

**HEALTH AND WELLBEING BOARD**  
**5<sup>th</sup> December 2024**

**ITEM NO.**

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**Darlington Physical Activity Strategy**  
**2025 - 2035**

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**SUMMARY REPORT**

**Purpose of the Report**

1. The purpose of the Physical Activity strategy is to improve participation and engagement in physical activity and sport in Darlington and support people to get active and move more across the whole life span.

**Summary**

2. When we are young being active helps our bodies develop properly, with a strong heart, healthy bones, muscles and brain development. As we get older, regular exercise reduces our risk of illness - from heart disease, stroke, colon and breast cancer to obesity and osteoporosis, among other conditions. National data shows that every year leading an active lifestyle prevents 900,000 cases of diabetes and 93,000 cases of dementia (the leading cause of death in the UK) – a combined saving of £7.1 billion to the UK economy. Around 1 in 3 men and 1 in 2 women are not achieving recommended levels of activity for good health.
3. The most recent Darlington data (November 22/23) shows that in Darlington we have 19.7% of adults who are being active for more than 150 minutes per week, with higher participation rates than our regional neighbours and national benchmarks. However, we also have 18.1% of our population who are inactive; not doing any physical activity at all. This is lower than our regional neighbours but higher than the national average. As per the UK Chief Medical Officers' guidelines, adults should be aiming for 150 minutes of moderate activity per week.
4. Our delivery plan is broken down into the sections from the "Eight Investments That Work for Physical Activity" as advised by the International Society for Physical Activity and Health. This reflects the process we undertook for consultation, engaging with a multitude of stakeholders.
5. The 8 key themes of the delivery plan are Healthcare, Active Travel, Sport and Recreation for All, Active Urban Design, Community Wide Physical Activity, Schools, Workplaces and Public Education and Mass Media. These inform the themes of the action plan, which details actions ranging from short, medium and long term. These actions have been created in collaboration with an assigned Public Health Consultant and local stakeholders in their relevant areas of expertise.

## Recommendation

6. It is recommended that: -
- ( ) The Health and Wellbeing Board note and consider the content of the Physical Activity Strategy.
  - ( ) The Health and Wellbeing Board endorse the Sector Led Improvement approach for multiagency working, to support the implementation and delivery of the action plan with measurable outcomes.

## Reasons

7. The recommendations are supported by the following reasons: -
- ( ) The Physical Activity Strategy supports priorities identified in the Council Plan, Health and Wellbeing Strategy and Darlington Joint Strategic Needs Assessment.

**Lorraine Hughes – Director of Public Health**

**Ian Thompson – Assistant Director Community Services**

## Background Papers

Darlington Physical Activity Strategy

Joanne Hennessey extension 6205

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| Council Plan                             | This report supports the Council Plan priorities of Living Well and Tackling Climate Change.  |
| Addressing inequalities                  | The strategy provides a detailed action plan  |
| Tackling Climate Change                  | There is an action plan around transport, and sustainable travel.   |
| Efficient and effective use of resources | N/A   |
| Health and Wellbeing                     | This proposed collaborative project will provide improvements for health and wellbeing of residents with prevention and management of a multitude of health conditions. |
| S17 Crime and Disorder                   | There are no implications arising from this report.   |
| Wards Affected                           | All   |
| Groups Affected                          | All   |
| Budget and Policy Framework              | N/A   |
| Key Decision                             | N/A   |

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|--|---|
| Urgent Decision                                  | N/A   |
| Impact on Looked After Children and Care Leavers | The same as the rest of the population of Darlington. |