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A systems-based approach to physical activity in Scotland: A framework for action at a national and local level

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A systems-based approach to
physical activity in Scotland

A framework for action at a national
and local level

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An overview of the approach

- ‘Tartanisation’ of the evidence into a Scottish context
- Appraisal of the physical activity landscape
- Development of 8 strategic delivery outcomes
- A framework for national and local action
- Tools to support national and local action application

<https://publichealthscotland.scot/our-areas-of-work/scotlands-public-health-priorities/eat-well-have-a-healthy-weight-and-are-physically-active/a-systems-based-approach-to-physical-activity-in-scotland/>

Systems-based approaches and public health



Public health reform

Scotland's Public Health Priorities – Local Partnerships and Whole System Approach



GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY 2018-2030

MORE ACTIVE PEOPLE FOR A HEALTHIER WORLD



AT-A-GLANCE

EIGHT INVESTMENTS THAT WORK FOR PHYSICAL ACTIVITY

<p>1</p> <p>WHOLE-OF-SCHOOL PROGRAMMES</p> <p>Programmes that engage school communities to provide students with multiple physical activity opportunities throughout the day have benefits for academic achievement and classroom behaviour.</p>	<p>2</p> <p>ACTIVE TRAVEL</p> <p>Transport policies that support walking, cycling and public transport induces demand for active travel which has multiple co-benefits to the achievement of the sustainable development goals.</p>	<p>3</p> <p>ACTIVE URBAN DESIGN</p> <p>Policies that support equitable access to parks, local amenities and better walking, cycling and public transportation infrastructure make being active more appealing.</p>
<p>8</p> <p>COMMUNITY-WIDE PROGRAMMES</p> <p>Offering more than one approach to physical activity promotion is recommended. A joined-up approach to physical activity will have many co-benefits to society beyond health.</p>	<p>A call to action for everyone to embed physical activity in national and subnational policies.</p>	
<p>7</p> <p>WORKPLACES</p> <p>Workplace-based physical activity programmes which include opportunities to be active embedded throughout the day will have physical, mental, and social benefits, while also reducing absenteeism and burnout.</p>	<p>6</p> <p>SPORT AND RECREATION FOR ALL</p> <p>Equitable access to formal and informal sporting opportunities across the lifespan to increase participation in sport will contribute to many of the sustainable development goals.</p>	<p>5</p> <p>PUBLIC EDUCATION, INCLUDING MASS MEDIA</p> <p>Public education campaigns that transmit clear messages about physical activity can reach large populations and increase awareness of the importance of physical activity.</p>
<p>4</p> <p>HEALTHCARE</p> <p>Community health professionals such as general practitioners should promote physical activity to their patients for the prevention and management of disease.</p>		

International Society for Physical Activity and Health (ISPAH). ISPAH's Eight Investments That Work for Physical Activity. November 2020. Available from: <https://www.ispah.org/resources/key-resources/8-investments/>

www.ispah.org #8Investments [f @ISPAHORG](https://www.facebook.com/ISPAHORG) [t @ISPAH](https://twitter.com/ISPAH)

A pragmatic, hybrid systems-based approach

Systems science can be:

- Complex and overwhelming
- An industry in its own right

However we need to:

- Be pragmatic and robust
- Build on the knowledge and skills of policy-makers and practitioners.



The aim (system boundary):

