



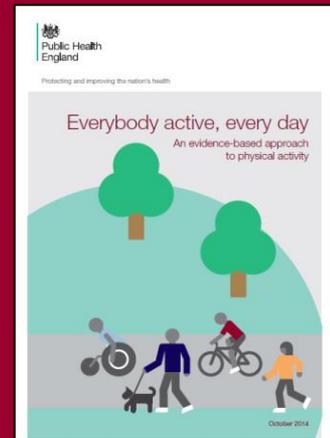
Public Health  
England

# Physical activity in ageing and older adults – a public health perspective

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It's never too late conference  
17 October 2016





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# Inactivity is killing us

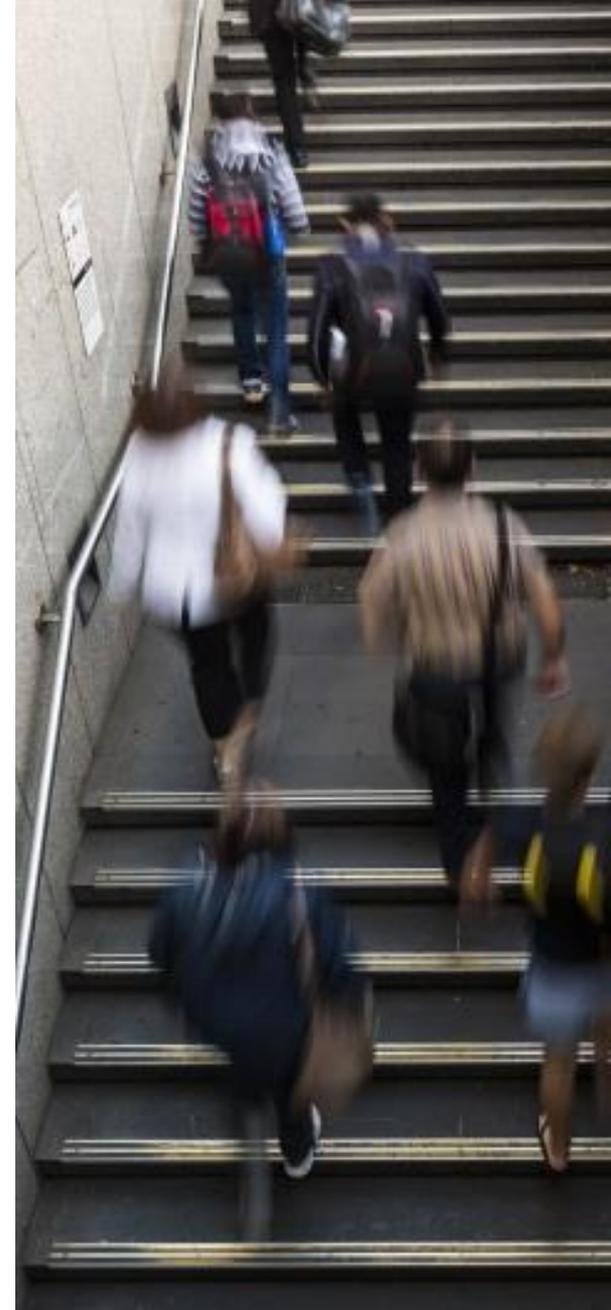
Decreasing activity levels since 1960s:

- Adults are over 20% less active
- By 2030 we will be 35% less active

Physical inactivity is responsible for:

