

Healthy Eating, Activity and Exercise Scrutiny Review – February 2020

Public Health

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Introduction

We have been asked to look at healthy eating, activity and exercise, and have put this into context in terms of the Bracknell Forest population.

Bracknell Forest is currently an affluent place to live, however this is hiding areas of deprivation where poorer health outcomes are experienced.

This document outlines key elements of the current Public Health, Health Improvement Programme relating to healthy eating, activity and exercise. We have set out the initiatives that the Public Health Team have implemented to address these concerns.

This is the Public Health, Health Improvement Programme branding



SECTION 1:

INDICATOR 4.3.07

- What is being measured?
- Why is this being measured?
- How is this data being used?
- What does it tell Councillors?



What is being measured?

Source:

InPhase indicator 4.3.07 (Quarter 1 QSR): Health improvement services

Scope:

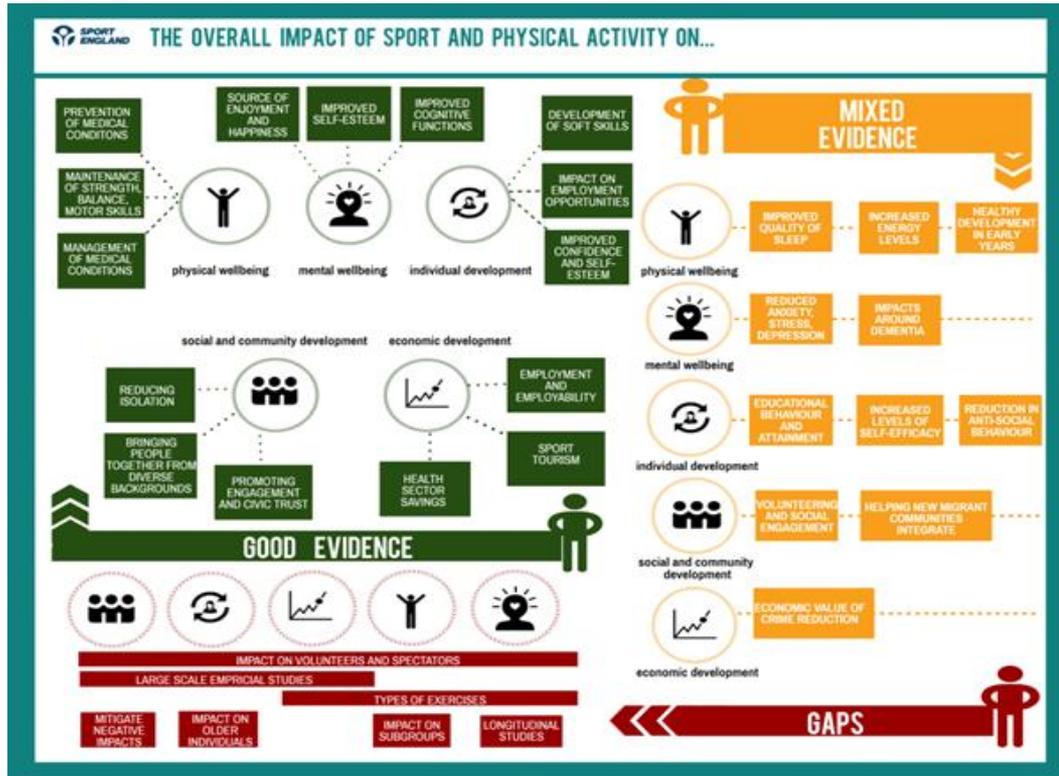
“Develop or commission a range of health improvement services aimed at supporting healthy and active lives (e.g. weight management, smoking cessation, physical activity and social prescribing)”

Why is this being measured? (Healthy Eating)

- A healthy diet contributes to a healthy weight and can prevent a range of preventable health conditions such as cardiovascular diseases, cancer and type 2 diabetes
- Excessive body fat is linked to a wide range of diseases including obesity which is one of the leading preventable causes of early death
- Escalating level of overweight and obesity among children and adolescents is of concern, as there is a link between childhood and adolescent obesity and increased risk of morbidity in adulthood
- Direct and indirect costs to the health and social care as a result of diseases related to Obesity



Why is this being measured?*(Physical activity/exercise)



Source - <https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>

How is this data being used?

- Contributing to the Joint Strategic Needs Assessment (JSNA)
- Contributing to the Joint Health and Wellbeing Strategy
- Contributing to the council plan
- To raise awareness of Public Health programmes; Health Protection and Health Improvement
- To inform Public Health strategy development
- To prioritise areas of work
- To inform our work with local partners
- To inform the system around the health needs of residents
- To inform and direct improvements in individual and population health
- To identify areas of health inequalities, and the wider determinants of health

What does it tell Councillors?

- State of the population's health in the borough and wards, across whole life (Life Course approach)
- Provides local elected members and officers with appropriate evidence for their work in promoting wellbeing across the local population.
- Highlights areas which require further support to raise awareness
- Shows how we compare with our neighbours, as well as nationally
- Provides the evidence to help Councillors make informed decisions and influence policy and strategies of key partners
- Helps Councillors distil the key objectives which may be applicable for the Council Plan, as well as wider health and wellbeing strategies

SECTION 2:

Public Health Outcomes Framework (PHOF)

- Background to the data
- Definitions and thresholds of obesity used to determine when individuals (whole life) are considered overweight, obese etc.



Background to the Data

Background to the Data:

Data used to assess healthy eating, weight (healthy, overweight and obesity) and physical activity prevalence and trends are derived from a wide variety of sources, including population surveys, school-based assessments, clinical data, and cohort studies. This data is available from the PHE Public Health Outcomes framework (PHOF) on the Fingertips platform: <https://fingertips.phe.org.uk/>

For children, the main source of data on healthy weight, overweight and obesity is the National Child Measurement Programme for England (NCMP) which includes most children in reception year (aged 4-5) and year 6 (aged 10-11). Additionally, Health Survey for England (HSE) also collects data on childhood obesity. This covers all children aged 2-15, however, this has a lower coverage than NCMP and therefore the estimates are less.

For adults, the data source is the Active Lives Survey, Sport England.

Compiling and evaluating data from a range of sources allows a more complete picture of healthy eating, weight and physical activity which is what the public health team has done for this project.

Context to the Data:

All indicators require context in order to understand them. In general, the indicator values are somewhat abstract. To make them meaningful, they are presented in comparison to other values of the same indicator as shown in the PHOF indicators.

Definitions and Thresholds of Obesity

- Obesity is when an individual has abnormal or excessive body fat that presents a risk to their health.
- Generally caused by consuming more calories than you burn off through physical activity.
- Obesity is a risk factor for a number of chronic diseases such as type 2 diabetes, cardiovascular disease and some cancers.

