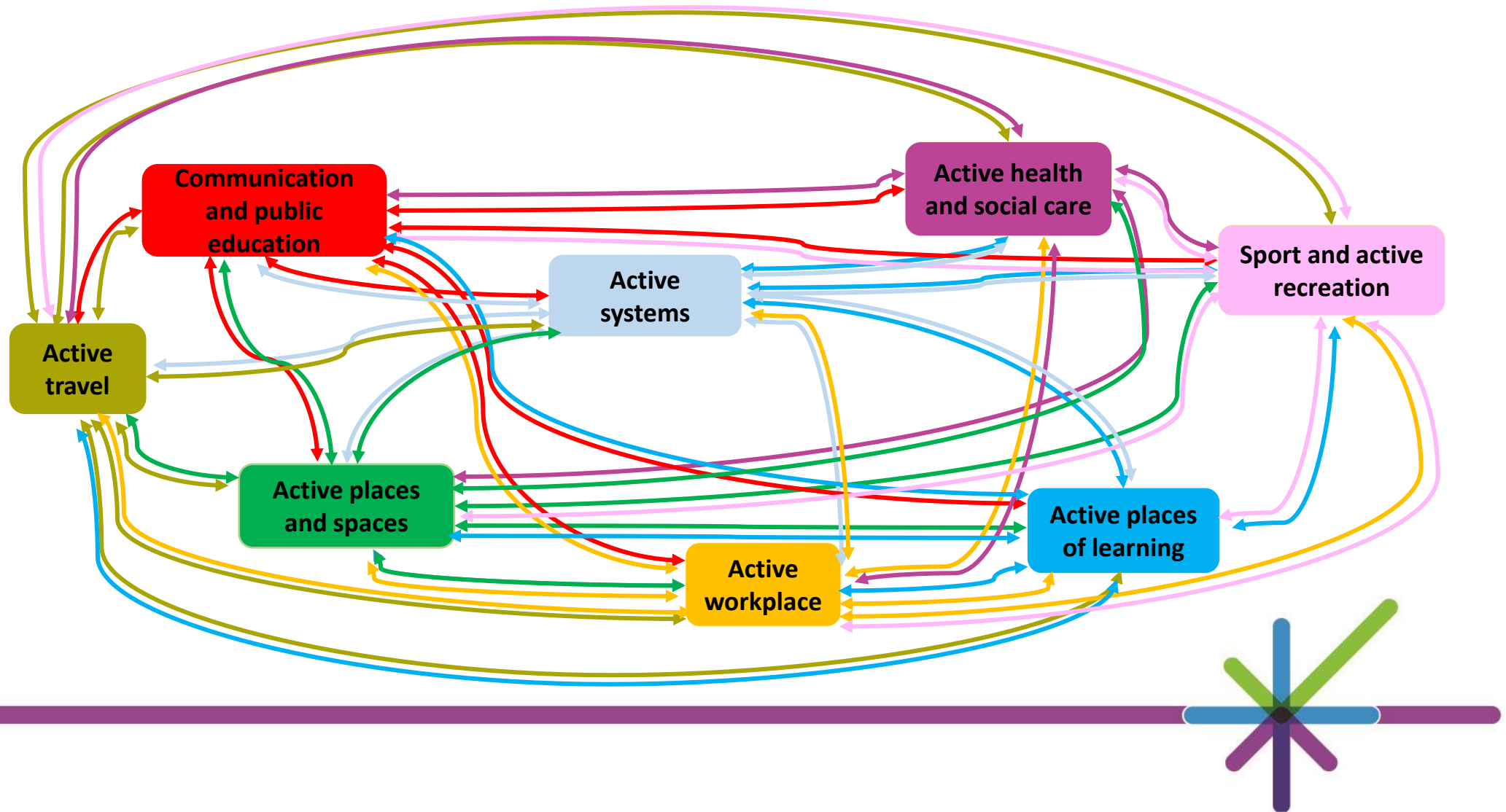
**Active recreation:**  
Recreational walking  
Recreational cycling  
Active play  
Dance

**Sport:**  
Sport walking  
Regular cycling (≥ 30 min/week)  
Swimming  
Exercise and fitness training  
Structured competitive activity  
Individual pursuits  
Informal sport