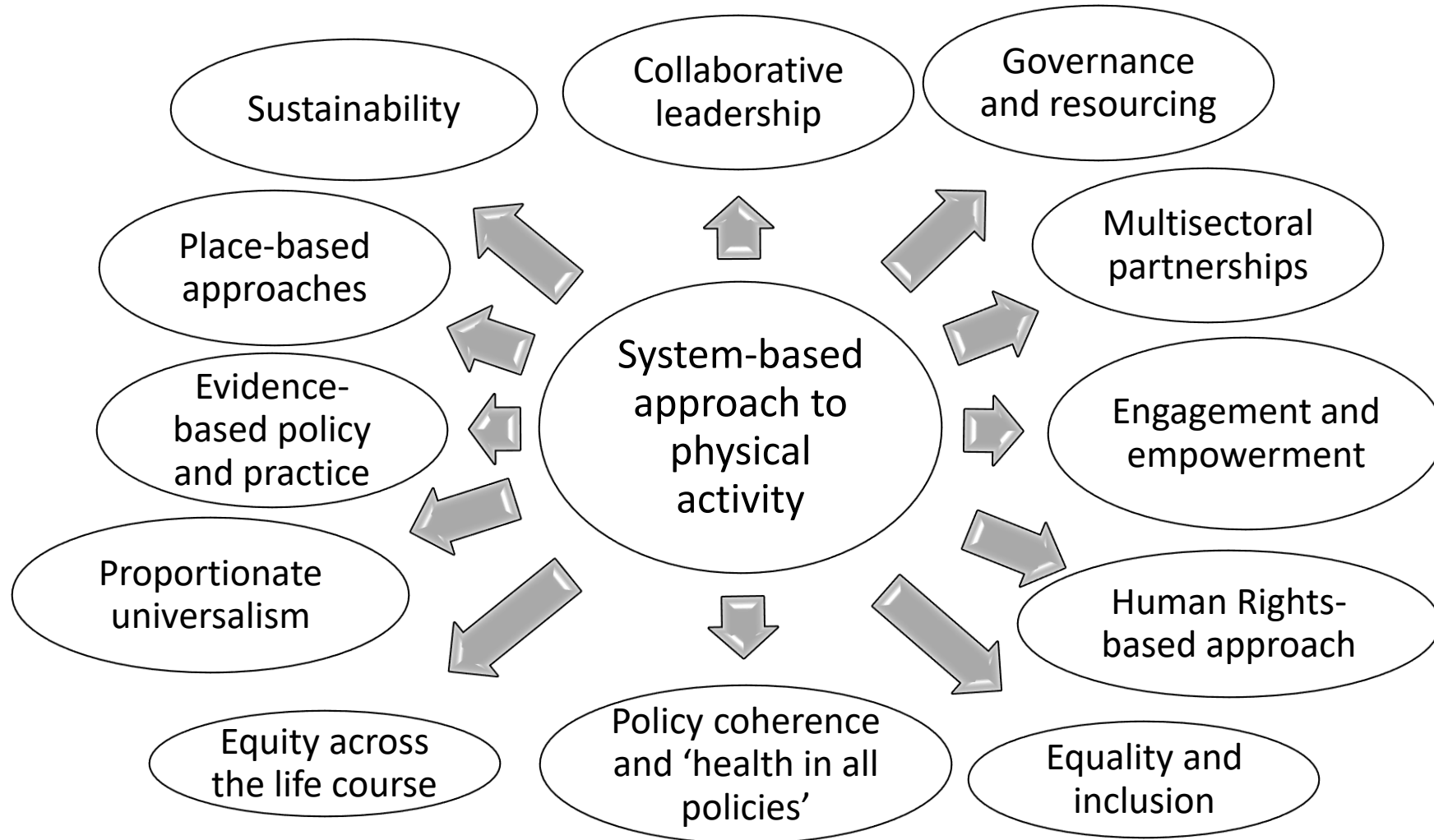
To reduce inactivity and increase population levels of physical activity in Scotland.

