

# Physical Activity For Health

## Scotland's National Framework

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First Minister Foreword - TBC  
COSLA President Foreword - TBC

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# The purpose of this document

This document provides a framework for action to improve levels of physical activity at both national and local level which is firmly founded on evidence-based international guidance from the World Health Organization and other global partners as to the approach which is needed to deliver sustainable change. It recognises that that plans and strategies across transport, education, planning and the environment have as great an impact as do those in health or sport in helping to improve the health and wellbeing of people in Scotland through increasing levels of physical activity

The document is therefore intended to provide a context for those developing plans and strategies at both national and local level such that these plans can consider the importance of improving levels of activity. It provides direction and examples of existing work which can help to ensure that plans reflect international best practice and evidence of what works. In line with Best Value principles, the Framework provides an approach by which public bodies can ensure that the actions which they take to improve levels of physical activity are efficient, sustainable and supportive of continuous improvement.

The document has been developed through a partnership of organisations across sectors to provide a call to action behind a collective aim and ambition - to help develop a wider understanding of the crucial role of physical activity in improving the health of people in Scotland and inspiring everyone to play their part to support a more active Scotland.

The document recognises that local delivery is critical to success and COSLA's positive involvement and support in the development of this framework has been essential.

## Actify

This document should be used in conjunction with our Physical Activity for Health online hub on our Actify platform at [www.actify.org.uk/scotlandsnationalframework](http://www.actify.org.uk/scotlandsnationalframework).

Actify is a free online platform that provides organisations in Scotland's sport and physical activity sector a place where they can host their digital resources, support their audiences and connect with other organisations across the sector.

The platform has been used by a wide range of organisations, including those working in education, health, play, sport and travel as a quick, easy and low cost means by which to move away from silos of work, and move into a connected, active system that enables multi-sectoral learning, sharing and connection.

Scottish Government and partners are using a hub on Actify to host resources associated with this National Framework document.

The hub includes further content, including local case studies and descriptions of other national work which supplements the information in this document. The online hub will be

regularly updated and will provide an up-to-date guide to examples of how the strategic outcomes in this document are being delivered across Scotland.

Those working to implement the plans within this document can also use Actify as a tool to share their learning, support their workforces and connect with the wider physical activity sector in Scotland.

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## Overarching public health principles

Our approach to improving levels of physical activity in Scotland outlined in this document is underpinned by key overarching public health principles, adapted from the World Health Organisation Global Action Plan for Physical Activity and the characteristics of a whole systems approach advocated by Public Health Reform in Scotland. These include:

- Collaborative leadership
- Clear governance and resourcing
- Multisectoral partnerships
- Engagement and empowerment of policymakers, practitioners and communities
- A Human rights-based approach
- Equality and inclusion
- Policy coherence
- Equity across the life course:
- Proportionate universalism
- Evidence-based policy and practice
- Place-based approaches

More detail on these fundamental principles behind our approach can be found at [A systems-based approach to physical activity in Scotland \(publichealthscotland.scot\)](https://publichealthscotland.scot).

# The Population Health Framework

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## Our vision: More People, More Active, More Often

We have a clear collective vision. We want to support and enable more people to be more active more often. Our vision is based on the recognition that improving levels of activity is vital for the health and wellbeing of the people of Scotland.

Global evidence indicates the actions which will lead to achieving this vision. These actions encompass both national and local programmes and success will be dependent on widespread acceptance of a common goal and an understanding of where our collective priorities for action must be focussed.

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# Why we need to improve levels of physical activity in Scotland

Professor Sir Gregor Smith – Chief Medical Officer for Scotland

In our joint UK Chief Medical Officers review of the latest evidence for the importance of physical activity for health in 2019 we commented that <sup>1</sup>

**"If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat."**

This view was supported by an extensive review of the increasing global evidence of the health benefits of regular physical activity for all groups.

It is important to be clear that 'physical activity' means any bodily movement produced by skeletal muscles that requires energy expenditure. There are many ways we can be active. In our guidelines we recommend optimal levels of activity for health benefit but, while we recommend that all individuals work towards achieving these guidelines, there are no absolute thresholds: benefits are achieved at levels both below and above the guideline levels. We have also produced specific guidelines for individual groups including disabled young people<sup>2</sup>

The impact of inactivity on health is significant. Globally, WHO estimate that nearly 1.8 billion adults are at risk of disease from not doing enough physical activity<sup>3</sup>. Recent analysis commissioned by Public Health Scotland found is that there are an estimated 3,000 deaths in Scotland each year attributable to low physical activity within the population.