Public Health England

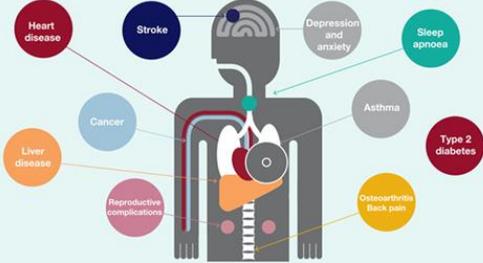
Obesity harms adults



- Less likely to be in employment
- Discrimination and stigmatisation
- Increased risk of hospitalisation
- Obesity reduces life expectancy by an average of 3 years
Severe obesity reduces it by 8-10 years

Public Health England

Obesity harms health



- Heart disease
- Stroke
- Depression and anxiety
- Sleep apnoea
- Asthma
- Type 2 diabetes
- Osteoarthritis Back pain
- Reproductive complications
- Liver disease
- Cancer

Public Health England

Obesity does not affect all groups equally

Obesity is more common among:



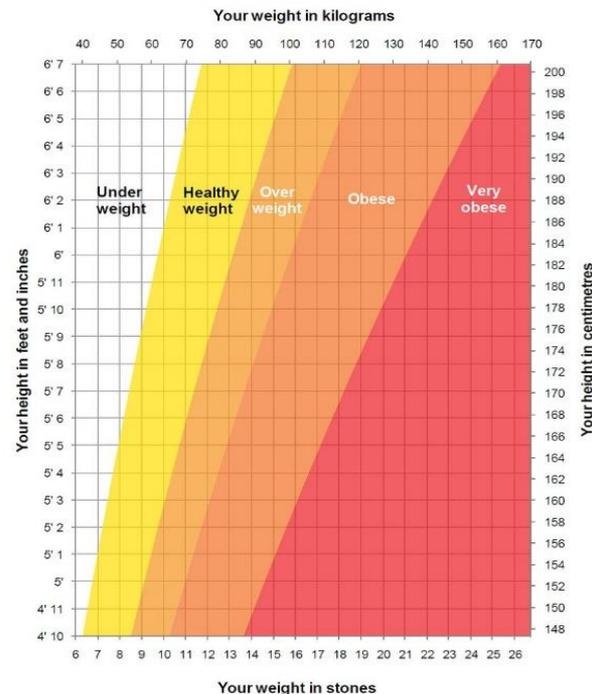
- People from more deprived areas
- Older age groups
- Some black and minority ethnic groups
- People with disabilities

Source - <https://www.gov.uk/government/publications/adult-obesity-applying-all-our-health/adult-obesity-applying-all-our-health>

Definitions and Thresholds of Obesity

- Obesity is defined by measurement of body mass index (BMI) over 30 kg/m²
- BMI is calculated by dividing weight (kg) by height (m)²

BMI Range	What does it mean?
Below 18.5	You are in the underweight range
18.5 – 24.9	You are in the healthy weight range
25 – 29.9	You are in the overweight range
30+	You are in the obese range



Children and Young People

For children and young people aged 2-18, BMI considers age and gender as well as height and weight and is expressed as a centile

BMI Range	What does it mean?
On the 2 nd centile of below	Child is in the underweight range
Between 2 nd and 91 st centile	Child is in the healthy weight range
On the 91 st centile or above	Child is in the overweight range
On the 98 th centile of above	Child is in the very overweight range

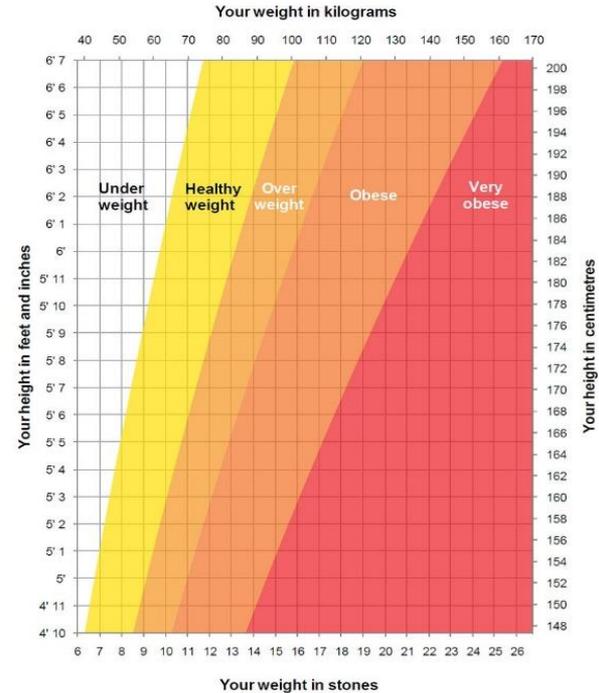
Definitions and Thresholds of Obesity

Black, Asian and other minority ethnic groups

Black, Asian and other minority ethnic groups have a higher risk of developing some long-term (chronic) conditions, such as type 2 diabetes. Therefore, adults with a **BMI of 23.0 kg/m² or more** are at increased risk, or **27.5 kg/m² or more** are considered at high risk.

Accuracy of BMI

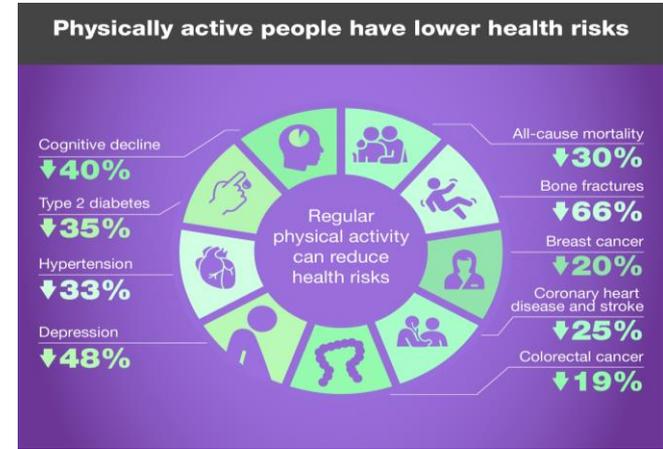
Although BMI considers natural variations in body shape, giving a healthy weight range for a particular height, it does not differentiate between any individuals muscle and fat content. Muscle is much more dense than fat, therefore very muscular people, such as athletes, rugby players or weight trainers, may be a healthy weight even though their BMI is classed as obese.



Source - <https://www.nhs.uk/common-health-questions/lifestyle/what-is-the-body-mass-index-bmi/>

Definitions of physical activity

- Physical activity is simply movement of the body that uses energy
- It takes many forms, occurs in many settings and has many purposes (e.g. daily activities, active recreation and sport)
- Health enhancing physical activity includes cardiovascular activity, muscle and bone strengthening activity and balance training activity.
- Physical activity not only promotes good health and helps prevent and manage disease; it also contributes to a range of wider social, environmental and economic benefits for communities and wider society.



Source - <https://www.gov.uk/government/publications/health-matters-physical-activity/health-matters-physical-activity-prevention-and-management-of-long-term-conditions>

SECTION 3:

Evidence

- What does the evidence tell us about healthy eating, activity and exercise
- How does this compare locally and versus national data?



What does the evidence tell us about healthy eating?



- The Eatwell Guide shows the different amounts of each food group we should have to form a healthy balanced diet.
- The proportions shown are representative of your food consumption over a day, week or month, not necessarily each meal-time
- It applies to most people regardless of weight, dietary requirements/preferences or ethnic origin.

What does the evidence tell us about healthy eating?

Salt

- Eating too much can raise your blood pressure and increase your risk of heart disease and stroke
- Adults should eat no more than 6g a day

Sugar

- Eating too much increases your risk of obesity and tooth decay
- Ideally no more than 5% of the energy we consume should come from free sugars
- Currently children and adults across the UK are consuming 2-3 times that amount.