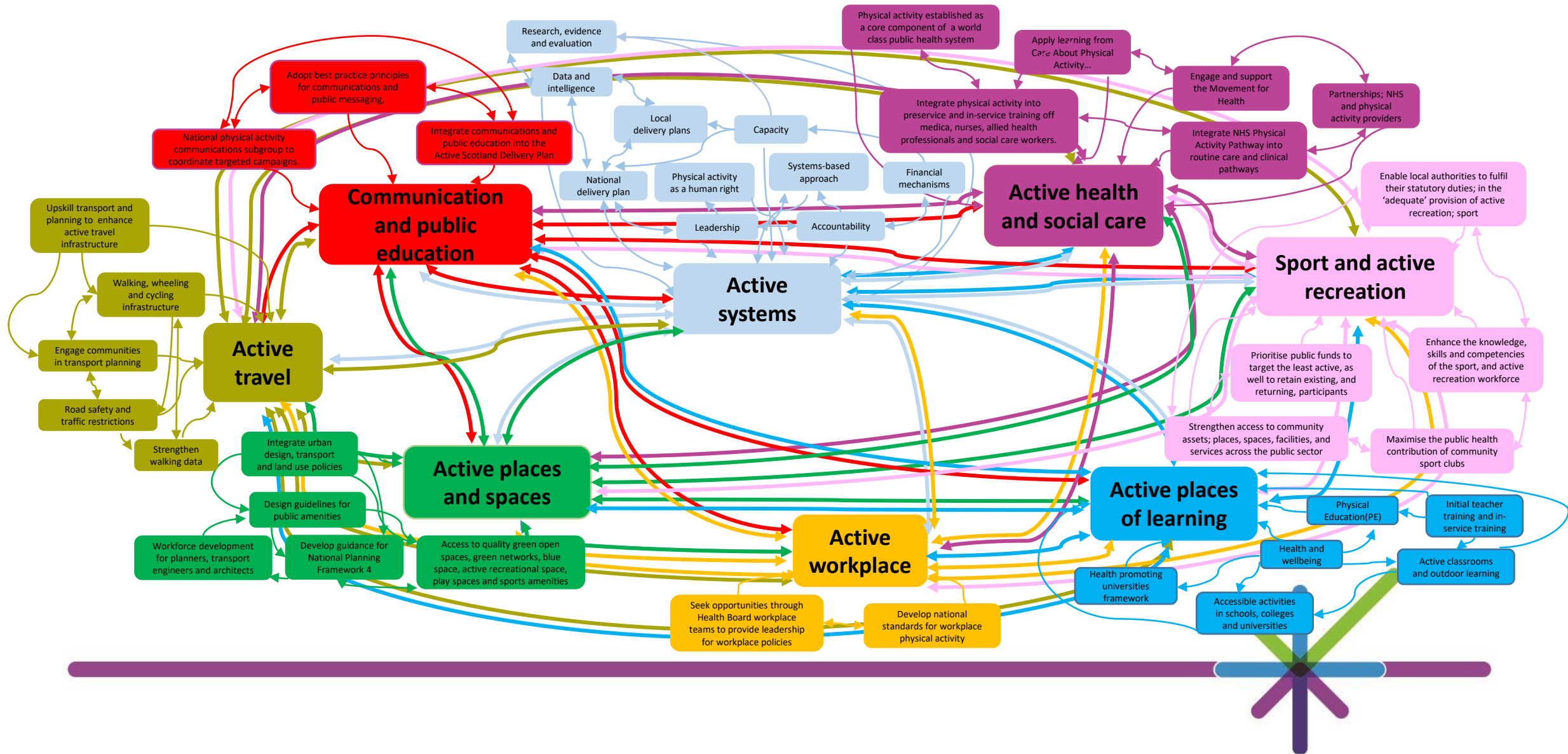
# Underpinning principles and characteristics



# A more active Scotland systems map



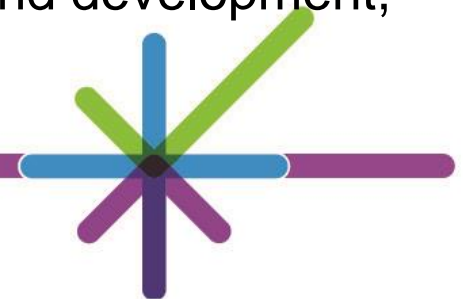
# Strategic delivery outcomes and associated actions