Non Communicable Diseases (NCD) remain the most common cause of deaths globally and account for more than two thirds of deaths within Scotland.<sup>4</sup> The role of physical activity in preventing NCD morbidity and mortality is clearly recognised in the World Health Organization 5x5 Non Communicable Diseases agenda<sup>5</sup> which includes insufficient physical activity as one of the main NCD risk factors

In this context, it is important to note that physical inactivity is an independent risk factor for NCD and the benefits of being active are not limited to playing a role in the maintenance of healthy weight

There is also strong evidence that being active can have a positive effect on psychological well-being. A recent summary suggested that:

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<sup>1</sup> [Physical activity guidelines: UK Chief Medical Officers' report - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414241/Physical_activity_guidelines_UK_Chief_MedicalOfficers_report.pdf)

<sup>2</sup> [UK Chief Medical Officers' physical activity guidelines for disabled children and disabled young people: infographic \(publishing.service.gov.uk\)](https://publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/414241/UK_Chief_MedicalOfficers_physical_activity_guidelines_for_disabled_children_and_disabled_young_people_infographic.pdf)

<sup>3</sup> [Nearly 1.8 billion adults at risk of disease from not doing enough physical activity \(who.int\)](https://www.who.int/news-room/fact-sheets/detail/nearly-1-8-billion-adults-at-risk-of-disease-from-not-doing-enough-physical-activity)

<sup>4</sup> [Action to prevent Non-communicable diseases \(NCDs\) - Our blog - Public Health Scotland](https://www.phscotland.nhs.uk/blog/2019/08/action-to-prevent-non-communicable-diseases-ncds-our-blog)

<sup>5</sup> [Noncommunicable Diseases, Rehabilitation and Disability \(who.int\)](https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases-rehabilitation-and-disability)

Physical activity is a 'stellar' example of a positive psychology intervention because it helps produce positive emotions, engagement and accomplishment as well as preventing and reducing more negative experiences and states (e.g. stress, depression)<sup>6</sup>

Physical activity and sport can also play a major role in improving outcomes and tackling inequalities across many different aspects of our lives and society, supporting educational attainment, reducing reoffending; promoting sustainable forms of transport; and enabling people to connect with the natural environment.

Access to the nature-rich outdoors is a key mechanism by which people are physically active. Participating in green health activities has proven benefits for physical and mental health. People who spend more time in nature are more likely to exhibit pro-environmental behaviours and care for their environment. There are therefore clear synergies between the actions required to realise Scotland's physical activity and health goals, and those required to realise Scotland's environmental goals.

Physical activity also plays an important role in addressing social isolation and loneliness and can improve resilience, confidence and positive perception of aging.<sup>7</sup> It provides opportunities for people to connect with their neighbourhoods and come together in shared activities which inspire and motivate.

The pandemic heightened public appreciation of the importance of being active for health and wellbeing.<sup>8</sup> It is essential that we do all that we can collectively to sustain that appreciation while ensuring that we have removed barriers to participation. Everyone must have the opportunity to gain the benefits which come from being more active, more often.

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<sup>6</sup> [Biddle, Mutrie, Gorely and Faulkner 'Psychology of Physical Activity - Determinants, Well-Being and Interventions' p68](#)

<sup>7</sup> [The association of physical activity with loneliness, social isolation, and selected psychological protective factors among older adults - ScienceDirect](#)

<sup>8</sup> [COVID-19, physical activity, inequalities evidence review \(publichealthscotland.scot\)](#)

## Why we need a framework

Since the publication of the Active Scotland Delivery Plan in 2018, international evidence on the impact of physical inactivity on health has developed significantly, new evidence based approaches to improving physical activity have emerged, and the pandemic and the cost of living crisis have had dramatic impacts on our society, further reinforcing the imperative need to focus even more on addressing inequalities.

These developments all indicate that this is the right time to build on the work that has been done since 2018. In particular, this framework is intended to support the work of local authorities, many of whom are in the process of revising their existing plans to support physical activity and sport in their communities. The framework aims to help ensure that, collectively, we are focussing our resources on those actions which we know are based on the best global evidence of what works to improve the health and wellbeing of people in Scotland by creating a more active nation.

## The challenge in Scotland

The most recent Scottish Health Survey reported that, in 2022, 65% of adults met recommended levels of physical activity in Scotland. This is within the range of 62-66% recorded between 2012 and 2019 prior to the pandemic. Overall levels of activity have thus remained broadly static since 2012 in line with the trend in other high income Western European countries.<sup>9</sup>

It is clear that significant inequalities exist between different groups and pose a persistent challenge. The 2022 Scottish Health Survey reported that:

- 10% fewer women met recommended levels than men. This was 9% in 2012 and has been relatively stable, fluctuating between 9% and 13% over the past 10 years.
- 37% of those aged 75 and over met recommended levels compared to 70% of adults aged between 16 and 64. This gap has actually improved over time from a peak percentage point gap of 45 in 2013 to a gap of 33 percentage points in 2022, but a substantial inequality remains to be addressed.
- 57% of adults living in the most deprived areas met recommended levels compared to 73% in the least deprived. This gap has remained relatively stable over the past 10 years.