Saturated Fat

- Eating too much may increase cholesterol and risk of heart disease
- Men should have no more 30g a day and women no more than 20g a day

Age	Recommended maximum free sugars intake	Sugar cubes
4-6 years	No more than 19g/day	5 cubes
7-10 years	No more than 24g/day	6 cubes
From 11 years, including adults	No more than 30g/day	7 cubes

Source - <https://www.gov.uk/government/publications/the-eatwell-guide>

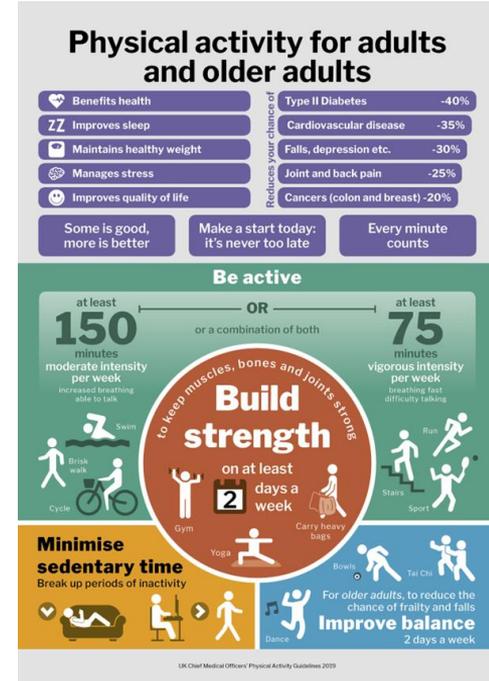
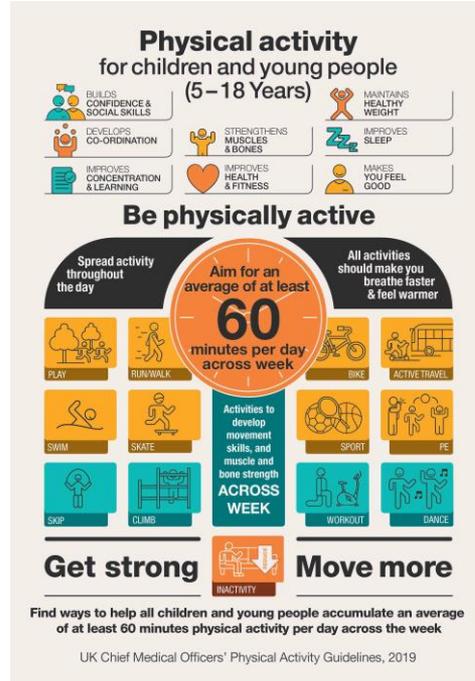
Healthy eating - how does this compare locally and nationally?

Indicator	Period	Bracknell Forest	South East Region	England
<i>Percentage who eat 5 portions or more of fruit and veg per day at age 15:</i>	2014/15	53.1	54.4	52.4

Note: Green = Better, Amber = Similar, Blue = Lower, Red = Worse

Source: <https://fingertips.phe.org.uk/indicator-list/view/Xh5NMT9Y70#page/4/gid/1/pat/6/par/E12000008/ati/202/are/E06000036/iid/91496/age/44/sex/4>

What does the evidence tell us about physical activity?



Source - <https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>

Physical activity - how does this compare locally

Indicator	Period	Bracknell Forest	South East Region	England
% of physically active adults (19+ years)	2017/18	73.9	69.8	66.3
% physically inactive adults (19+ years)	2017/18	15.1	19.0	22.2
% of adults walking for travel at least three days per week (16+ years)	2017/18	19.1	22.8	23.1
% of adults cycling for travel at least three days per week (16+ years)	2017/18	4.1	3.6	3.2
% of adults who do any cycling, at least three times a week (16+ years)	2014/15	6.2	4.9	4.4
% of adults who do any cycling, at least once per month (16+ years)	2014/15	19.4	16.8	14.7

Note: Green = Better, Amber = Similar, Blue = Lower, Red = Worse

Source - <https://fingertips.phe.org.uk/indicator-list/view/tOxCG9xo7E#page/0/gid/1/pat/6/par/E12000008/ati/202/are/E06000036>

PHYSICAL ACTIVITY PARTICIPATION LEVELS – LATEST DATA

Box 1: ADULT PHYSICAL ACTIVITY LEVELS

68.8% are **ACTIVE**: at least 150 minutes per week
13.2% are **FAIRLY ACTIVE**: 30-149 minutes per week
17.9% are **INACTIVE**: less than 30 minutes per week



HOW DOES THIS COMPARE?



	Berkshire	England
Active	66.2%	62.6%
Fairly active	11.7%	12.3%
Inactive	22.1%	25.1%



2nd lowest rates of inactivity in Berkshire, 1.8% increase in inactivity since 2016/17 (1)

Box 2:

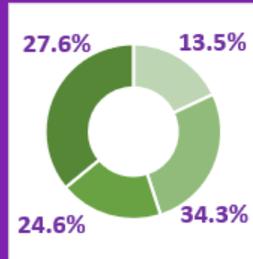


Volunteering levels are 3rd lowest in Berkshire (13.6%). (1) Across England and Berkshire, disabled people are less likely to be active. (3)

South Asian people in Berkshire are less active than White British, but people from mixed backgrounds have higher levels of activity. (3)



Box 3: CHILDREN AND YOUNG PEOPLE ACTIVITY LEVELS



13.5% are **ACTIVE EVERY DAY**: at least 60 minutes daily
34.3% are **ACTIVE ACROSS THE WEEK**: average of 60 minutes per day but not daily
24.6% are **FAIRLY ACTIVE**: average of 30-59 minutes per day
27.6% are **LESS ACTIVE**: less than an average of 30 minutes per day



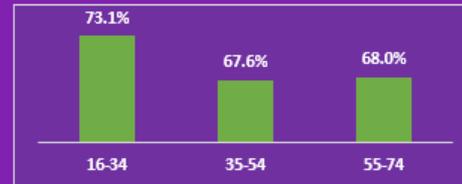
IS THIS GOOD? Lowest levels of 'active every day' and 'less active' across Berkshire, highest number of 'active across the week' (2)

Box 4: ACTIVITY BY GENDER



However, across Berkshire and England, Men are more active than women (1)

Box 5: ACTIVITY BY AGE



In Bracknell Forest, activity rates do not follow that national trend of declining with age – they slightly increase in older age (1)

Box 1 source: Sport England Active Lives survey, which breaks down physical activity into those who are "Active" and those who are "Fairly Active"

Note: This figure is different to the Public Health Outcomes Framework which looks at the overall % of physically active individuals (73.9%) but does not break this down any further

References:

1 - <https://www.sportengland.org/media/13898/active-lives-adult-november-17-18-report.pdf>

2 - <https://www.sportengland.org/media/13698/active-lives-children-survey-academic-year-17-18.pdf>

Obesity Data - How does this compare locally and nationally?

Indicator	Period	Bracknell Forest	South East Region	England
Reception: Prevalence of healthy weight (Persons, 4-5 yrs)	2018/19	79.4	78.1	76.5
Reception: Prevalence of overweight (Persons, 4-5 yrs)	2018/19	11.1	12.7	12.9
Reception: Prevalence of overweight (including obesity) (Persons, 4-5yrs)	2018/19	19.4	21.2	22.6
Reception: Prevalence of obesity (including severe obesity) (person's 4-5 yrs)	2018/19	8.4	8.5	9.7
Year 6: Prevalence of healthy weight (Persons, 10-11 yrs)	2018/19	69.9	68.3	64.3
Year 6: Prevalence of overweight (Persons, 10-11 yrs)	2018/19	12.1	13.5	14.1
Year 6: Prevalence of overweight (including obesity) (Persons, 10-11 yrs)	2018/19	28.4	30.3	34.3
Year 6: Prevalence of obesity (including severe obesity) (Persons, 10-11 yrs)	2018/19	16.3	16.8	20.2
Percentage of adults (ages 18+) classified as overweight or obese (Persons, 18+ yrs)	2017/18	62.5	60.3	62

Note: Green = Better, Amber = Similar, Blue = Lower, Red = Worse

Source - <https://fingertips.phe.org.uk/indicator-list/view/YLvmrbUOlz#page/0/gid/1/pat/6/par/E12000008/ati/101/are/E06000036>

BOX 6: OVERWEIGHT AND OBESITY



Adult Obesity: 63% overweight and obese, the 2nd highest in Berkshire and higher than England (62%) and the South East (60%) (2017-18)⁴

Children's obesity: 12% overweight, the 4th highest in Berkshire and lower than England (14%) and the South East (14%) (2018-19)⁵



16% obese and severely obese, the 3rd highest in Berkshire but lower than England (20%) and the South East (17%) (2018-19)⁶



3% severely obese, joint 5th in Berkshire, lower than England (4%) and equal to the South East (3%) (2018-19)⁷



Diabetes prevalence: 5.9%, 2nd highest in Berkshire, but lower than England (6.9%) and the South East (6.2%) (2018-19)⁸

BOX 7: TRAVEL

Percentage of adults cycling for travel at least three days a week: 4.1%, 2nd highest in Berkshire and higher than England (3.2%) and the South East (3.6%) (2017-18)



KEY ISSUES IN BRACKNELL FOREST

BOX 8: MENTAL HEALTH DISORDERS:

Hospital admissions for mental health conditions (per 100,000 individuals): 78.4, this is the lowest in Berkshire and is lower than England (84.7) and the South East (85.7). (2017-18).