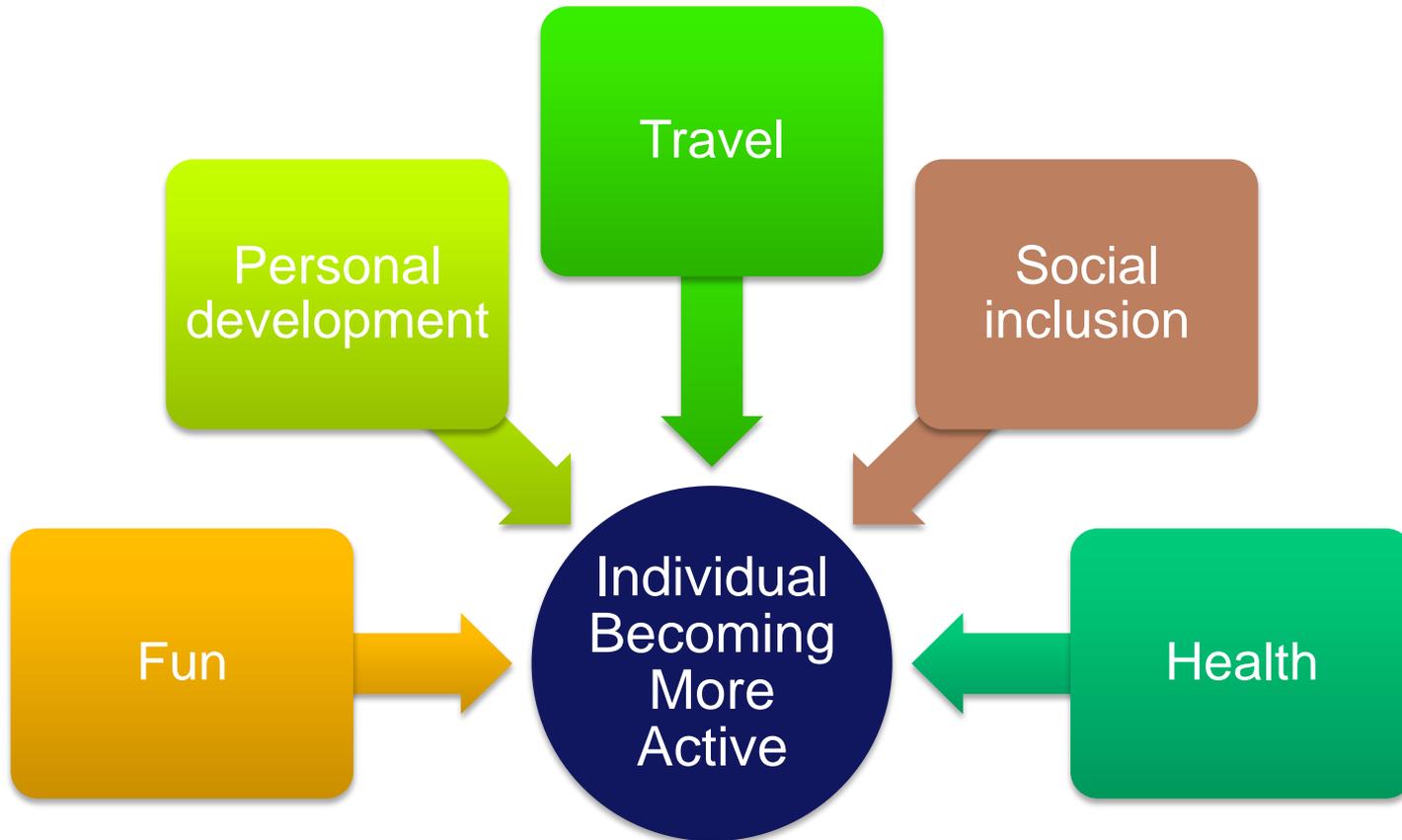
- 1 in 6 UK deaths
- Up to 40% of many long-term conditions
- Around 30% of later life functional limitation and falls