We know from other data that disabled adults, those with mental health challenges and those belonging to ethnic minority groups are also less active. We also recognise that many of these characteristics interact with each other. A person may have several characteristics and some circumstances make other ones more likely, for example being disabled or from an ethnic minority (non-white) background is associated with higher likelihood of relative poverty.

Addressing inequalities in opportunities is a priority. The barriers faced by too many people must be removed to allow everyone in Scotland to gain the health benefits of being active.

The 2022 Health Survey also noted that 22% of adults in Scotland reported very low levels of physical activity (under 30 minutes per week). This has significant public health implications. The study commissioned by Public Health Scotland mentioned above noted that more than 80% of the 3,000 deaths attributable to inactivity, occur amongst those undertaking very low levels of activity.<sup>10</sup>

This is a very important finding. We know that those who report very low levels of activity are most often older adults, people living in more deprived communities and those with disabilities or long term conditions. We can have the biggest impact on the burden of disease in Scotland through a focus on removing the barriers which

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<sup>9</sup> [National, regional, and global trends in insufficient physical activity among adults from 2000 to 2022: a pooled analysis of 507 population-based surveys with 5.7 million participants - The Lancet Global Health](#)

<sup>10</sup> [Townsend, N and Kelly, P \(Forthcoming\) Estimating the disease burden attributed to physical inactivity in Scotland. – Public Health Scotland](#)

prevent those who currently report the lowest levels of physical activity to sustain slightly higher levels of activity.

The PHS study further concluded that if people in the very low activity category increased their activity levels by just 15 minutes per week, an equivalent of around 1,000 years of life lost from premature ischaemic heart disease death alone in Scotland could have potentially been averted.

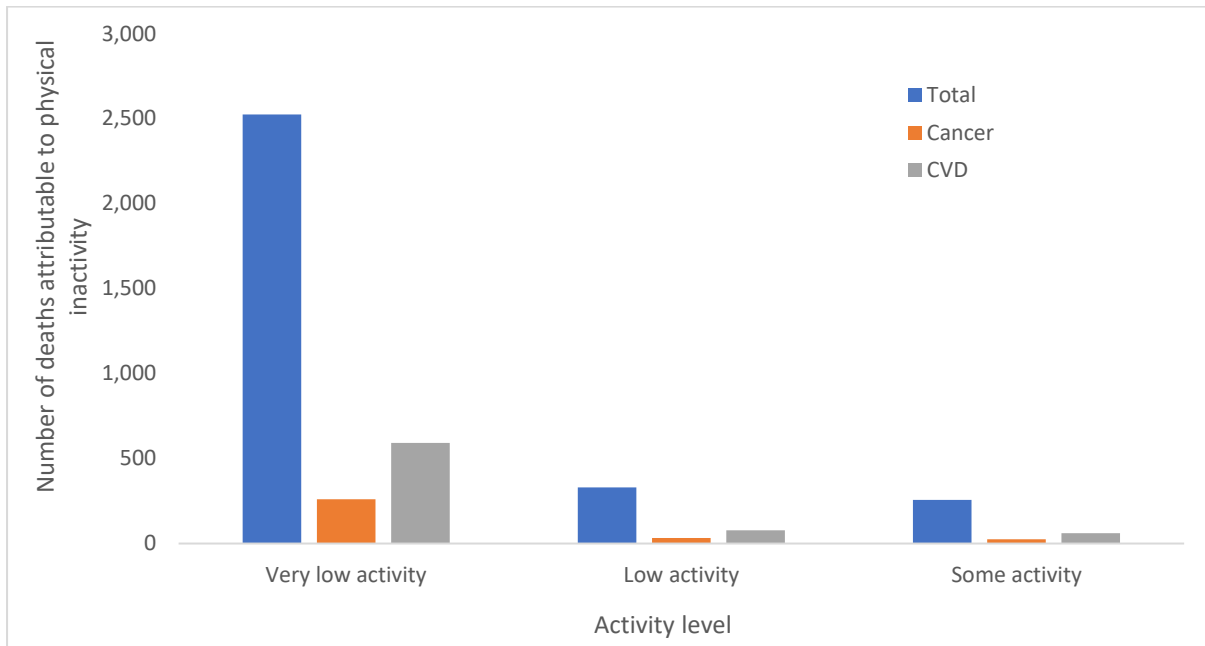


Figure 2: Number of deaths attributable to physical inactivity, by activity level<sup>11</sup>

## Muscle Strength and balance

The UK Chief Medical Officers Physical Activity Guidelines recognise the critical importance of muscle strength, flexibility and the ability to balance underpin physical function, particularly later in life. The guidelines note that:

“Each attribute contributes independently to overall health and functional ability, and in combination they provide lifelong benefits. Muscle and bone strength play a critical role in ensuring good muscular and skeletal health, and in maintaining physical function. Bone strengthening involves moderate and high impact activities to stimulate bone growth and repair. Strengthening activities are important throughout life for different reasons: to develop strength and build healthy bones during childhood and young adulthood; to maintain strength in adulthood; and to delay the natural decline in muscle mass and bone density which occurs from around 50 years of age, maintaining function in later life”<sup>12</sup>