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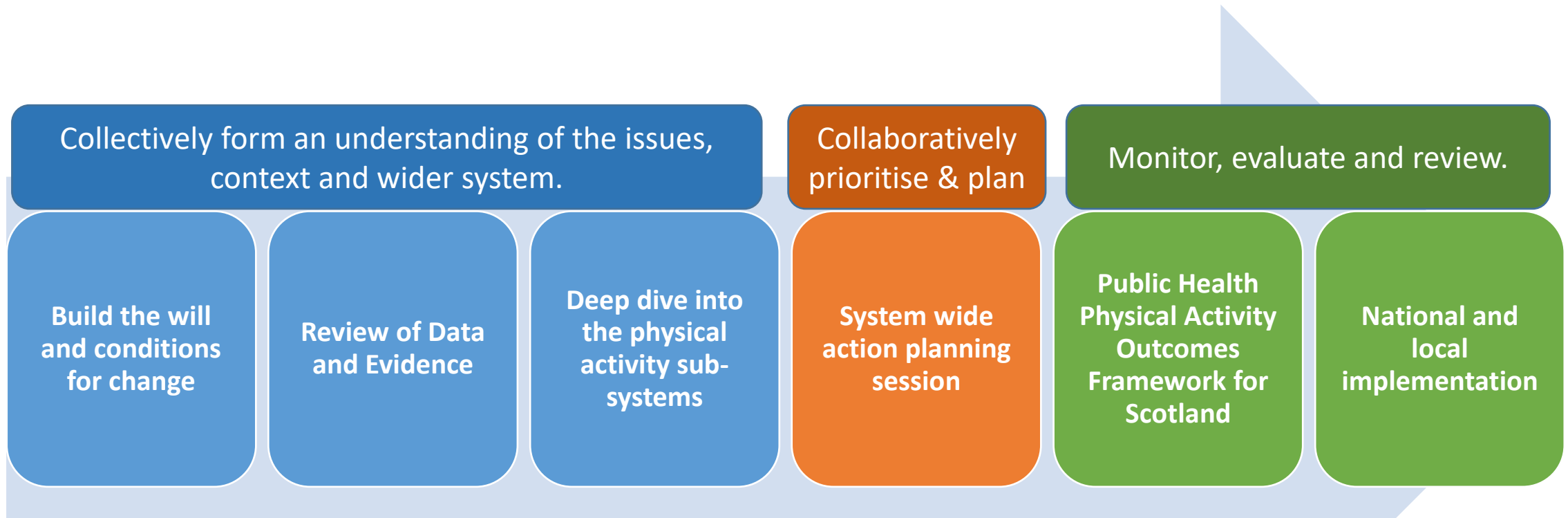
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Underpinning principles and characteristics



'Pragmatic' systems-based approach



Build the will and conditions for change

Senior leadership and buy-in

- CEOs of Public Health Scotland and sportscotland lead sponsors for the approach
- Endorsement from Policy leads within Scottish Government Active Scotland Division
- Prof Nanette Mutrie as chair of the Active Scotland Development Group

Engagement with Active Scotland Development Group partners

- Presentation to Active Scotland Development Group in advance of commencing process
- One to one meetings with core partners
- Participation sought throughout process; review of evidence briefings, identification of thematic session participants, review of thematic session findings, participation in thematic and system wide action planning session and review of proposed action plans.

Review of data and evidence across the system

GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY 2018-2030
MORE ACTIVE PEOPLE FOR A HEALTHIER WORLD



ISPAH
INTERNATIONAL SOCIETY FOR PHYSICAL ACTIVITY

EIGHT INVESTMENTS THAT WORK FOR PHYSICAL ACTIVITY

- 1 WHOLE-OF-SCHOOL PROGRAMMES**
Programmes that engage school communities to promote physical activity throughout the day make a positive contribution to children's development and behavioural health.
- 2 ACTIVE TRAVEL**
Transport policies that support walking, cycling and public transport which has multiple co-benefits for achievement of the Sustainable Development Goals.
- 3 COMMUNITY-WIDE PROGRAMMES**
Organised and structured approaches to physical activity that are open to all and contribute to societal health.
- 4 A call to action for everyone to embed physical activity in nation and subnational policies**
- 5 WORKPLACES**
Workplace-based physical activity programmes that include opportunities for active employees throughout the day, including reducing sedentary behaviour.
- 6 SPORT AND RECREATION FOR ALL**
Equitable access to formal and informal sporting opportunities and the support to increase participation from low socioeconomic groups.