Estimated £7.4 billion annual cost





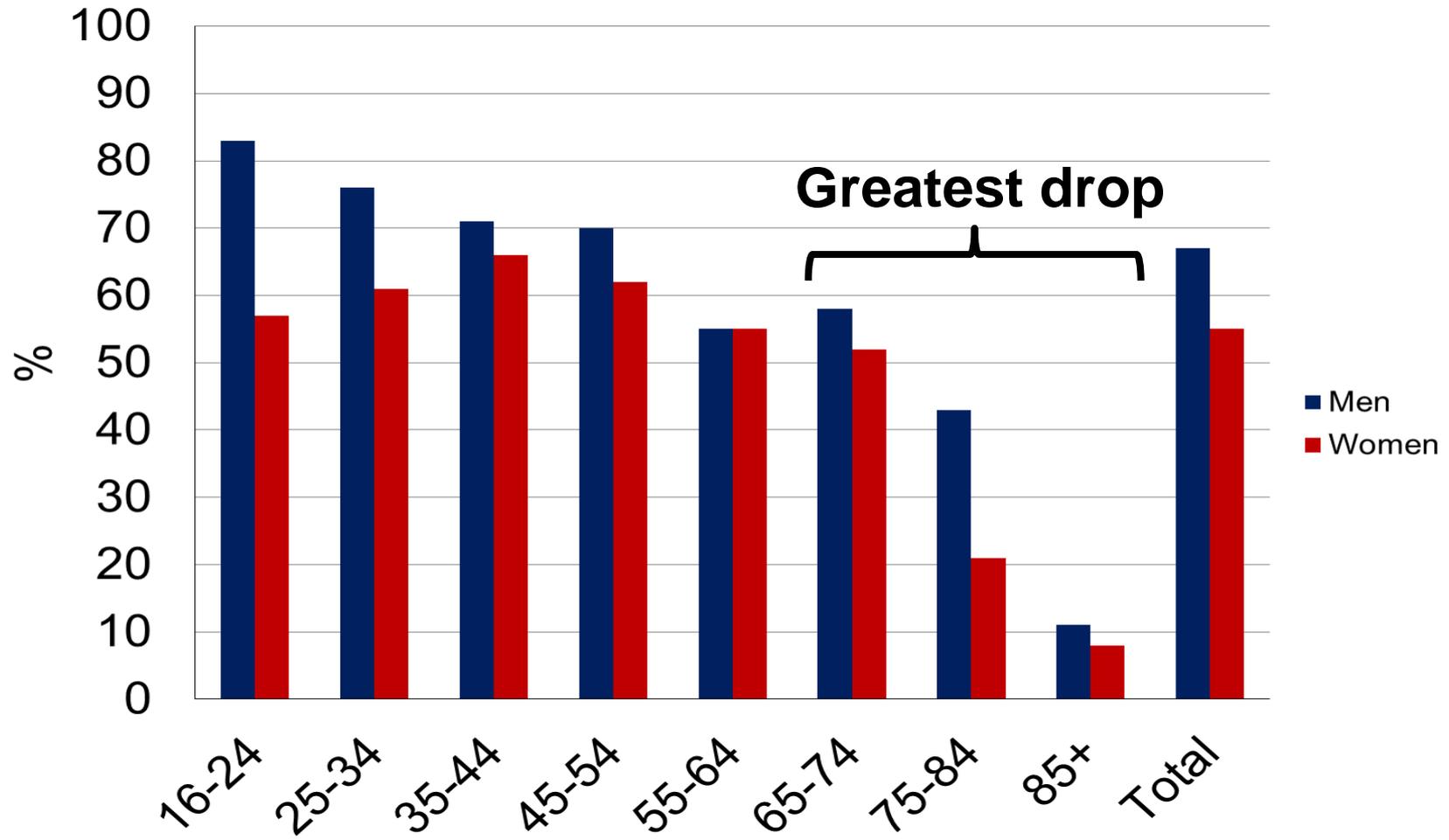
# Physical activity and health & wellbeing





# We do less activity as we age

## % meeting moderate-to-vigorous PA recommendations





# Activity is important at every age

## Physical activity for early years (birth – 5 years)

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

- BUILDS RELATIONSHIPS & SOCIAL SKILLS
- MAINTAINS HEALTH & WEIGHT
- CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
- IMPROVES SLEEP
- DEVELOPS MUSCLES & BONES
- ENCOURAGES MOVEMENT & CO-ORDINATION

### Every movement counts



- PLAYGROUND
- JUMP
- CLIMB
- MESSY PLAY
- THROW/CATCH
- SKIP
- OBJECT PLAY
- DANCE
- GAMES
- PLAY
- TUMMY TIME

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

- BUILDS CONFIDENCE & SOCIAL SKILLS
- MAINTAINS HEALTHY WEIGHT
- DEVELOPS CO-ORDINATION
- STRENGTHENS MUSCLES & BONES
- IMPROVES CONCENTRATION & LEARNING
- IMPROVES HEALTH & FITNESS
- IMPROVES SLEEP
- MAKES YOU FEEL GOOD