Activities which improve strength, balance and flexibility are of great importance to all adults but are particularly critical as we age. These activities help maintain physical

<sup>11</sup> Chart from [Townsend, N and Kelly, P \(Forthcoming\) Estimating the disease burden attributed to physical inactivity in Scotland. – Public Health Scotland](#)

<sup>12</sup> <sup>12</sup> [Physical activity guidelines: UK Chief Medical Officers' report - GOV.UK \(www.gov.uk\)](#)

function and reduce the risk of falls. Thirty percent of people aged 65 and over will fall at least once a year. For those aged 80 and over this figure rises to 50%. The most important consequences of a fall are the effects on individuals through pain, distress, loss of confidence and lost independence. Falls and fall-related injuries are a serious health care problem because of their association with subsequent morbidity, disability, hospitalisation, institutionalisation and mortality. Around 10% of falls result in a fragility fracture and 2% in a hip fracture.<sup>13</sup> In the UK as a whole, hip fractures alone account for 1.8 million hospital bed days and £1.1 billion in hospital costs every year, excluding the high cost of social care.<sup>14</sup>

The importance of muscle strength and balance is a key area of focus in our approach, building on many good examples of initiatives in this area being taken forward across Scotland.

### **Strength and Balance in Healthcare settings – Perth and Kinross**

Perth and Kinross Health and Social Care Partnership identified a need to increase opportunities for people receiving care to access physical activities. A reduction in falls and sedentary behaviour, and improvements to physical, social, and mental health were essential, particularly for people with a diagnosis of dementia. Paths for All worked with Perth and Kinross Health and Social Care Partnership to develop, pilot, and embed walking with strength and balance (walking more and evidenced based gentle movement) in healthcare settings, with the aim of achieving a whole setting approach to developing a culture of physical activity in primary and secondary care settings (care homes, care at home, sheltered housing and hospitals).

A test of change approach offered opportunities to involve the right people, shape activities, review, adapt and evidence impact. Underpinning this approach was staff training, co-producing resources, improving physical environments, and providing support and expertise. Extensive evidence and research were compiled to demonstrate the impact of this approach and inform decision making. The programme was embedded into core delivery and as part of daily practice and care plans, delivered by staff as part of their role. All resources and training are now sustained through HSCP recurring funds.

<sup>13</sup> [Ambition 4. Target more specialist, personalised care and support - National falls and fracture prevention strategy 2019-2024 draft: consultation - gov.scot \(www.gov.scot\)](#)

<sup>14</sup> [Falls: applying All Our Health - GOV.UK \(www.gov.uk\)](#)

# Achieving our vision

Improving levels of physical activity is often seen as being related to increasing participation in sport or gym exercise. It is absolutely true that formal sport and exercise provide essential opportunities for people to be more active but it is very important to remember that physical activity is defined by the World Health Organization as any bodily movement produced by skeletal muscle that requires energy expenditure. The aim is for people to move more and there are many different ways they can build more movement into daily life. Everyday activity such as active travel, heavy housework or gardening play an important role as does recreational activity, particularly walking and wheeling, but also dance, active play and cycling.

