



# UNITED KINGDOM

## PHYSICAL ACTIVITY

### FACTSHEET 2018

Median age

**40.0** YEARS

GDP per capita

**31 800** €

% of GDP for health: **7.6**

% of GDP for education: **4.7**

% of GDP for sports: **0.2**



Population **MALE**

**49.3%**

Population **FEMALE**

**50.7%**



Life expectancy, **MALES**

**79.4** YEARS

Life expectancy, **FEMALES**

**83.0** YEARS

Sources: Eurostat (2016)



Total population

**65 808 573**



#### Success story

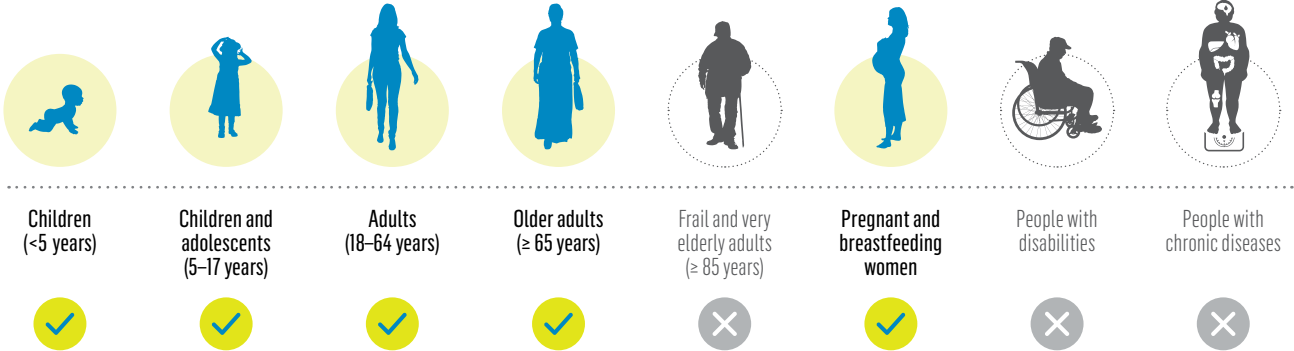
Sport England launched its **"This girl can"** (TGC) behaviour change campaign in January 2015 to get more women aged 14–40 years to be physically active and help narrow the gender gap in the number of men and women who regularly take part in sports and are physically active. TGC encourages women and girls to be active, regardless of their shape, size or ability. It shows "real women" doing the sport they usually do in the places they usually do it. Evaluation of TGC has shown that the campaign is having an impact, with 2.8 million women and girls inspired to get active; of these, 1.6 million women say they have started or restarted activity. At the beginning of last year, Sport England launched the second phase of the campaign and has now extended the age range to include women in their 60s. <https://www.sportengland.org/our-work/women/this-girl-can/>

When physical activity guidelines for England were launched in 2011, their uptake was slow. Officials realized that professionals found the guidelines difficult to understand and therefore explored ways to simplify them. Work began in 2015 to turn the guidelines into infographics. It took over 2 years to complete this task. The physical activity infographics are well accepted and referenced by a range of health professionals.

