From policy into practice, learning into action.

Moving Well, Working Well

Why Are We Talking About This?

- Good work is good for health.
- Over 1 in 5 working-age people are now out of work and not looking for work, with ill-health the most significant driver (2.8m).
- Being out of work is associated with poorer physical and mental health.
- Physical activity supports both health and the ability to gain and sustain employment.
- Health services, local authorities, schools, employers and the voluntary sector all have a role.

Why Does It Matter Now?

- In the East Midlands, 30% of those economically inactive are on long-term sick (193,000). Higher than the national average.
- Each year there are 396,000 fit note episodes in the East Midlands.
- Increasing numbers of people are economically inactive due to long-term health conditions.
- Musculoskeletal conditions and mental health problems remain major causes of sickness absence.
- An ageing workforce means supporting people to remain healthy and productive for longer is increasingly important.
- Employers are struggling with recruitment and retention

Movement Is Not Just a Lifestyle Issue

Physical activity is a work and health intervention.

- Physical activity helps prevent and manage many long-term conditions.
- It improves mental wellbeing, confidence and resilience.
- It can support recovery and return to work.
- Being active can reduce deconditioning during periods of illness or unemployment.

The Opportunity

- Every contact is an opportunity to encourage movement.
- Small increases in activity matter.
- Workplaces and colleges can be settings for health improvement.
- Supported employment, social prescribing, rehabilitation and workplace health initiatives can complement each other.

What We Hope to Explore Today

- Incorporating Moving Well into services
- Barriers
- Engagement
- Your pledge

Incorporating Moving Well into services

How can we incorporate Moving Well into:

- **Existing work & health services**
- **New services**
- **Schools/colleges/university**
- **Primary care**

Are there other services it could be incorporated into?

Barriers

What prevents us from incorporating Moving Well into services?

Engagement

How do you convince patients/employees/ service users of the importance of movement?

Your pledge

What will YOU pledge to do?