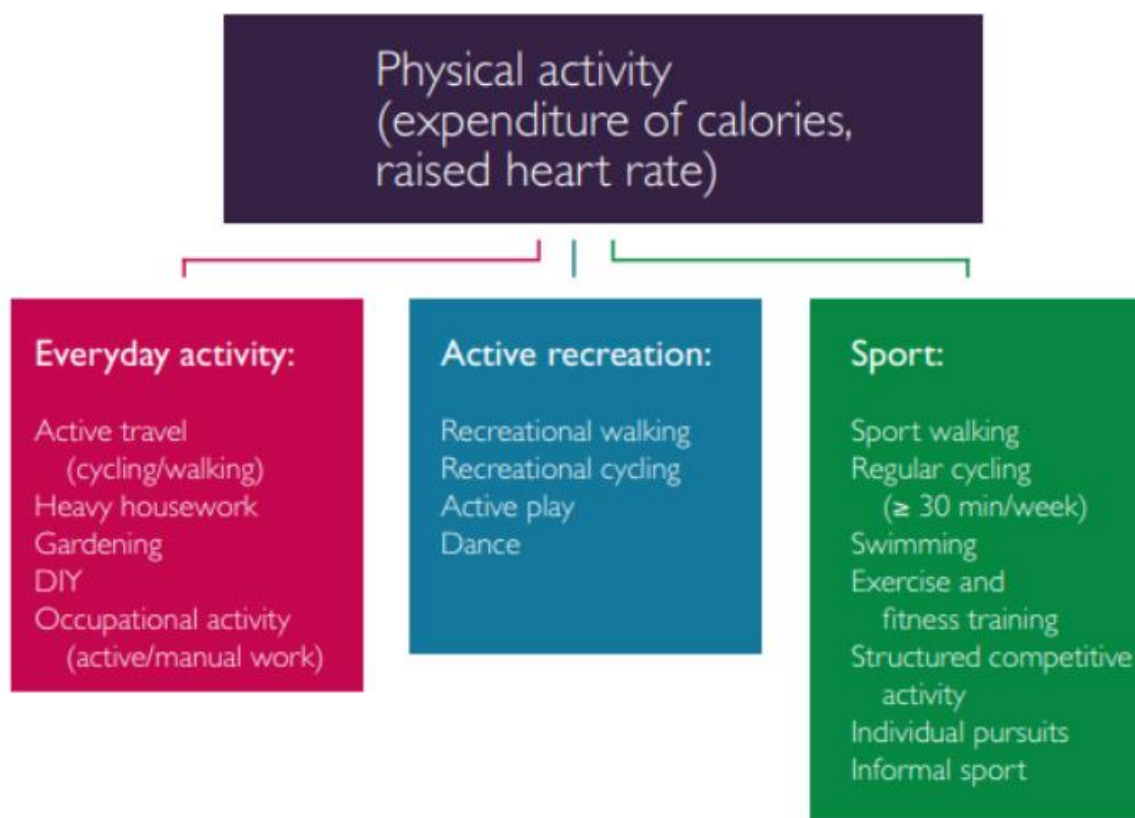


Figure 3: UK Chief Medical Officers Physical Activity Definition<sup>15</sup>

Helping people to be more active therefore goes well beyond those who are responsible for the promotion of participation in sport. This is clearly recognised by The World Health Organization (WHO) who take a systems-based approach to their Global Action Plan on Physical Activity 2018–2030 (GAPPA).<sup>16</sup>

<sup>15</sup> [A systems-based approach to physical activity in Scotland \(publichealthscotland.scot\)](https://publichealthscotland.scot)

<sup>16</sup> [Let's be active, the global action plan on physical activity 2018 - 2030 \(who.int\)](https://www.who.int)

The systems-based approach recognises that public health outcomes are influenced by a complex and adaptive system of interacting components, which will require the action of many partners to redesign the system to one that protects and promotes health

This Framework applies the systems-based approach to physical activity. It outlines a wide range of actions across multiple sectors and settings, including schools, healthcare, transport, urban planning, sport, communities and workplaces. Progress across all of these sectors are essential if we are to achieve or vision.

Clear guidance on best practice has been provided by the World Health Organization in the [WHO Global Action Plan on Physical Activity 2018-2030](#) and the International Society for Physical Activity For Health (ISPAH).<sup>17,18</sup>



<sup>17</sup> [Let's be active, the global action plan on physical activity 2018 - 2030 \(who.int\)](#)

<sup>18</sup> [8 Investments - ISPAH](#)



While this international evidence and guidance forms a solid base to understand the broad approaches required to improve population levels of physical activity, we recognise that adaptation is required to ensure that specific actions reflect the Scottish context. Scotland is one of the first countries in the world to undertake this detailed adaptation of WHO and ISPAH guidance to a national context. This groundbreaking work was undertaken by Public Health Scotland (PHS) who developed a seven stage process to inform the national and local direction of physical activity in Scotland. The result is described in detail at [A systems-based approach to physical activity in Scotland \(publichealthscotland.scot\)](https://publichealthscotland.scot). This crucial document has formed the basis of our approach in this Framework.

The PHS work identified 8 Strategic Delivery Outcomes which, if achieved, will lead to transformational change in the health and wellbeing of the Scottish population. These outcomes closely follow international expert opinion and are supported by strong evidence of effectiveness.

The 8 outcomes do not stand alone but must be seen in the context of the whole system. The outcomes are not silos. Organisations and teams can and should identify where they can contribute across the 8 outcomes. This cross-sectoral partnership is key to success and the examples in this Framework were chosen to demonstrate where such partnerships are delivering outcomes.

# Our Strategic Delivery Outcomes

Our Strategic Delivery Outcomes are framed around eight evidence based sub-systems that constitute the physical activity system as a whole. These actions are wide ranging, ambitious and long term and can be undertaken by a range of partners

Each of our outcomes is described in greater detail below. For each, we have listed key actions derived from international evidence of what works. The intention is to provide direction to those who are developing plans at either national or local level such that they can both consider actions which will improve levels of physical activity as part of those plans and also ensure that these actions are firmly evidence-based.

In many cases, actions are already being taken forward both nationally and locally. In line with the systems approach, national actions are being taken forward across a range of policy areas and Ministerial portfolios. Each Strategic Outcome below includes a brief description of national actions which are contribution to the delivery of that outcome. This document does not duplicate the full detail which can be found in specific strategies and plans for these areas. Links to these documents can be found in the Additional Resources section below.