### Be physically active

Spread activity throughout the day

Aim for at least **60 minutes everyday**

All activities should make you breathe faster & feel warmer

- PLAY
- RUN/WALK
- BIKE
- ACTIVETRAVEL
- SWIM
- SKATE
- SPORT
- PE
- SKIP
- CLIMB
- WORKOUT
- DANCE

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

## Physical activity benefits for adults and older adults

BENEFITS HEALTH

- IMPROVES SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGES STRESS
- IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

- Type II Diabetes **-40%**
- Cardiovascular Disease **-35%**
- Falls, Depression and Dementia **-30%**
- Joint and Back Pain **-25%**
- Cancers (Colon and Breast) **-20%**

### What should you do?

For a healthy heart and mind: **Be Active**

To keep your muscles, bones and joints strong: **Sit Less**

To reduce your chance of falls: **Build Strength** and **Improve Balance**

VIGOROUS: RUN, SPORT, STAIRS

MODERATE: WALK, CYCLE, SWIM

SIT LESS: TV, SOFA, COMPUTER

BUILD STRENGTH: GYM, YOGA, CARRY BAGS

IMPROVE BALANCE: DANCE, TAI CHI, BOWLS

MINUTES PER WEEK: **75 OR 150**

BREAK UP SITTING TIME: **2** DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually: just 10 minutes at a time provides benefit.

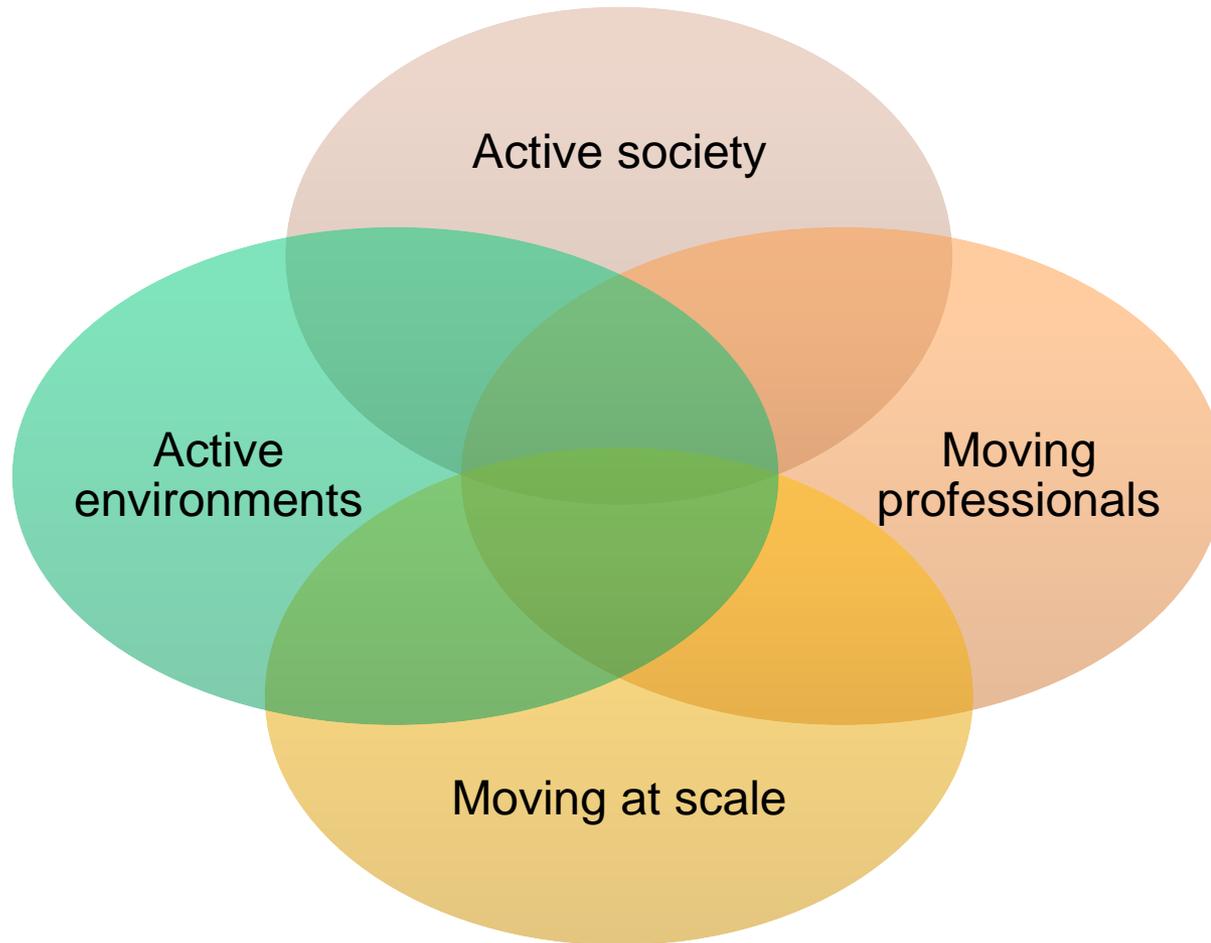
**MAKE A START TODAY: it's never too late!**

