

# **Encouraging Physical Activity - Opportunities and Constraints**

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Physical Activity :  
“All movements in  
everyday life including  
work, recreation, exercise  
and sporting activities”  
(WHO)

25% of the population of  
N.I. are physically inactive  
or sedentary

(Health & Wellbeing Survey  
2001).

# Health Benefits of Physical Activity

- Obesity / Overweight
- Type 2 Diabetes
- Coronary Heart Disease
- Stroke
- Blood Pressure Control
- Osteoporosis
- Colon Cancer
- Falls and injuries
- Wellbeing and self esteem

# Other Benefits

- Reduce anti-social/risky behaviour
- Environmental
- Work absenteeism/sick leave
- Maintains independence

# Barriers to Physical Activity

- Too busy (40%)
- Not having enough time (29%)
- Too tired (33%)
- Health problems (31%)
- Lack of opportunities
- Concerns about safety
- Access to facilities

# Opportunities to Promote and Support Physical Activity

- Individual
- Community
- Environment

“Planning can create attractive, safe and convenient environments that encourage people to walk or cycle to work, shop, school and other local facilities” (Quality of Life Matrix 2003)



# **NICE 2008**

**Promoting and creating built  
or natural environments that  
encourage and support  
physical activity.**

**(NICE 2008 – Consultation)**

# Strategies/Policies/Plans

- inclusive, priority

physical activity, assess

impact

# Transport

- **Pedestrians & cyclists should have priority**
- **Restrict motor vehicle access**
- **Re-allocate road space**
- **Selective road user charging schemes**
- **Traffic calming schemes**
- **Create safe routes to school**
- **Provide walking and cycling routes**

# **Public Open Spaces**

Develop and maintain public open spaces that are accessible, safe on foot, by bicycle and public transport. These spaces should encourage people to be physically active.

# Buildings

- Ensure new workplaces are linked to walking and cycling routes.
- Campus sites should be linked by walking and cycling routes.
- Staircases should be positioned to encourage use and be attractive.

# **Schools**

School playgrounds should encourage varied, physically active play by creating zones and using colours.

# **So what do we have now?**

PPS7 – Quality Residential  
Environments

PPS8 – Open Spaces, Sport and  
Outdoor Recreation

\* PPS – Planning Policy Statement

# Constraints

1. Priority and focus
2. Language / Communication / Jargon
3. Inclusive
4. Joined up working