Onam Heriot Watt, Crossrigg, Scotland
Aberdeen City Council
Active Nation Commissioner
City of Edinburgh Council
North Ayrshire Council
South Ayrshire Council
Scottish Sports Association

Living Streets
Edinburgh College

CoSLA
Public Health Scotland
Scottish Government: Active Scotland

SOLACE
Aberley University
Scottish Athletics

NHS Scotland & Community
NatureScot
SportsScotland
Education Scotland
Scottish Government: Active Scotland
Transport Scotland
NHS Forth Valley
NHS Lothian
NHS Orkney & Shetland
NHS Tayside
NHS West of Scotland
NHS Highland
NHS Forth Valley
NHS Lothian
NHS Orkney & Shetland
NHS Tayside
NHS West of Scotland
NHS Highland

Paths for All
University of Edinburgh
Scottish Government: Active Scotland

Cycling Scotland
Scottish Qualifications Authority

Edinburgh Leisure
NHS Forth Valley
Falkirk Council
Play Scotland
VOCAL

Sustrans
NHS Lothian
Highland Council
Care Inspectorate

Global evidence translated into a Scottish context

National surveillance data for Scotland

Knowledge and expertise of those working most closely to subject

Appraisal of the system landscape

National Performance Framework Our Purpose, Values and National Outcomes



Deep dive into the physical activity sub-systems

Thematic workshop sessions on the 'Eight Investments':

- **80 stakeholders from 47 organisations** with a knowledge, experience and remit related to the physical activity system.
- **Core working group** attended all sessions to ensure cross-cutting system wide view maintained.
- **Adapted GAPPA systems map** used as a visual prompt

Outputs:

- **'Strategic delivery outcomes'** identified and agreed in 'principle' via validation.
- **Appraisal of physical activity landscape** against the evidence base and **emerging 'associated actions'** identified across the system.

Strategic delivery outcomes

1. **Active systems:** A systems-based approach is implemented through national and local, systems enabling infrastructure.
2. **Active places of learning:** Whole school approach to physical activity adopted by all places of learning.
3. **Active travel:** Active travel behaviour influenced and infrastructure for walking, wheeling and cycling prioritised across Scotland.
4. **Active places and spaces:** Places and spaces are appropriately designed, created and maintained to enable people to be physically active in their community.
5. **Active health and social care:** Physical activity embedded into routine NHS health care and social care services in Scotland.
6. **Active communications and public education:** Communications and public education established as an integral component of a systems based approach to physical activity in Scotland.
7. **Active sport and active recreation:** Equitable access to inclusive sport and active recreation for all achieved through places, spaces, people and services that enable active participation and volunteering across the life courses.
8. **Active workplace:** Healthy Workplace model adopted to encourage a holistic approach to physical activity in the workplace.