Something is better than nothing. Start small and build up gradually: just 10 minutes at a time provides benefit. **MAKE A START TODAY: it's never too late!**

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://bit.ly/startactive>



# *Everybody Active, Every Day:* The national framework for action





# Active society: Creating a social movement



Changing general attitudes to make physical activity the expectation or social norm

Working across sectors in the places we live and work

Developing a common vision for “*Everybody Active, Every Day*”



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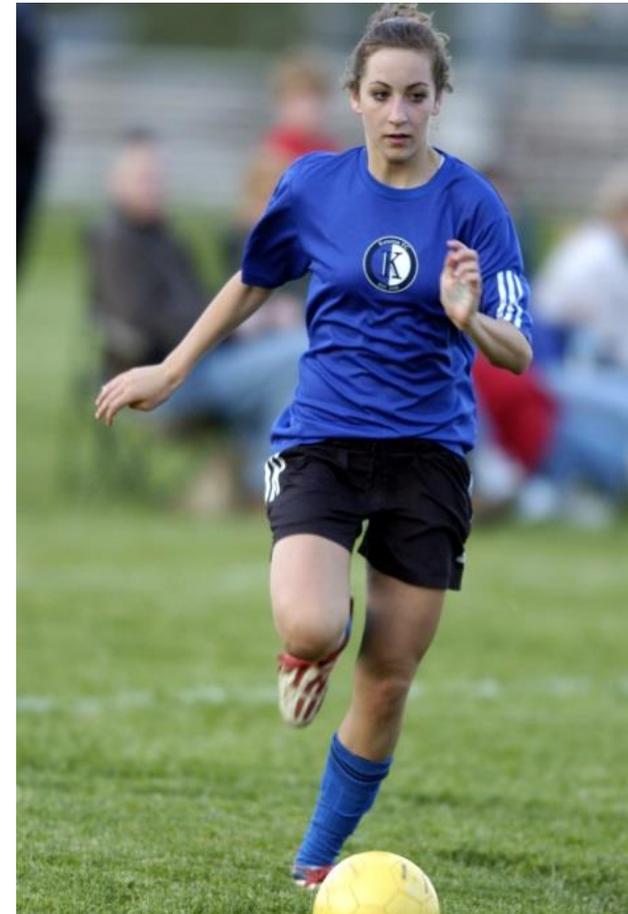
# Moving professionals: Activating networks

Utilising existing **network of influencers** on the public, the public & voluntary sector workforce

*'Making every contact count'* **across sectors and disciplines**

Starting with expertise & leadership in **key sectors:**

- Education
- Sports & leisure
- Health & social care
- Planning, design, transport