# MONITORING AND SURVEILLANCE

## National recommendations on physical activity for health

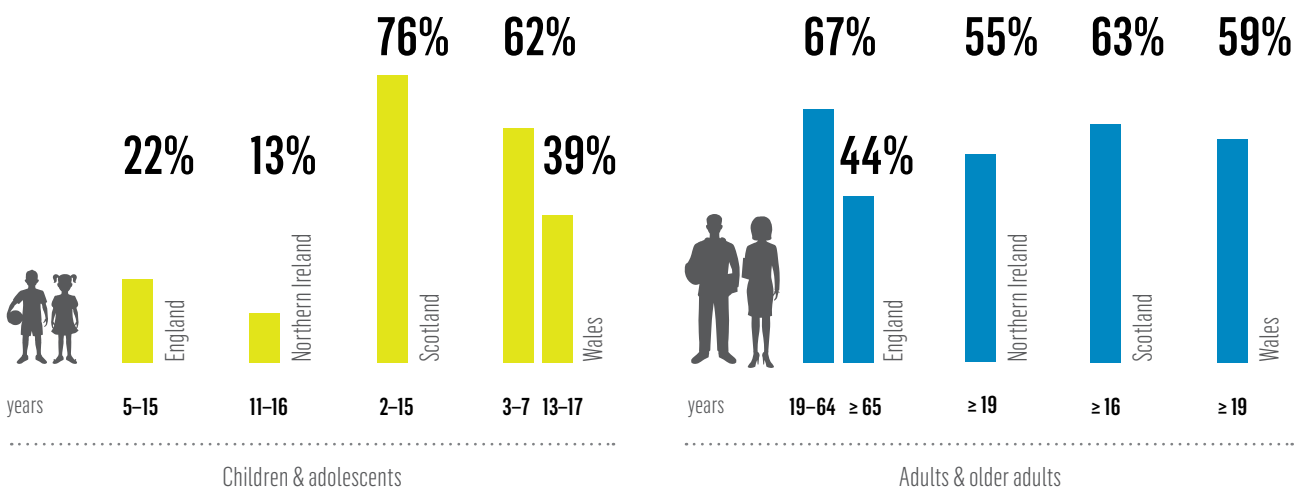
TARGET GROUPS INCLUDED



The physical activity guidelines in England, Wales, Scotland and Northern Ireland are based on WHO's global recommendations on physical activity for health (2010). The guidelines were implemented in 2011 and are currently under review.

## Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



As various survey methods were used and the timing of data collection differed, these figures are not comparable.

## Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Physical activity levels in the United Kingdom are monitored as follows: **England:** self-reporting questionnaires as part of the Health Survey for England and the Active Lives Survey; **Northern Ireland:** the Health Survey Northern Ireland, the Young Persons Behaviour and Attitudes Survey and the Continuous Household Survey; **Scotland:** the Scottish Health Survey, led by the Scottish Government Health Analytical Services for physical activity surveillance and monitoring; and **Wales:** the National Survey for Wales and the Welsh Health Survey.



# POLICY RESPONSE

## Funding allocated specifically to physical activity promotion by sector

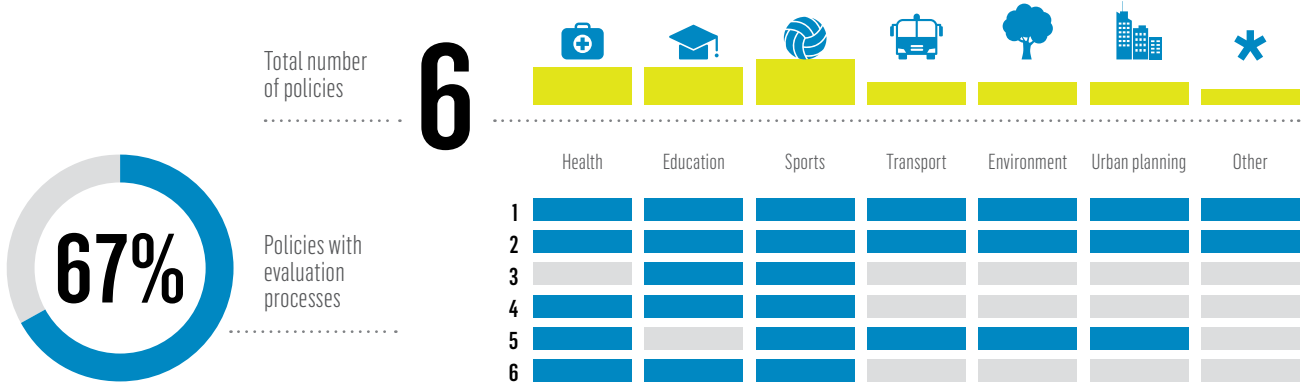
In Wales, the **Community Sport Strategy 2012–20** encourages community sport and is a practical guide for people working in community sport to increase opportunities for participation by local people of all ages in a variety of settings.

In October 2017, Scotland held its first annual **Scottish Women and Girls in Sport Week** to raise awareness and increase participation in sport and physical activity among women and girls and to help overcome the barriers to participation. Although physical activity is increasing among adolescent girls, more is needed to remove the barriers that some still face in becoming involved in sports and physical activity. Action for change includes the creation of a Women and Girls in Sport Advisory Board to guide the Scottish Government and maintenance of the £300 000 Sporting Equality Fund.



## National policies by sector

Sectors that are involved in each of the national policies or action plans to promote physical activity



**“Everybody active everyday”** is the national physical activity framework for England, launched in October 2014. An evidence-based approach is used to increase physical activity in the population. Its aims are for everyone to be active every day; make physical activity easy, fun and affordable; and ensure that exercise and active recreation are available to all, in every community in England. The framework calls for action at national and local levels in four domains: (1) active society: creating a social movement; (2) moving professionals: activating networks of expertise; (3) active environments: creating the right spaces; and (4) moving at scale: scaling up interventions to make people active.