Appraisal of physical activity landscape

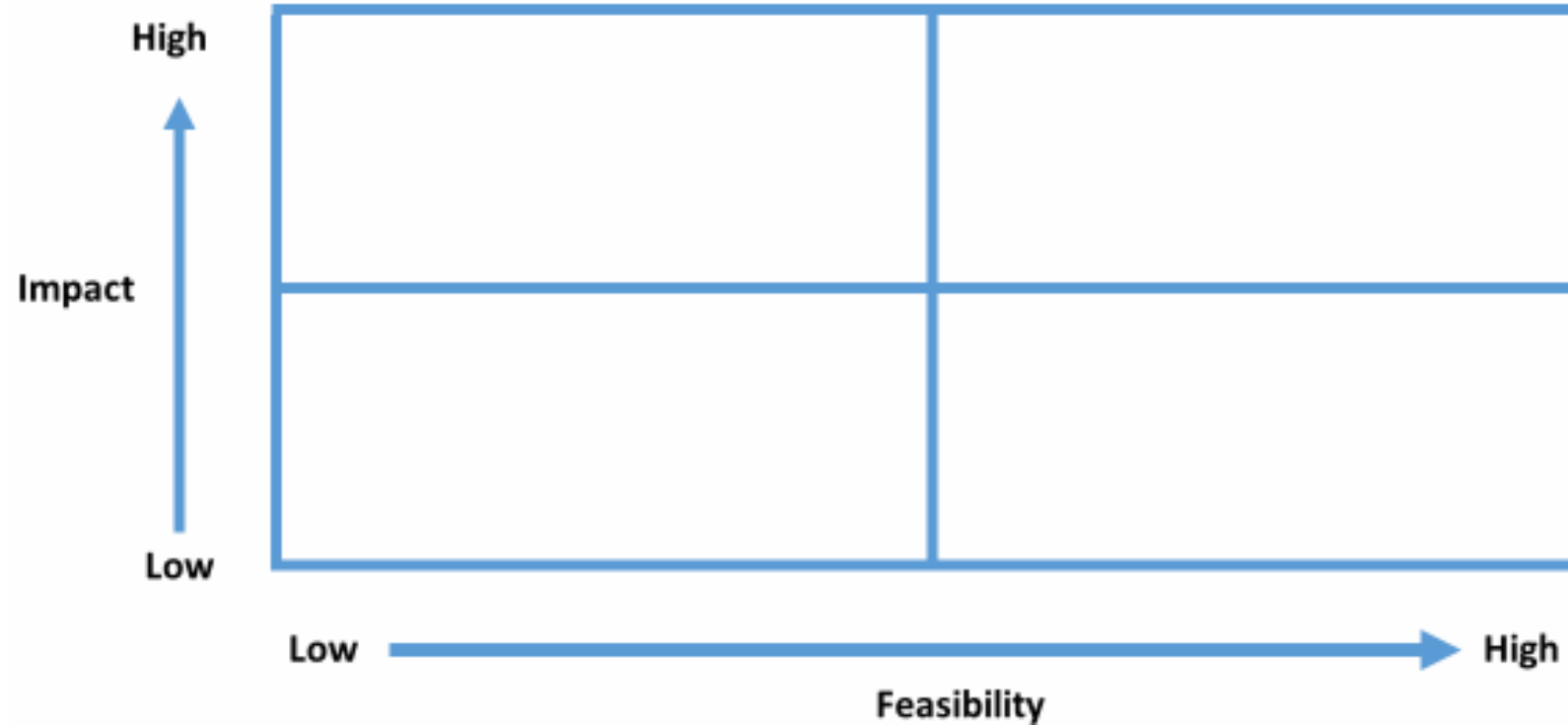
Delivery outcome:	EXAMPLE: Physical activity embedded into routine NHS health care and social care services in Scotland.		
Evidence (GAPPA & 8 Investments)	Going well - Maintain	Happening - Improvement	Gaps - Requires Development
1. Develop and implement protocols on patient assessment and brief advice on physical activity in primary health and social care settings.			
2. Integrate patient assessment, brief advice and, when needed, referral within treatment and rehabilitation pathways for patients diagnosed with long term conditions.			
3. Develop partnerships with health-care and physical activity providers.			
4. Strengthen the <i>preservice and in-service curricula of all medical, nursing and allied health professionals.</i>			

System wide action planning session

Delivery outcome:	EXAMPLE: Physical activity embedded into routine NHS health care and social care services in Scotland.				
Associated Actions	How can the action be taken forward?	Who is best placed to lead the implementation of this action?	Which other key partners need to be involved?	How will this action impact on health inequalities?	What will success look like?
E.G. Apply the NHS Physical Activity Pathway as a means to embed PA into primary care and existing clinical pathways...					
E.G. Develop partnerships with NHS Scotland and PA providers to deliver appropriate local services...					
E.G. Strengthen pre-service and in-service training on PA across NHS Scotland.					

