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CYFLWYNIADA

Pwyllgor PWYLLGOR CRAFFU'R ECONOMI A DIWYLLIANT

Dyddiad ac amser y cyfarfod

DYDD MERCHER, 19 IONAWR 2022, 5.00 PM

Os gwelwch yn dda gweler ynghlwm y Cyflwyniad(au) a ddarperir yn y Cyfarfod Pwyllgor

5 **Strategaeth Gweithgarwch Corfforol a Chwaraeon**(*Tudalennau 3 - 8*) *I'r Aelodau graffu cyn penderfynu ar yr adroddiad i'r Cabinet*



Move More Cardiff – Physical Activity & Sport Strategy (2022-2027)

Cardiff Council Economy and Culture Scrutiny Committee

19th January 2022

Laura Williams- Sport Cardiff

Lauren Idowu –Cardiff & Vale Public Health Team

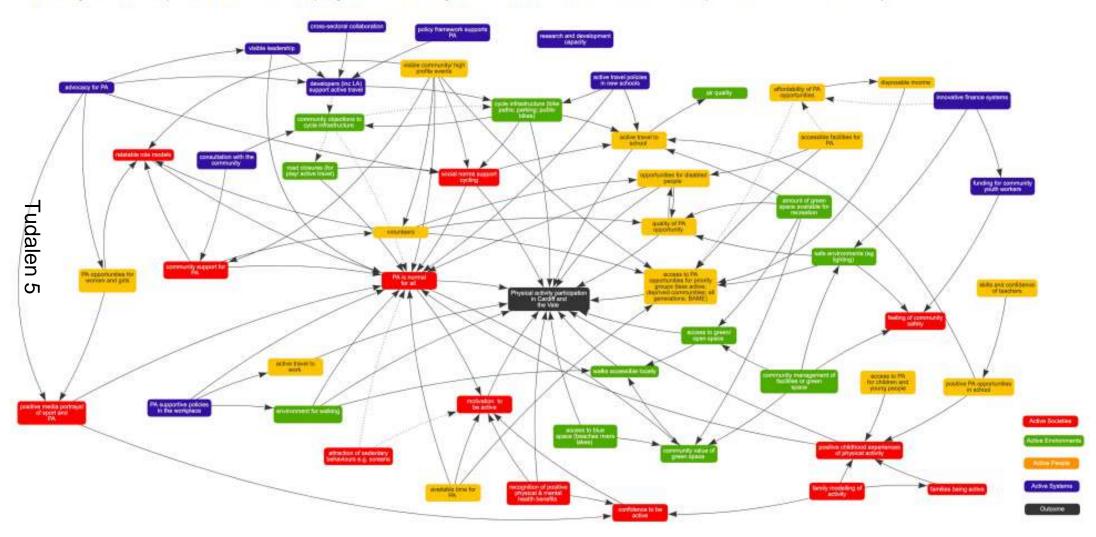
A 'WHOLE SYSTEMS' APPROACH TO PHYSICAL ACTIVITY







Final system map: influences on physical activity in Cardiff and the Vale. Output from 4 workshops.



Physical Activity and Sport Strategy for Cardiff (2022-2027)

VISION: Cardiff is the best city in the UK to be physically active, from walking, cycling and activity in daily life through to internationally-renowned sport

AIM: Improve the health and wellbeing of our communities through physical activity and sport

Objectives	Change social norms around physical activity		2. Reduce sedentary lifestyles			Increase participation in regular physical activity and sport				4. Reduce inequalities	
Examples of indicators	% of population who agree that 'physical activi of everyday life in Cardiff'	% of the population active for less than 30 minutes per week			% of the population active at recommended levels. For adults at least 150 minutes (2 1/2 hours) of moderate intensity activity or 75 minutes of vigorous intensity activity per week. For children moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week.				Difference in the % sedentary and active between population sub-groups according to gender; socio-economic status; disability/long-term health conditions and Black Asian and Minority Ethnic communities.		
What we wikido	Take a whole system approach across Cardiff. This means bringing together a wide range of partners, taking coordinated action across four key areas; and focusing on system levers (where a small shift can create large changes).										
<u>a</u> ⊕ ⊃ Key areas for action	Active Environments			Active Societies			Active People			Active Systems	
System Levers	Making the healthy choice the easy choice		Building back better and fairer		Increasing visibility of physical activity		Providing young people with positive and fun experiences of physical activity		Developing strong leaders and advocates for physical activity		Including physical activity in all policies
How we will work	Prevention	Prevention Involveme			It	ntegration	egration		Collaboration		Long-term

Year 1 Implementation Plan

Action	What we'll do - Year 1					
tive Environments						
	Undertake an audit of community and private facilities that can be utilised for physical activity, t inform future planning and developments of facilities.					
Cardiff's built and natural environment supports and enables our population to be physically active. We value, invest in and promote our green and blue spaces, ensuring equitable access to all, and that communities are connected to the space around them. We support and prioritise healthy travel (walking, cycling, other forms of mobility involving the use of wheels including wheelchairs, scooters and skates, and the use of public transport) including discouraging the use of the car for short journeys. Collectively we actively look for policies and environmental 'nudges' that can encourage physical activity in everyday life."	Pilot a place based approach in 1-2 of our deprived communities to understand the most importissues and opportunities around being active, and work collaboratively to increase physical activelevels. (21st Century Schools, Social prescribing, physical environment, active travel infrastructucommuntiy sports clubs and voluntary workforce) Audit baseline status against the recommended actions within the Creating Healthier Spaces and Places for our Present and Future Generations document					
	http://www.wales.nhs.uk/sitesplus/documents/888/Creating%20healthier%20places%20spaces					
±iv <mark>e People</mark>						
C						
People in Cardiff have access to and are supported to make use of a wide range of inclusive physical activity	Pilot a place based approach in 1-2 of our deprived communities to understand the most importar issues and opportunities around being active, and work collaboratively to increase activity levels. (Build community cohesion, integration and participation though events and celebrations, targeting least active)					

People in Cardiff have access to and are supported to make use of a wide range of inclusive physical activity universal access. Community events and activities bring people together to enjoy being active and support each other. People enjoy working and learning in places that support them to be active everyday." Active Societies

Introduce a Sport & Physical Activity Events Levy, and use the revenue to administer improvement

It is normal to be regularly physically active in Cardiff – everybody is doing it! There is an activity 'buzz' in the city as people find different ways to enjoy physical activity together. We build communities around physical activity and sport and support each other, in 'real life' and online. Through communications and social media we regularly promote the value of physical activity for health, environmental and community benefits."

Support workplaces to design physical activity back into the working day

Strengthen refrerrals to physical activity opportunities from primary care / justice system Pilot a place based approach in 1-2 of our deprived communities to understand the most important issues and opportunities around being active, and work collaboratively to increase activity levels. (Focusing on our volunteer workforce and local community ambassadors)

Framed within Move More Eat Well but distinct Physical Activity and Sport Strategy reporting into the PSB **Move More Cardiff Leadership Group** High level group to meet x3 times per year Functions: Set direction; lift up and look ahead; identify levers, illuminators Tudalen 8 and blockers; create and strengthen leadership; monitor indicators. **Active Systems** Active People Action **Active Societies Action Active Environments Action Group** Group Group