At a local level, we have numerous examples of existing initiatives. Some of these are highlighted below and others can be found at [www.actify.org.uk/scotlandsnationalframework](http://www.actify.org.uk/scotlandsnationalframework). These examples are intended to both to highlight and share good practice such that it can potentially be adopted in other areas while equally recognising that local circumstances vary and approaches that may work in one area may not be suitable for another.

## Active Systems

### What we mean by Active Systems

Active Systems represent those investments which are needed to strengthen and enable the systems necessary to implement effective and coordinated action to increase physical activity and reduce sedentary behaviour. These actions address governance, leadership, multisectoral partnerships, workforce capabilities, advocacy, information systems and financing mechanisms across all relevant sectors.

### Active Systems Strategic Outcome

Collaborative leadership and accountability has been strengthened and actively champions our vision of a more active Scotland through a whole systems approach to physical activity and sport and key partners understand and embrace their roles.

### Evidence based actions

- 1. Strengthen leadership, governance, and accountability for physical activity**
- 2. Establish collaborative working via multisectoral partnerships and across Ministerial portfolios** to maximise the impact of resources and enable the coordinated implementation of actions. Key partners understand and accept their role in the delivery of the Scottish Government vision for physical activity and there is clarity around roles and responsibilities.
- 3. Adopt a collective approach** which translates evidence into policy and action and which increases access to and maximises the use of physical activity related data and intelligence held across organisations to inform national and local planning and decision-making.

### National actions

#### **National Leadership Group for Physical Activity and Sport**

The National Leadership Group for Physical Activity and Sport includes senior leaders from key agencies, COSLA and the Chief Medical Officer. It is chaired by the Minister for Social Care, Mental Wellbeing and Sport. [Physical activity and sport: National Leadership Group - gov.scot \(www.gov.scot\)](#)

The Group provides national leadership and drives partnership working by identifying potential areas of collaboration across sectors. This work has led to more formal agreements in this area between organisations such as between sportscotland and Public Health Scotland as well as agreements between sportscotland and COSLA.

The leadership group is supported by the Development Group for Physical Activity and Sport which includes representation from a wider range of organisations. The Development Group works in partnership to advise on development of policy directly

or indirectly related to physical activity in line with up to date evidence, to promote key messages to the wider stakeholder community and to drive forward translation of national aspirations to local delivery. The Development Group has been heavily involved in the creation of this Framework.

### **Support for local delivery**

Working in partnership, sportscotland and Public Health Scotland are supporting local government partners apply the systems-based approach, to guide the development of local evidence-based physical activity strategies and action plans.

Collectively sportscotland and Public Health Scotland provide leadership and support to enable local partners at a local level to adopt a systems-based approach to physical activity to shape the local strategic direction of physical activity and sport.

### **SPARC Conference**

Scottish Physical Activity Research Connections (SPARC), established in 2016, is a network of physical activity researchers, policy-makers and practitioners in Scotland organised by the Physical Activity for Health Research Centre (PAHRC) at the University of Edinburgh and supported by the Scottish Government. The annual conference brings together academics, policy makers and practitioners to share learning and experience and provides a collaborative forum to continue to develop new and innovative physical activity approaches in Scotland .

### **Mental Health Charter**

Scotland's Mental Health Charter for Physical Activity and Sport aims to empower physical activity and sport communities to improve equality and reduce discrimination, ensuring mental health and wellbeing is not a barrier to engaging, participating and achieving in physical activity and sport. Since launching in 2018, Scotland's Mental Health Charter has been joined by everyone from grassroots clubs to elite sporting bodies, using their collective power to play their part in supporting Scotland's Mental Health.

Charter Signatories can access a Charter Toolkit, providing access to mental health and wellbeing digital assets, tools and resources, mental health e-learning module, bespoke wellbeing activities and various mental health publications and activities to empower physical activity and sport's organisations and clubs to engage with their communities .

## Active Places of Learning

### What we mean by Active Places of Learning

Active places of learning prioritise

- the provision of suitable physical environments, dedicated time and resources to support structured and unstructured physical activity throughout the day
- the provision of provide regular, high quality, physical education classes in school;
- supporting active travel programmes;
- enabling action through supportive education policies and by engaging staff, students, parents and the wider community.
- connection to a pathway of activity with local communities

### Strategic Outcome

We have created active environments, policies and opportunities across all places of learning.

### Evidence based actions

1. **Adopt a 'Whole of School Approach' in schools** including:
  - A Physical Education curriculum that develops knowledge, confidence, competence, and motivation to be active;
  - Active classrooms and outdoor learning that incorporate movement into classroom and outdoor learning experiences across the curriculum;
  - After school physical activity opportunities;
  - Support outdoor learning and active play;
  - Active travel to and from school.
2. **Adopt a Whole-of-campus approaches to physical activity in colleges and universities including:**
  - strengthening implementation of initiatives such as WHO's "Health Promoting Universities";
  - strengthening opportunities for students, staff, and visitors to increase physical activity and reduce sedentary behaviour, by prioritising and enabling access to campuses by walking, wheeling, cycling and public transport.