Prioritisation of actions

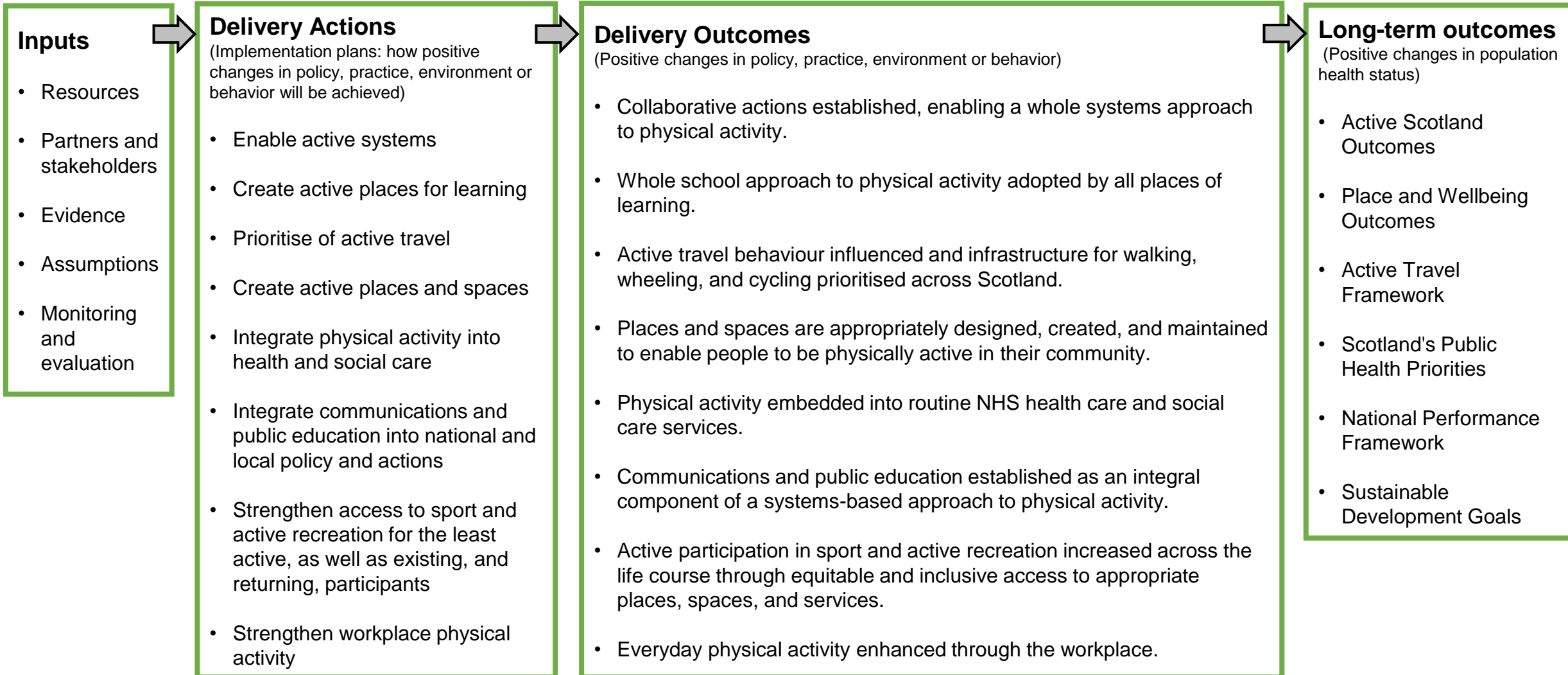
Impact and feasibility

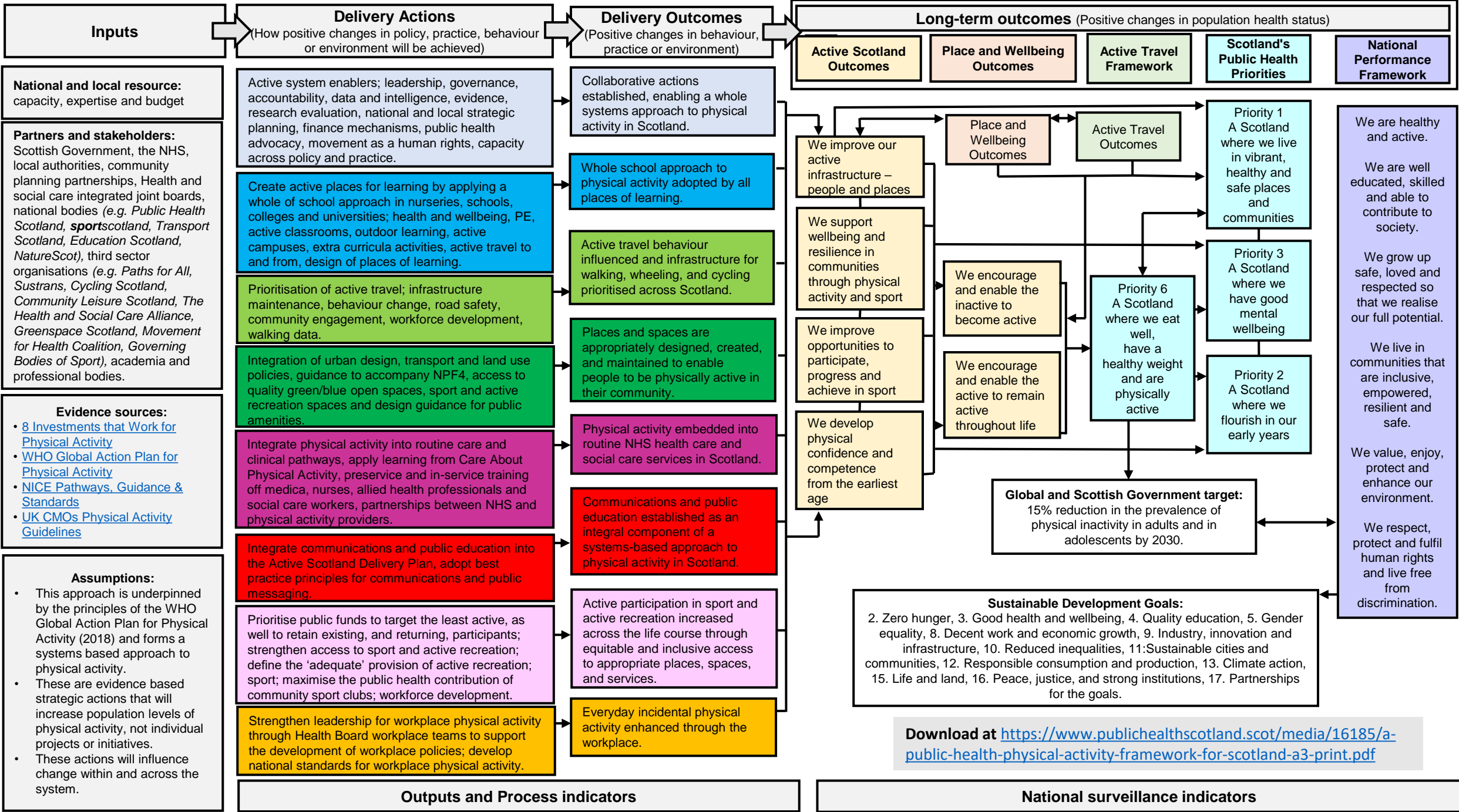


Physical Activity Public Health Outcomes Framework for Scotland

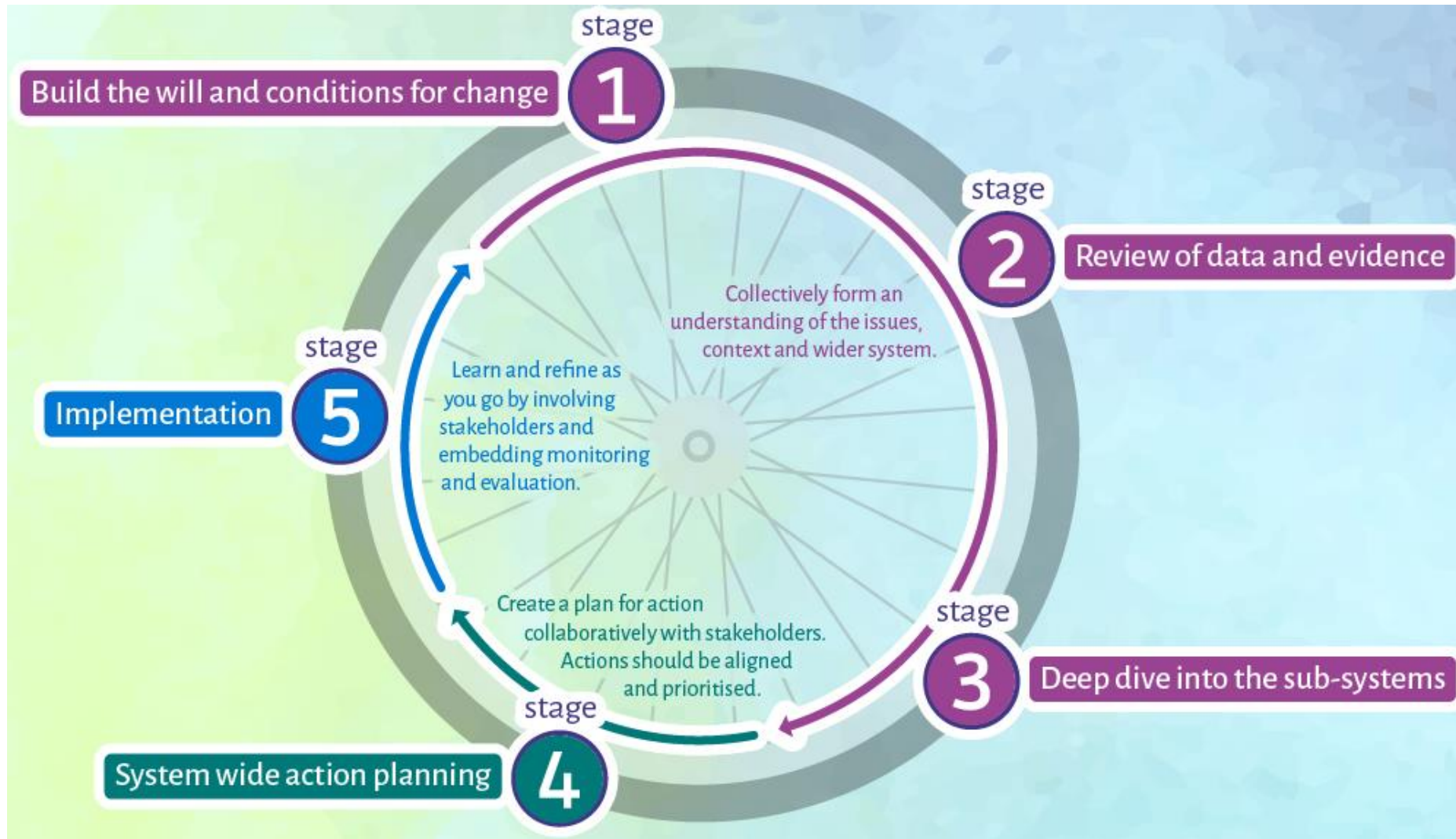
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Five-stage approach for application



Implementation

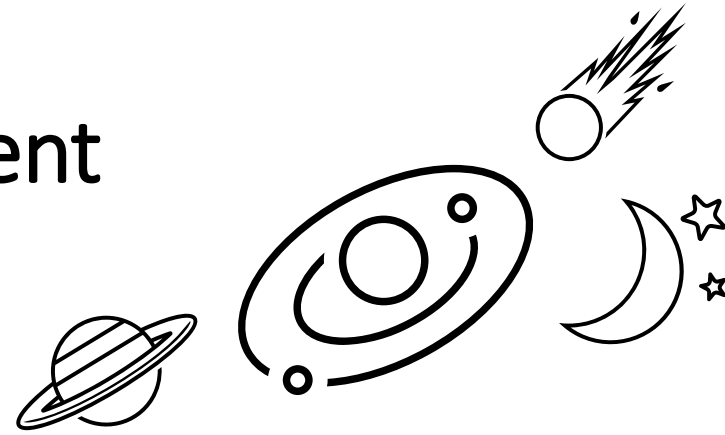
Nationally:

- **Build capacity** within Scottish Government Active Scotland Division and national partners
- **Advocate and implement the framework through the Active Scotland governance structures;** *Minister led Active Scotland 'Delivery' Group, Operational lead 'Development' Group, and Data, Evidence and Research Group.*
- **Use the framework to direct national (cross) policy and outcomes;** refresh of the Active Scotland Delivery Plan
- **Transferable model** to other public health priorities

Locally:

- **Work with local authorities to co-facilitate the approach** with early adopters; Dumfries & Galloway, Highland, Scottish Borders and Shetland Isles.
- **Build capacity** within the NHS Physical Activity Special Interest Group and **sportscotland** to support local work.

Leadership and solar alignment



“...identify and own your contribution to a systems-based approach...”

Dr Fiona Bull, WHO

The right people, in the right place, at the right time...

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 @FloraJackson  @P_H_S_Official