Percentage of adults in contact with secondary mental health services: 4.1%, this is 3rd highest in Berkshire however is lower than England (5.4%) and the South East (4.5%) (2014-15).

Depression 18+: 13% prevalence. This is the highest in Berkshire, higher than 87% of our statistical neighbours and higher than England (11%) and the South East (11%) (2018-19)¹¹

Estimated prevalence of mental health disorders in children and young people (aged 5-16): 8.3%, this is 3rd highest in Berkshire, however is lower than England (9.2%) and the South East (8.5%)

BOX 9: SOCIAL AND COMMUNITY DEVELOPMENT

Social contact: 45% of social care users get enough. This is the 3rd highest in Berkshire and higher than 47% of our statistical neighbours, but slightly lower than England (46%) and the South East (47%)¹²



BOX 10: EDUCATION AND TRAINING

16-17 year old's not in education, employment or training (NEET) or whose activity is not known (2019): 4.7% in Bracknell Forest. This is new data and the comparative figures to Berkshire and England are not yet known



BOX 11: WIDER DETERMINANTS

2.4% of people are unemployed (2017)¹⁶ Bracknell Forest has highest employment levels in Berkshire (84%) and is higher than England (75.6%) and South East (79.0%) (2019)¹⁷



9.1% of children are in low income families (3rd lowest in Berkshire) and lower than England (17.0%) and the South East (12.9%) (2016)¹⁸

Income deprivation: 8.2%, which is the 3rd highest in Berkshire. This is however lower than 80% of our statistical neighbours and lower than England (14.6%) (2015)¹⁹

Bracknell Forest is 3rd in terms of the deprivation levels in Berkshire and 89% of local authority areas in England are more deprived (2019)¹⁹

References:

4-13 and 15-17 – Public Health Outcome Framework.

14 - <https://www.nomisweb.co.uk/reports/lmp/la/1946157279/report.aspx?town=bracknell>

18 - <https://www.nomisweb.co.uk/reports/lmp/la/1946157279/report.aspx?town=bracknell#tabempunemp>

19 - <https://www.gov.uk/government/statistics/english-indices-of-deprivation-2019>



Bracknell
Forest
Council

SECTION 4:

Strengths:

- Where is Bracknell Forest doing well against identified metrics?



Where is Bracknell Forest doing well?

1. Overweight and Obesity Levels

- Obesity patterns in Bracknell Forest mirror the natural evolution in that it increases with age.
- The most up to date data is from PHOF - 2018/19 for children and 2017/18 for adults.
- On analysis, we have more children with healthy weight compared to the South East region and England as a whole (Slide 22).
- We have less children who are overweight or obese.
- The picture for adults on overweight and obesity is similar to regional and England levels (Slide 22).
- Findings across the life course show that we are better than average (GREEN) on most PHOF indicators with the remainder showing the same (AMBER) or lower (BLUE) than the regional or national average.
- We currently have no overweight or obesity indicators which show that we are worse (RED) than regional or national averages. The trend over time shows no significant change.
- Local analysis by Wards and Schools (Slide 33) shows a concentrated area of higher than regional or national prevalence of overweight and obesity.

2. Physical Activity:

- Physical activity levels (Slide 20) of our adult population show that we are better (GREEN) than regional or England levels; with walking and cycling better or similar (GREEN, AMBER).
- There is no PHOF data on local children's physical activity. Based on Sport England Active Lives survey 2017/18 physical activity in local children shows a mixed picture. Compared to the rest of Berkshire, whilst we have the highest levels of children classified as "active across the week", in contrast, we have the lowest in both those classified as "less active" in the week "active every day".

3. Healthy Eating

- Healthy eating levels (Slide 18) of our adult population show that we are better (GREEN) than regional or England levels. No PHOF data on children is available.

SECTION 5:

What **MUST** the council provide in relation to healthy eating, activity and exercise?



Services the council MUST provide

Local authorities since 1 April 2013, been responsible for improving the health of their local population and for public health services.

- Reg 3 requires local authorities to provide a weighing and measuring service for children (reception and year 6) to determine obesity levels
- Services such as NHS Health Checks and smoking cessation contribute to the reduction in health inequalities across the life course, including hard to reach groups and in narrowing the gap in life expectancy between more deprived vs. less deprived wards

Duties as to improvement of public health

After section 2A of the National Health Service Act 2006 insert—

“2B Functions of local authorities and Secretary of State as to improvement of public health

- (1) Each local authority must take such steps as it considers appropriate for improving the health of the people in its area.
- (2) The Secretary of State may take such steps as the Secretary of State considers appropriate for improving the health of the people of England.
- (3) The steps that may be taken under subsection (1) or (2) include—
 - (a) providing information and advice;
 - (b) providing services or facilities designed to promote healthy living (whether by helping individuals to address behaviour that is detrimental to health or in any other way);
 - (c) providing services or facilities for the prevention, diagnosis or treatment of illness;
 - (d) providing financial incentives to encourage individuals to adopt healthier lifestyles;
 - (e) providing assistance (including financial assistance) to help individuals to minimise any risks to health arising from their accommodation or environment;
 - (f) providing or participating in the provision of training for persons working or seeking to work in the field of health improvement;
 - (g) making available the services of any person or any facilities.
- (4) The steps that may be taken under subsection (1) also include providing grants or loans (on such terms as the local authority considers appropriate).
- (5) In this section, “local authority” means—
 - (a) a county council in England;
 - (b) a district council in England, other than a council for a district in a county for which there is a county council;
 - (c) a London borough council;
 - (d) the Council of the Isles of Scilly;
 - (e) the Common Council of the City of London.”

SECTION 6:

What does the council provide residents in relation to healthy eating, activity and exercise?



Current Services which are provided

Children and Young People

Weight Management	Physical Activity	Healthy Eating	Mental Health and Wellbeing
National Child Management Programme (NCMP)	Get Berkshire Active Satellite Clubs	Public Protection Partnership delivering healthy eating workshops in primary schools	Young Health Champions programme (including youth mental health first aid)
Aim to provide a weight management programme for those identified as obese or overweight, using a family centred approach in line with national guidance	Interactive community Map – focused children section containing PA groups	Change4life and Start4life social media campaigns	THRIVE! Bracknell children and young people's health and wellbeing website
Public Health Portal	Physical Activity social media campaigns including #movingis and #movingcan (across LA's and ICS)	THRIVE! Bracknell children and young people's health and wellbeing website	Young Commissioners – Young Health Champions partaking in procurement of digital mental health service
	THRIVE! Bracknell children and young people's health and wellbeing website	Public Health Portal	Social media campaigns including Children's Mental Health Week, Time to Talk Day, Mental Health Awareness day.
	Public Health Portal		Public Health Portal