# Active environments: Creating the right spaces

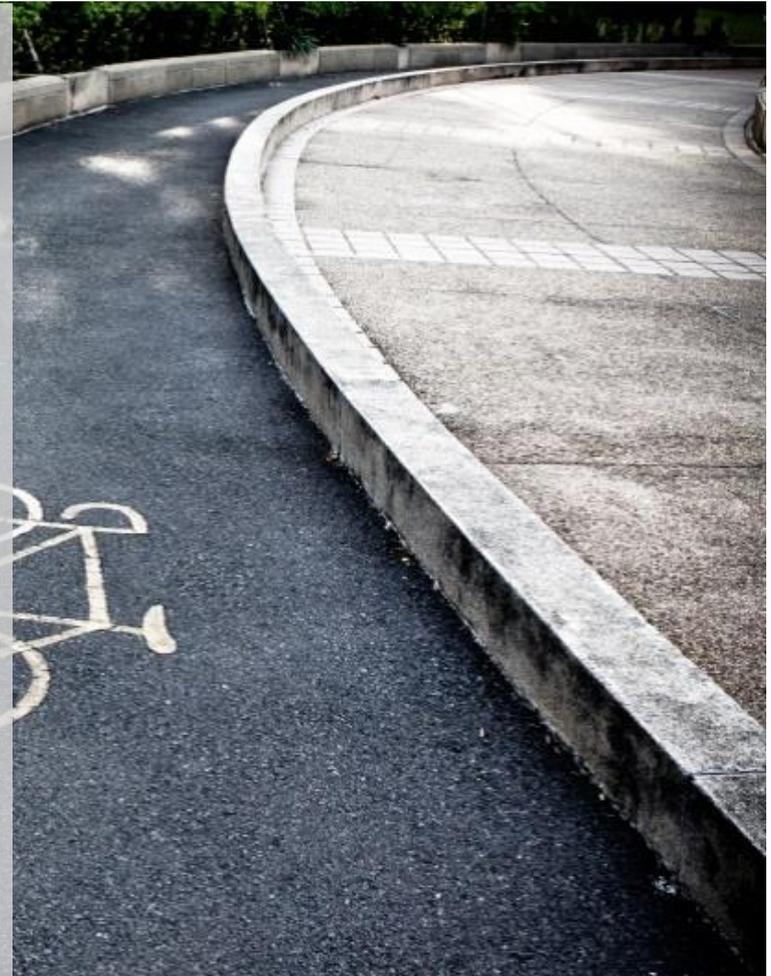
Developing ‘healthy’ cities,  
villages, towns and  
communities

Linking across disciplines  
through planning and policy

- ‘Active’ infrastructure planning
- “Active by Design” campaigns
- Capital funding investments

Embedding activity for all

- Age-friendly
- Disability-friendly





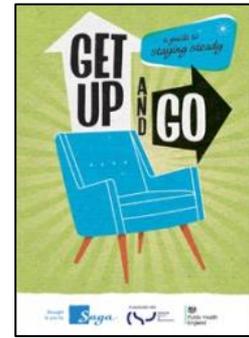
# Moving at scale: Interventions that make us active

- Positive change must happen **at every level** and must be **measurable, permanent and consistent**
- Implement **‘what works’ at scale**
- Maximise **existing assets**
  - Human
  - Physical
- Make being active the **easiest, efficient choice!**





# Some PHE resources



## Active society

- One You campaign

## Moving professionals

- Physical activity and dementia risk in BAME communities
- CMOs' infographics
- 'Get up and go' falls prevention resources
- NHS Health Check dementia leaflet
- Clinical Champions health professional trainers

## Active environments

- Active Design guidance
- Functional walking for disabled people review (*soon*)

## Moving at scale

- Older people local health profiles
- 'What works' evidence summary
- Standard Evaluation Framework
- Introductory guide to evaluation
- Physical activity data tool
- Systematic review of older adults lifestyle interventions for healthy cognitive ageing (*soon*)



# So what next?

Physical activity is crucial for healthy ageing and good health and wellbeing in later life

Need for interventions targeting older adults, as well as consideration of older adults across all domains of action

Need to embed evaluation at every stage and scale up 'what works'





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**Let's get  
*Everybody Active  
Every Day!***

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