## Target groups addressed by national policies

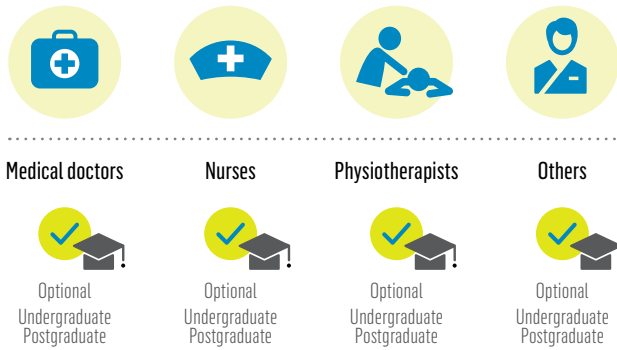
In England, the **Active Ageing Fund** uses £10 million of National Lottery money to fund 20 projects in England to reduce the number of inactive older adults. One of the 20 projects is a rehabilitation programme for older people with chronic knee or hip conditions. Another, a project called “Extra Time Hubs”, led by the English Football League Trust, convenes regular gatherings of older people to socialize and be active together and prove that “you’re never too old learn to do the things you’ve always wanted to do”.

In Scotland, the Care Inspectorate has been commissioned by the Government to lead the **“Care...about physical activity improvement programme”**. Working with eight partnerships across Scotland, the team builds on the skill, knowledge and confidence of social care staff to enable those they care for to increase their levels of physical activity and move more often.

- ✓ Low socioeconomic groups
- ✓ Pregnant and breastfeeding women
- ✓ Ethnic minorities
- ✗ People deprived of liberty
- ✗ Migrants
- ✓ Older people
- ✓ People with disabilities
- ✓ People with chronic diseases
- ✓ Other

## Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



**England:** The "Moving Health care Professionals Programme" (MHPP) is a multi-component partnership to increase awareness and skills and to change the clinical practice of health professionals in promotion of physical activity to patients at risk of or with existing health conditions. As part of Public Health England's and Sport England's MHPP, in partnership with "Exercise works", coverage of physical activity in undergraduate curricula has been reviewed, and physical activity education is being introduced into medical curricula. **Northern Ireland:** Physical activity referral schemes encourage individuals who are inactive and at risk of ill health to engage in a structured programme of physical activity or exercise under the guidance of a suitably qualified exercise professional. They are referred by various health care professionals. **Scotland:** The National Physical Activity Pathway provides a framework through which health professionals can integrate physical activity into the design and delivery of routine practice within clinical services.

## Physical activity in schools

Total hours of physical education per week in **PRIMARY SCHOOLS**



Total hours of physical education per week in **SECONDARY SCHOOLS**



Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school



In England, legislation prohibits the Secretary of State for Education from prescribing the amount of time to be spent on any subject in curricula, including physical education. Department of Education guidance recommends that schools provide at least 2 h of physical education per week. Education and training inspectors are responsible for inspecting the quality of education in all areas. In Scotland, the target is at least 120 min of physical education per week in primary education and at least two periods for a total of 100 min. In 2017, 98% of all primary and secondary schools met the targets.

In Scotland, the "Active schools" programme provides more, higher-quality opportunities for participation in sports and physical activity before school, during lunchtime and after school, and also develops effective pathways between schools and local community sports clubs. Sport Scotland works in partnership with all 32 local authorities to invest in and support the Active Schools Network.

## Promotion of physical activity in the workplace

**Cycle to Work** scheme is a United Kingdom Government tax exemption initiative introduced in the Finance Act 1999 to promote healthier journeys to work and to reduce environmental pollution. It allows employers to lend cycles and cyclists' safety equipment to employees as a tax-free benefit. The exemption was one of a series of measures introduced under the Government's Green Transport Plan. Employers of all sizes in the public, private and voluntary sectors can implement a tax exempt loan scheme for their employees.



Active travel to and from the workplace



Physical activity at the workplace



## National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



England: **Active 10** is a physical activity campaign run in 2017 and 2018 as part of the **One You** programme led by Public Health England to inform, energize and engage millions of adults (especially those in middle age) to make small lifestyle changes to improve their health. The campaigns were established in 2016 and 2017 and are funded by Public Health England. Northern Ireland: "**Choose to live better**" was established in 2012 to provide counselling on overweight and obesity and on the necessary lifestyle changes. The "**Get a life, get active**" campaign, initiated in 2013, provides advice to families on a healthy lifestyle. Both are regional programmes, led and funded by the Public Health Agency.