Current Services which are provided

Adults

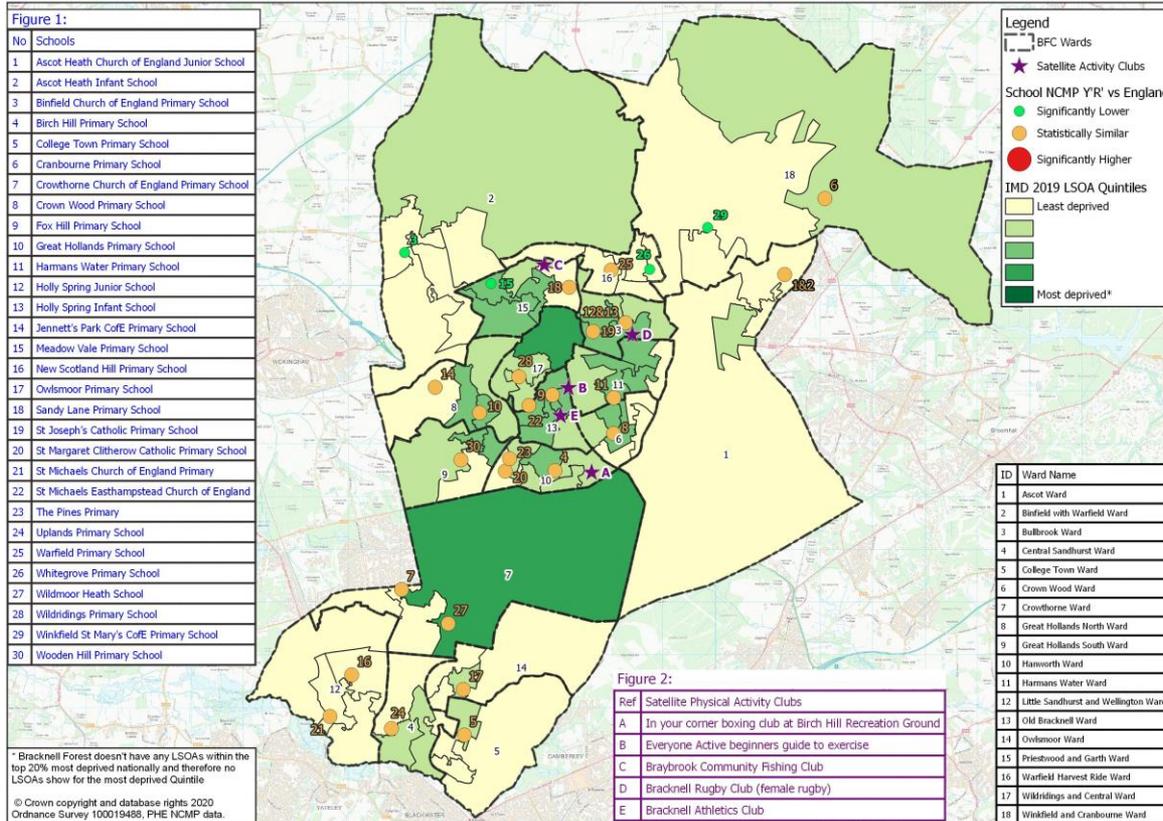
Weight Management	Physical Activity	Healthy Eating	Mental Health and Wellbeing
Slimming World	Fit For All – including seated exercise	Slimming World	Social media campaigns including Time to Talk Day, Mental Health Awareness day
Weight Watchers – National Prevention Diabetes Programme (CCG)	152 community groups and activities in the “Get Active” category of the online community map	Weight Watchers – National Prevention Diabetes Programme (led by East Berkshire CCG)	Social prescribing and community connectors
Public Health Portal	Physical Activity social media campaigns including #movingis and #movingcan (across LA’s and ICS)	Library / Open Learning Centre Courses – Healthy eating and cooking courses	Public Health Portal
	Leisure services	Public Health Portal	
	Public Health Portal		

Current Services which are provided

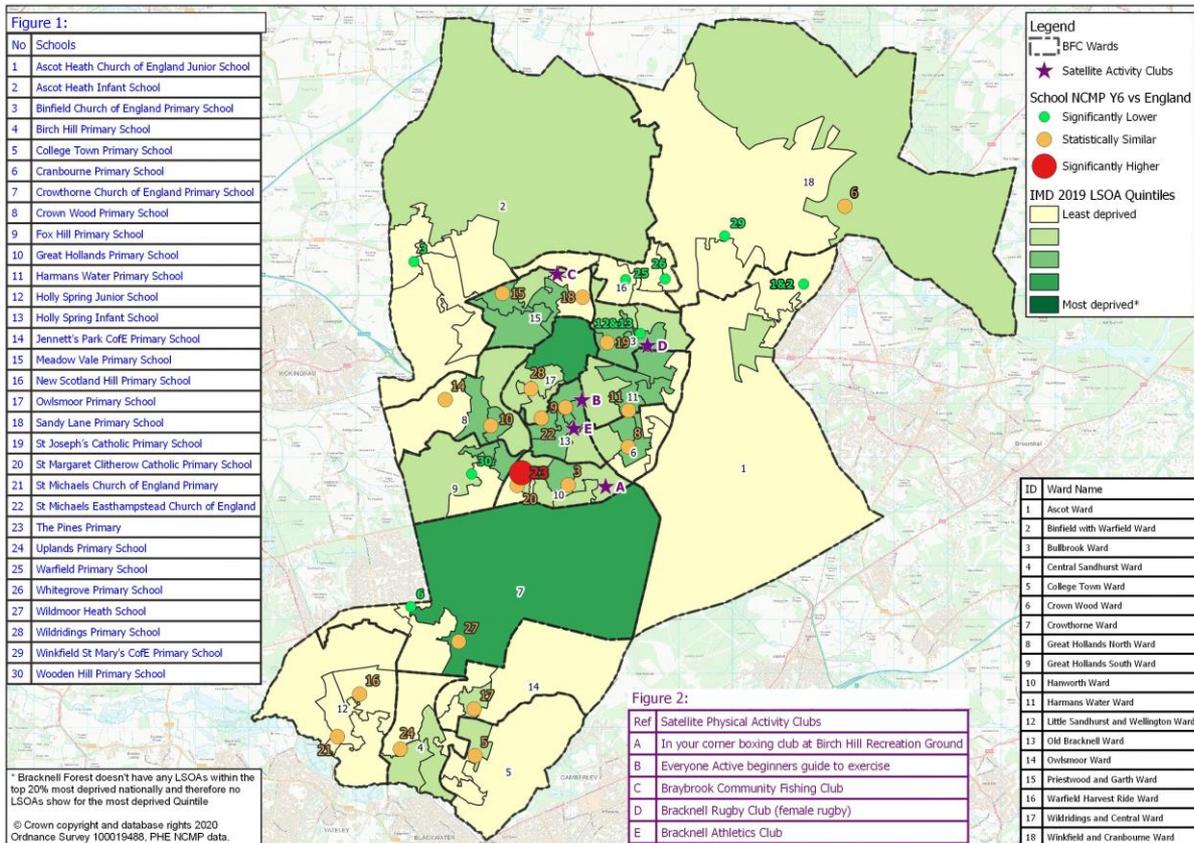
Older Adults

Weight Management	Physical Activity	Healthy Eating	Mental Health and Wellbeing
Slimming World	Fit For All – including seated exercise	Slimming World	Social media campaigns including Time to Talk Day, Mental Health Awareness day
Weight Watchers – National Prevention Diabetes Programme (led by East Berkshire CCG)	Strength and Conditioning Exercises and groups such as a Dancing Group (Coopers Hill), U3A -Ballroom Dancing and Fit for Life (50+)	Weight Watchers – National Prevention Diabetes Programme (led by East Berkshire CCG)	Social prescribing and community connectors
Public Health Portal	Physical Activity social media campaigns including #movingis and #movingcan (across LA's and ICS)	Library / Open Learning Centre Courses – Healthy eating and cooking courses	Public Health Portal
	152 community groups and activities in the "Get Active" category of the online community map	Public Health Portal	
	Leisure services		
	Public Health Portal		