## National Actions

### **Active Schools**

The Active Schools programme contributes to shared vision and goals for education in Scotland, working in partnership with schools to improve outcomes for children and young people by providing a range of opportunities for children and young people to take part in sport and physical activity beyond the classroom.

Active Schools has been evolving since 2004 and is a network of over 400 managers and coordinators across all 32 Local Authorities part funded by Scottish Government through sportscotland.

### **College Active Campus Network**

The College Active Campus Network aims to promote health and well-being among students in higher education delivered in partnership with **sportscotland** and Colleges Scotland. The investment strengthens the existing network of sport and physical activity staff already working within the college sector through Active Campus Coordinators who work to increase participation opportunities for students, Through the creation of participation opportunities that improve the physical and mental wellbeing of students and staff. It also further enhances the approach colleges take to creating high quality, effective work-based placements for sports students, helping equip them for potential future employment opportunities.

### **The Daily Mile**

The aim of The Daily Mile is to improve the physical, social, emotional and mental health and wellbeing of children – regardless of age, ability or personal circumstances. It is a social physical activity, with children running, jogging or wheeling– at their own pace – in the fresh air with friends. We want every child to have the opportunity to do The Daily Mile at primary school, and are now working to build The Daily Mile’s community with schools, local councils, sports bodies and other supporters in Scotland. A new Daily Mile Advisory Board has recently been established to oversee the delivery of our plans to increase participation in the Daily Mile across Scotland. The Board includes head teachers as well as representatives from academia, sportscotland, Education Scotland and the Scottish Government.

## Local Examples

### **Cardonald Primary School Daily Mile Story**

Cardonald Primary School have been participating in The Daily Mile for over two years and do it every day.

The Daily Mile has become a part of the daily school routine, with the children reminding teachers if they haven't done their Daily Mile that day! The school created their own Daily Mile challenge where they ran around the world to see how far they could travel! The children fully embraced the challenge and keen to find out how far they had reached and which countries they have visited. They were also very motivated to reach their next target.

The school started their journey in Glasgow in October 2021 and every week, sports leaders would visit classes to count the number of miles each class had done. The mileage would be added up every couple of weeks and at our school assembly they would plot the journey, travelling through a variety of countries, continents, across oceans and deserts to eventually reach the target of arriving back in Glasgow having circumnavigated the globe. On their journey, children learned about the countries visited, and calculated distances between different points. They finally finished after 2 years, covering 47,949 miles, the equivalent of over 1830 marathons!!

#### **Dianne Strang Principal Teacher:**

'The children regularly asked when they can go out and do their Daily Mile, staff enjoy this opportunity for children to have a 'brain break' and enjoy the outdoors and the parents were very supportive of the initiative. It's something the whole school embraced'

#### **Children:**

'it makes me feel fit and enthusiastic'

'in improves your mental health constantly and gets you outside more'

# Active Travel

## What we mean by Active Travel

Active Travel refers to journeys made by modes of transport that are fully or partially people-powered, irrespective of the purpose of the journey. It includes walking, people using wheelchairs, cycling (including e-bikes). Active travel modes are at the top of the transport hierarchy and should be prioritised accordingly, with walking and wheeling considered first, followed by cycling, then the remainder of the modes, as per the transport hierarchy.

'Walking and wheeling' represents the action of moving as a pedestrian, whether or not someone is walking or wheeling unaided or using any kind of wheeled mobility aid, including wheelchairs, mobility scooters, walking frames, prams or buggies.<sup>19</sup>

## Strategic Outcome

Sectors are working collaboratively on action that prioritises active travel infrastructure and supports and encourages active travel behaviour

## Evidence based actions

1. **Continue to prioritise investment in walking, wheeling and cycling infrastructure** that enables access to destinations and services, as well as actions that influence active travel behaviour to encourage modal shift.
2. **Engage communities in urban and rural transport planning** processes to enhance the design of connected and walkable communities.
3. **Accelerate implementation of policy actions to improve road safety** and the implementation and enforcement of traffic speed restrictions (for example 20 mph in residential areas and 30 mph on urban roads).
4. **Upskill local authority transport and planning workforce** to create inclusive and equitable active travel infrastructure.

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<sup>19</sup> [active-travel-strategy-guidance-2023.pdf \(transport.gov.scot\)](#)



## National actions

### **From Transport Scotland**

## Local Examples

### **Musselburgh path network**

The Ian Findlay Path Fund provides grants which provide necessary funding for projects that want to integrate urban design and transport planning. These grants typically target path projects which seek to facilitate active travel and provide safe places to walk for the public. One project from March 2024 has had an immense impact on these factors, improving the capacity for active travel in Musselburgh. The Ian Findlay Path Fund in collaboration with East Lothian Council on behalf of Transport Scotland and the Scottish Government funded upgrades for a path connecting Queen Margaret University to the centre of Musselburgh.

