

Your experience of being active



Get
Yourself
Active

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Change in Adult Social Care

Strong leadership by front line colleagues in Adult Social Care over the past 12 months has helped increase colleagues' physical activity levels.

Colleagues have led running groups, outdoor boot camp sessions and Zumba classes for other colleagues, which have all helped people to exercise more, have fun, bond as teams, enjoy being outside in our wonderful city and feel happier...



It would be wonderful if we could spread the word and action, and create a real social movement!

The many outcomes!!

Physical activity...

- Increases independence, choice and control
- Reduces loneliness
- Improves physical health
- Improves wellbeing
- Can reduce cost to public services (local government and NHS)

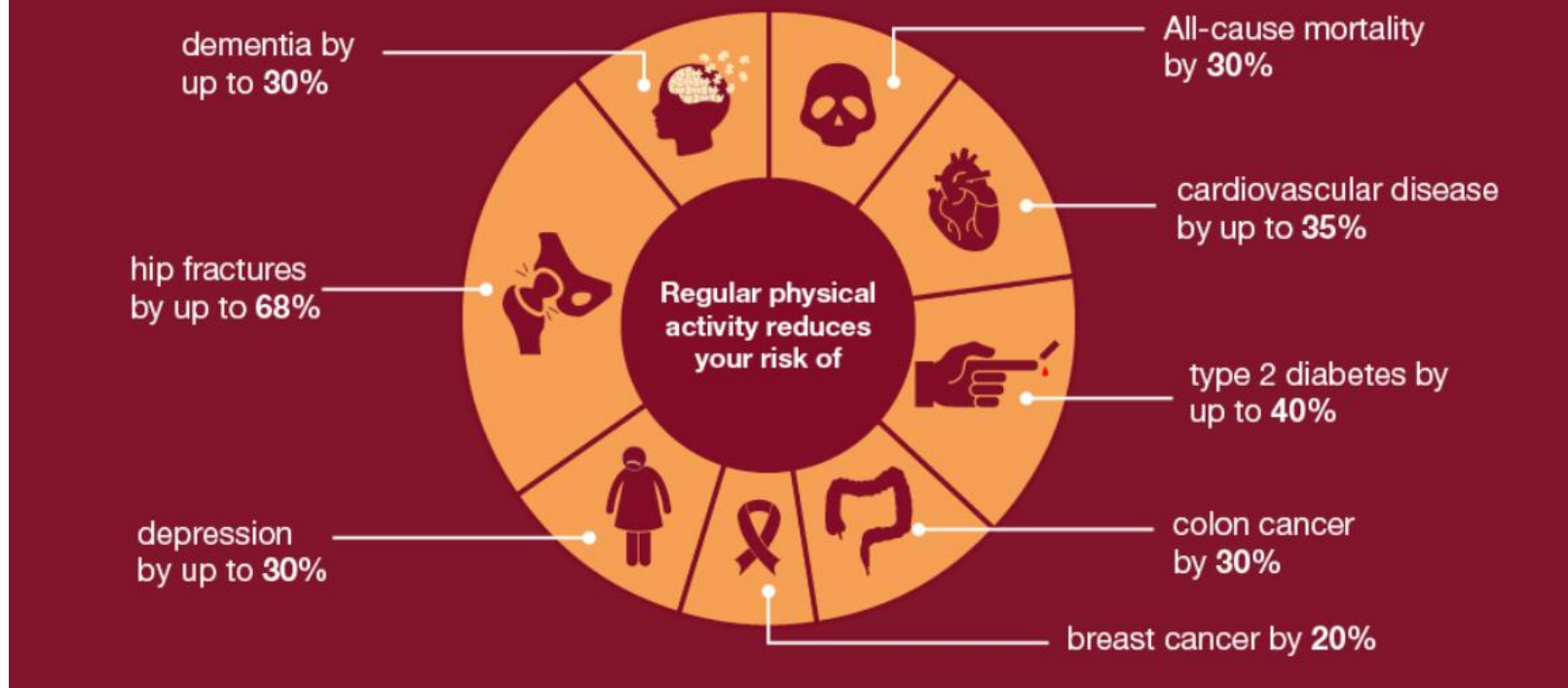
The benefits of physical activity



Public Health England

Healthmatters Getting every adult active every day

What are the health benefits of physical activity?



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LOTTERY FUNDED

The Care Act

Unable to achieve 2 or more outcomes

Making use of necessary facilities or services in the local community including public transport and recreational facilities



Adult Social Care –physical activity

- Promotion of physical activity & friendship is a key departmental strategy to maximise health & wellbeing of citizens & colleagues
- These 2 areas are incorporated into first conversation at NHCP, in assessments & reviews for all citizens & carers as part of our duty to promote wellbeing
- Colleagues are being encouraged to discuss with citizens and carers the importance of physical activity in reducing social isolation, making connections with the community in which people live and as a mechanism for improving physical and mental health
- Internal newsletters include details of accessible sports opportunities for people with disabilities & frailty, Park Lives, This Girl Can, women only & Dementia friendly swim sessions
- Range of physical activities available extended in internal residential & day services & include: basic gym sessions, football sessions, walking groups, chair based exercise, personal training programmes with functional ability & progress measured on each occasion
- Sessions initiated by colleagues after work include 2 weekly boot camp, hill sprint training, walking groups, Zumba sessions & team entry into Survival of the Fittest event in October 2018.
- Teams of citizens & colleagues participated in Beat the Street in the summer of 2017
- Partnership working with Sports & Leisure & several Community Sports organisations to have maximum impact
- Colleagues in each site supported by local Community Sports organisations to capture progress & impact on colleagues' health, wellbeing & general resilience

Local Population & our STP

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Number of people with Long Term Conditions (LTCs)
Number of 75 years who die from preventable conditions is
higher than national average

- Sustainable transformation plan (STP):
- Increase HLE by 3 years
- Decrease smoking prevalence from 24.2% to 18.8% (city) & from 17.1% to 15.2% (county)
- Reduce levels of overweight & obese children aged 10-11 from 37.9% to 35% (city) & from 31% to 28% (county)
- Reduce alcohol related admissions for every 100,000 citizens to acute hospital from 927.5 to 696.1 (city) & from 653.9 to 585.9 (county)

Gender Split

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iving in the city have a HLE of 57.8 years.

County men have HLE of 62.1 years & national average is 63.4 years

- Women living in the city have a HLE of 58.4 years. County women have HLE of 62.8 years & national average is 64 years
- Men in Nottingham can expect to live a quarter of their lives (17.4 years) in poor health
- Women in Nottingham can expect to live 30% of their lives in poor health (23.2 years)

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Local Public Health England campaign to highlight importance of everyone taking responsibility for improving their own health & wellbeing

- To be rolled out locally from September 2018
- 3 main areas to be prioritised:
- Reduction in alcohol consumption
- Improved nutrition & healthy eating
- Increased physical activity

Adult Social Care

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are 1102 colleagues working in ASC

- We have 5562 citizens with current Care & Support Plans (CASPs)
- Nottingham Health & Care Point (NHCP) receives in excess of 55,400 contacts (calls & emails) each year

Local Context

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Nottingham is ranked as one of the most deprived cities in the

- Healthy Life Expectancy (HLE) in Nottingham city is lower than in most parts of England
- Mainly as a result of an increase in diabetes, heart disease & respiratory disease
- As a result of people living longer (due to medical advances) more people living longer with dementia & loneliness
- Nottinghamshire has a higher rate than national average of people with learning disabilities or autism being admitted to hospital
- Young people with mental health needs in Nottingham wait between 10 to 13 weeks to be seen by services against aspiration of 4 weeks