Map of Physical Activity Satellite clubs and schools, in relation to Reception obesity levels and deprivation



Map of Physical Activity Satellite clubs and schools, in relation to Year 6 obesity levels and deprivation



Examples of Current Services

Children and Young People:

THRIVE! Website - <https://thrive.bracknell-forest.gov.uk/>

- Designed and built by Public Health
- Website to support teachers deliver PHSE curriculum
- Includes signposting to further areas of support
- Contains resources and information for parents/teachers



Examples of Current Services

Children and Young People – Young Health Champions

- Commissioned by East Berkshire CCG and led by Public Health
- Students received a Royal Society for Public Health accredited qualification and Youth Mental Health First Aid Qualification
- 15 year 12 students from 3 Bracknell schools, expanding to all secondary schools in September
- Educated on healthy lifestyle principles as well as improving mental health
- Students then delivered peer health messages at their schools
- Co-production network – support as young commissioners, mystery shop services



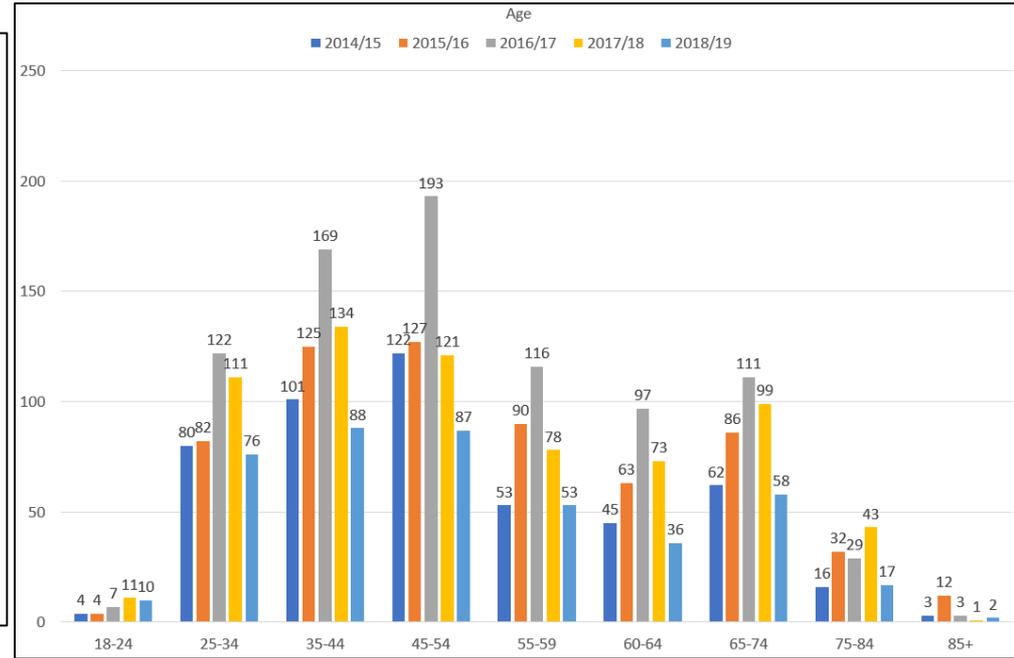
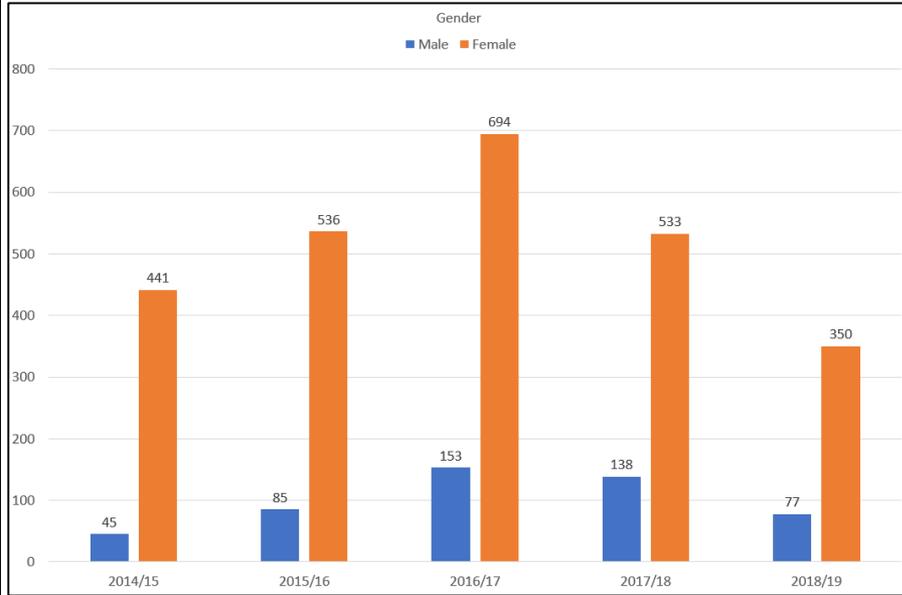
Examples of Current Services

Adults – Slimming World Data

Year	Total accessing the service	Number who completed full 12 week course	Average weight change (kg)	Average weight change (% of original weight)	Average BMI change (kg/m ²)
2014/15	486	300 (61.7%)	-6.3	-6.1	-2.3
2015/16	621	406 (65.3%)	-6.1	-6.0	-2.2
2016/17	847	506 (59.7%)	- 6.6	- 6.3	- 2.4
2017/18	671	440 (65.6%)	-7.0	-6.9	-2.5
2018/19	427	291 (68.1%)	- 6.2	- 5.9	- 2.2

Slimming World – Attendance Demographics (Apr '14-Mar '19)

- Age and Gender -



Examples of Current Services

Adults – Fit for All Exercise Classes

- Public Health are currently subsidising 9 weekly physical activity classes for residents
- These cost £3 per session and take place at a variety of venues
- There have been 214 unique individuals attend the sessions since online registration began in April 2018

“

‘The class is so good, I would like to have more similar classes’

‘A very motivational class which inspires confidence to keep fit. Great music and great fun!’

‘It has certainly improved my mobility’

‘Very good class, I would not do it on my own so it is good motivation’

‘Wish we could have more time! The instructor is great fun, very enjoyable’

”

Fit for All



Examples of Current Services

Adults – Fit for All Exercise Classes



Fit for All
Call 07719 413355

Mondays, 10am – 11am at Priestwood Community Centre
Tuesdays, 6pm - 7pm at The Parks Community Centre
Wednesdays, 10.30 am - 11.30am at Sandhurst Baptist Church
Thursdays, 10.30am - 11.30am at St Mark's Church, Binfield
NEW! Thursdays, 12noon - 1pm at St Mark's Church, Binfield
Fridays, 10.30am - 11.30am at Great Hollands Community Centre
NEW! Fridays, 12noon - 1pm at Great Hollands Community Centre

Get fit in a supported and beginner friendly environment

£3 per session, first session FREE
Refreshments provided (excl. The Parks)



Fit for All Seated Exercise
Mondays 10 - 11am
Coopers Hill Youth and Community Centre

FIRST SESSION FREE!