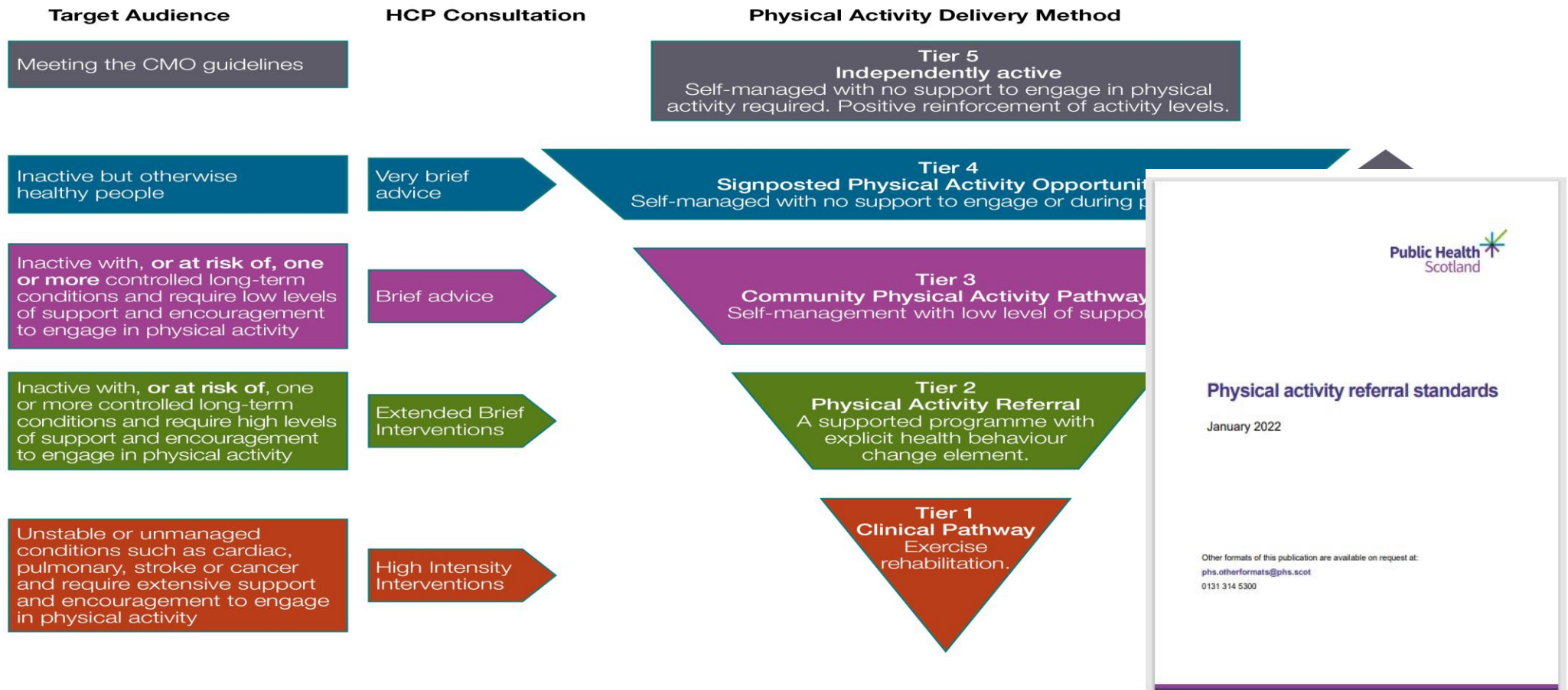


# Active health and social care

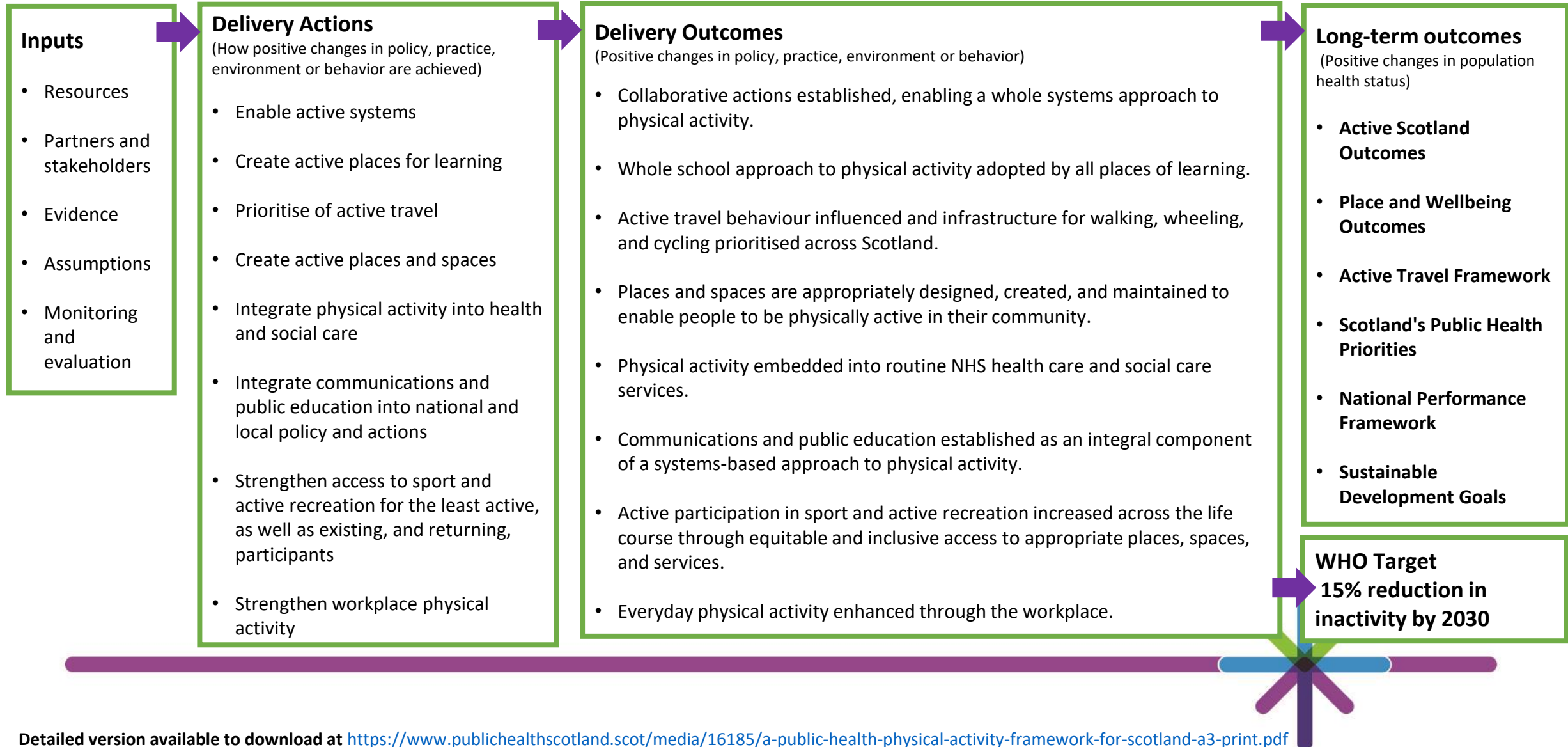
1. **Develop and implement protocols on patient assessment and brief advice on physical activity in primary health and social care settings**, where needed, include systems of referral to counselling and/or community-based opportunities for physical activity.
2. **Integrate patient assessment, brief advice and, when needed, referral to opportunities for appropriate supervised support for physical activity as part of treatment and rehabilitation pathways for patients diagnosed with long term conditions** e.g. heart disease, stroke, diabetes, cancer, disabilities and mental health conditions, as well as into the care and services for pregnant women and older patients.
3. **Develop partnerships with health-care and physical activity providers to support the provision of appropriate physical activity opportunities** and programmes for different patient populations.
4. **Strengthen the preservice and in-service curriculum of all medical, nursing and allied health professionals** to ensure effective integration of the health benefits of physical activity into the formal training on prevention and management of non-communicable diseases, mental health, healthy ageing, child health and development, and wider promotion of community health and well-being.



# Active Health and Social Care examples



# Physical activity public health outcomes framework for Scotland



# The ask – Leadership and action

“...identify and own your contribution to a systems-based approach to physical activity...”

*Dr Fiona Bull, Head of the Physical Activity Unit, Department of Health Promotion,  
World Health Organization (WHO)*

By us all working together to achieve the outcomes in the system-based approach, we can reduce inequalities and improve outcomes for all!



# Thank you!

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