Gentle movement in a supported and beginner friendly environment

£3 per session
Refreshments provided

For more information call 07825 932085



Beginner Friendly Exercise Classes

Fit for All
£3 per session

Mondays, 10am - 11.30am Priestwood Community Centre*
Tuesdays, 6pm - 7pm The Parks Community Centre
Wednesdays, 10.30am - 11.30am Sandhurst Baptist Church*
Thursdays, 10.30am - 11.30am St. Mark's Church, Binfield*
Fridays, 10.30am - 12noon Great Hollands Community Centre*

Seated Yoga
£3 per session

Mondays, 12.30pm - 1.30pm Great Hollands Community Centre*

Tai Chi
£5 per session

Tuesdays, 11am - 12noon Great Hollands Community Centre*

*Refreshments provided



Ageing Well

Tai Chi
Gentle exercises to improve balance, coordination and muscle strength
Tuesdays, 11am - 12noon Great Hollands Community Centre
First session FREE (£5 thereafter)
Tel: 01189 594242

Seated Yoga
Gentle and relaxing chair based yoga class
Mondays, 12.30pm - 1.30pm Great Hollands Community Centre
First session FREE (£3 thereafter)
Tel: 01189 594242

Fit for All
Get fit in a supported and beginner friendly environment
Mondays 10am - 11.30am Priestwood Community Centre
Tuesdays 6pm - 7pm The Parks Community Centre
Fridays 10.30am - 12noon Great Hollands Community Centre
First session FREE £3 per session

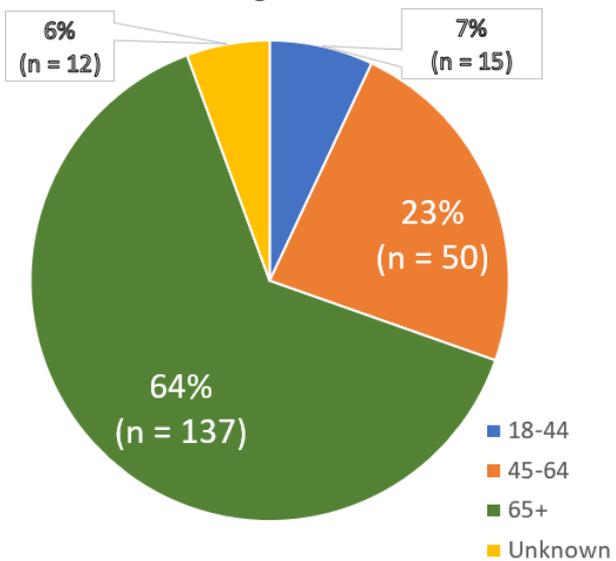
For a full list of community exercise groups search online for **Bracknell Forest Community Map**

Wednesdays 10.30am - 11.30am Sandhurst Baptist Church
Thursdays 10.30am - 11.30am St Mark's Church, Binfield
Thursdays 12noon - 1.30pm St Mark's Church, Binfield

*Refreshments provided at this session

Fit for All – Attendance Demographics (Apr '18-Jan '20)

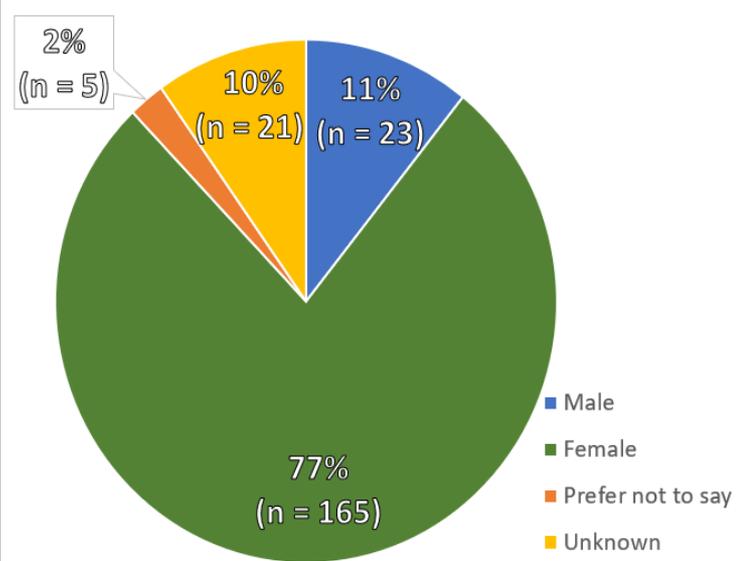
Age



What is your ethnicity?

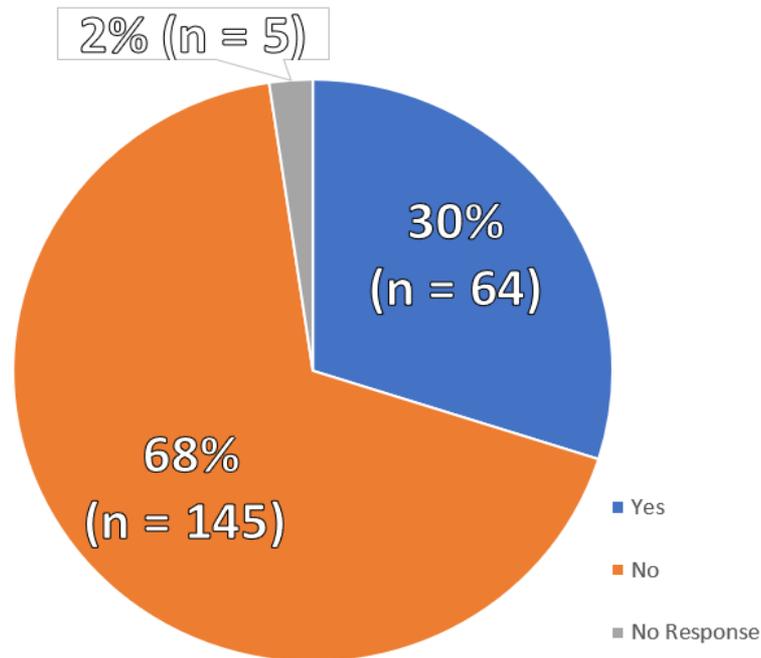
	Count
White	
English/Welsh/Scottish/ Northern Irish/British	174
Irish	3
Gypsy/Irish Traveller	1
Showpeople/Circus	0
Any other White background	5
Mixed	
White & Black Caribbean	2
White & Black African	0
White & Asian	0
Any other Mixed background	3
Asian or Asian British	
Indian	3
Pakistani	0
Nepali	0
Bangladeshi	0
Chinese	2
Filipino	0
Any other Asian background	4
Black or Black British	
African Caribbean	3
Caribbean	0
Any other Black background	0
Arab/ Other Ethnic Group	
Arab	0
Other ethnic group	0
[No Response]	14

Gender

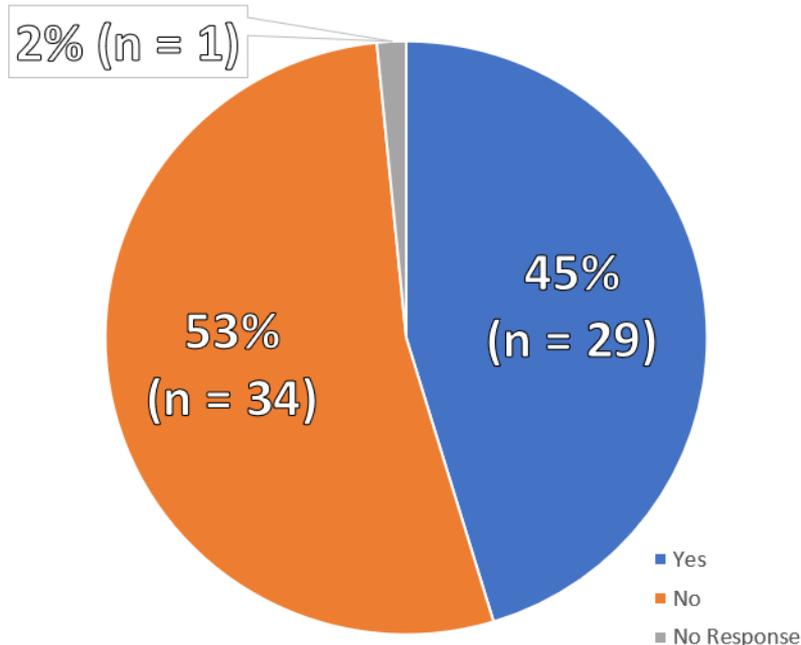


Fit for All – Attendance Demographics (Apr '18-Jan '20)

Do you consider yourself to have a health problem or disability which has lasted, or is expected to last, at least 12 months? (99% response rate)



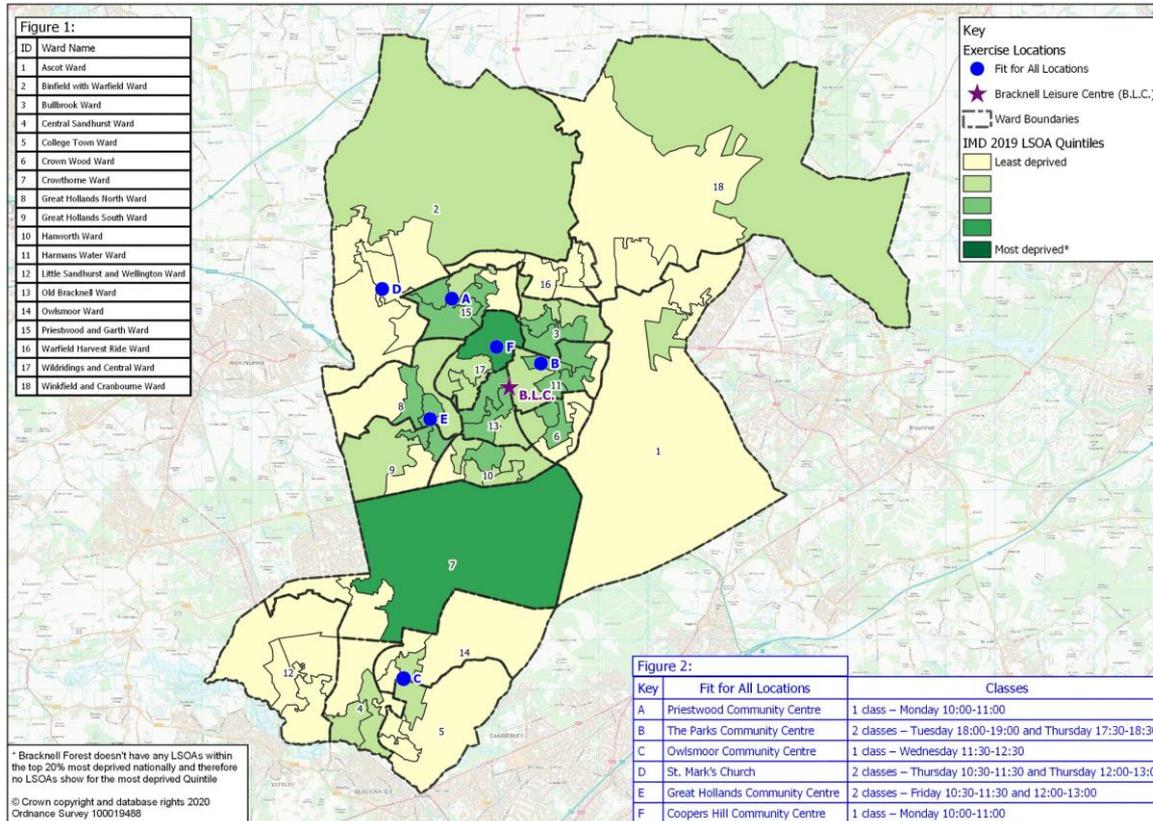
Are your day-to-day activities limited because of your health problem or disability? (98% response rate)



Fit for All Exercise Classes - Attendance Data

Day	Time	Location	Date class started	Average Number of attendees per class			
				2016	2017	2018	2019
Monday	10:00-11:00	Priestwood Community Centre	August 2016	6	13	23	19
Monday	10:00-11:00	Coopers Hill Community Centre (Seated exercise class)	April 2019	N/A	N/A	N/A	7
Tuesday	18:00-19:00	The Parks Community Centre	January 2017	N/A	4	5	6
Wednesday	11:30-12:30	Owlsmoor Community Centre	January 2018	N/A	N/A	10	13
Thursday	10:30-11:30	St. Marks Church, Binfield	January 2018	N/A	N/A	21	20
Thursday	12:00-13:00	St. Marks Church, Binfield	October 2018	N/A	N/A	4	6
Thursday	17:30-18:30	The Parks Community Centre	May 2016	8	15	27	25
Friday	10:30-11:30	Great Hollands Community Centre	May 2016	8	15	27	25
Friday	12:00-13:00	Great Hollands Community Centre	November 2018	N/A	N/A	8	6

Location of Fit for All Physical Activity classes in relation to deprivation



Examples of Current Services

Adults – Exercise on referral

- Working in partnership with GPs and Everyone Active
- GPs can refer patients who have been diagnosed with a specific range of health conditions to Bracknell Leisure Centres
- Examples of accepted conditions include stroke, cardiac rehabilitation, diabetes, osteoarthritis
- Each prescription allows the individual to attend 2 sessions per week, for 12 weeks
- Each session is 30 minutes long, with a qualified instructor
- There are currently 30 active referrals in process

SECTION 7:

Funding:

- How are funding streams allocated towards healthy eating, activity, exercise and weight management services?
 - How is this likely to change?

How are funding streams allocated?

Public Health Grant 2019/20

Total Mandatory Services	2,180,756	55.31%
Total Non-Mandatory Services	1,199,681	30.43%
Total Other Services	564,899	14.33%
Total spend 19/20	3,945,336	100.06%

Year	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21
Healthy Eating	68,472	49,323	34,608	27,029	30,299	N/A
Physical Activity	3,346	14,236	26,513	35,400	44,804	N/A

Public Health Grant allocation is provided annually. The 2020/21 allocation is currently not yet available.

SECTION 8:

Health and Wellbeing Strategy:

- How does Public Health contribute to the Health and Wellbeing Strategy
 - When will this be produced?

Current Health and Wellbeing Strategy: Priorities

The relevant priorities* from the current Health and Wellbeing strategy (2016-2020) which Public Health contribute towards are:

1. Promoting Active and Healthy Lifestyles

2. Mental Health Support *and services for Children and Young People*

3. Preventing people becoming socially isolated and lonely

4. Workforce – having enough people with the right skills, and suitable premises from which to deliver services

* Relevant to the scope of this overview and scrutiny review

Current Health and Wellbeing Strategy

“We have made it clear that the prevention of ill health is a priority, and that people should be supported to understand what they can do to keep themselves as well and as fit as possible” (Seamless Health – Bracknell Forest Health and Wellbeing Strategy 2016-20)

How does Public Health contribute?

Public Health is at the forefront of driving this prevention agenda, as detailed in the next table.

How does Public Health contribute to the Health and Wellbeing Strategy?

The Health and Wellbeing Strategy Priorities*:	What is the Public Health contribution?						
Promoting active and healthy lifestyles	Fit for All Classes	Interactive Online Community Map	Seed Funding for Community Groups	Partnership Working (Get Berkshire Active)	Communication and Health Promotion Campaigns	Slimming World	Public Health Portal
Support and services for Children and Young People	Young Health Champions	THRIVE! Website	Healthy Child Programme	Public Health Portal			
Preventing people becoming socially isolated and lonely	Social Prescription	Interactive Online Community Map	Warm Welcome Programme	Interactive Health Kiosks	Public Health Portal		

* Relevant to the scope of this overview and scrutiny review

Plans for the new Health and Wellbeing Strategy

- The current strategy runs from 2016-2020 (inclusive)
- The new strategy for 2021 and beyond is being developed at present
- The first step towards this is the place-based summits, which have already been organised
- Development of the new strategy requires a **whole systems approach** with multiple stakeholders working collaboratively together