This path now actively meets the needs of locals. The short path runs alongside a railway and residential areas to provide an accessible urban active travel for everyone. By ridding it of all barriers, resurfacing the space, installing new lighting as well as efficient drainage within the space, the path has been transformed to withstand all kinds of traffic and weather. This project serves as one of 22 within the area that is improving the urban design around Queen Margaret University. This joint partnership between the council, Scottish government and council has benefitted students, cyclers, wheelers, walkers and everyone in between.

## Active Places and Spaces

### What we mean by Active Places and Spaces

The way indoor and outdoor urban, suburban, and rural environments are planned, designed and created influences many of our conscious and unconscious behavioural choices including the way we move. Research shows that adults who live in the most activity-friendly environments engage in at least an hour (up to an hour and a half) more physical activity per week than those living in the least activity-friendly environments. Placemaking is key to the development of active places and spaces and encapsulates the process of creating good quality places for people.

### Strategic Outcome

We have strengthened access and ensured sustainability of good quality public and green spaces, green networks, recreational spaces (including blue), play and sports amenities. Increasing levels of physical activity is a priority within planning considerations

### Evidence based actions

1. **Integrate urban design, transport planning and land-use policies** to enable and promote walking, cycling and other forms of physical activity by creating connected, walkable communities, with equitable and inclusive public space, as well as pedestrian access to a range of local amenities for daily living.
2. **Strengthen access** to good quality indoor and outdoor public park and open spaces, green (including blue) spaces and infrastructure, green networks, recreational spaces, play spaces and sports amenities through spatial design and community engagement.
3. **Increase awareness of access rights in Scotland.** Our access legislation has provided a right of responsible access to most land and inland water in Scotland since 2003 and the implementation of this legislation has supported the growth in active recreational activities involving visits to the outdoors.

## National actions

### **National Planning Framework 4**

Our National Planning Framework 4 launched in 2023, recognises the importance of planning in making better use of our spaces to support physical activity, relaxation and play and associated policies support development that helps to improve health and wellbeing. These policies are intended to encourage, promote and facilitate spaces and opportunities for play, recreation and sport with the aim of improving the natural and built environments with more equitable access to opportunities for play and recreation. In addition, the policy aims to improve physical and mental health through provision of, and access to, outdoor recreation, play and sport facilities.

NPF4 also includes policy aims to encourage, promote and facilitate developments that prioritise walking, wheeling, cycling and public transport for everyday travel and reduce the need to travel unsustainably, with the aim of ensuring that investment in transport infrastructure supports connectivity and reflects place based approaches and local living. It will also support more, better, safer and more inclusive active and sustainable travel opportunities as well as ensuring that developments are in locations which support sustainable travel.

### **20 Minute Neighbourhoods**

The 20 minute neighbourhood concept aims to provide access to the majority of daily needs within a 20 minute walk, wheel, or cycle from home. It is an approach likely to be more readily achievable in urban places, towns, villages, and cities. It is designed to be applied flexibly, in response to local circumstances.

The timeframe of 20 minutes is derived from research undertaken in the fields of health and wellbeing, urban design and planning which explores the associations between walking and local destinations, and the ease of access to local services, infrastructure and community spaces when travelling by foot. This is based on a walk of approximately 10 minutes to any destination(s) and a 10-minute return journey. It is not a prescriptive approach, and the 20 minute travel time is not fixed, nor is it about creating boundaries or restricting people.

Placemaking is incremental, it can take a while to build a thriving and vibrant place that effectively supports local living as places evolve and their communities and their needs change over time. New places and developments should be designed with local living at their heart.

No one organisation or group can alone provide the facilities and services and connections needed to enable local living. To enable local living, collaboration is needed across many organisations, agencies, groups, and with communities.

### **sportscotland Sports Facilities Fund**

In the last 20 years, sportscotland has invested over £235,000,000 of Scottish Government and National Lottery funding in clubs, communities, and leisure trusts

across Scotland to improve over 1,000 places where people take part in sport and physical activity.

sportscotland's Sport Facilities Fund supports capital projects that help to create or improve places where people take part in sport and physical activity. The Fund invests in sports facilities that offer more and better opportunities for people to participate for the first time or a better experience for those who are already engaged in sport and physical activity.

Prioritisation is given to projects that deliver the greatest impact on our Equality, Diversity and Inclusion objectives. This includes projects that can clearly demonstrate an inclusive approach that targets participants from SIMD areas or areas of rural disadvantage, or those with additional needs, or those from ethnically diverse communities, or other protected characteristics.

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## Local Examples

### **The Claypits Local Nature Reserve**

The Claypits Local Nature Reserve is an important part of Scottish Canals strategy of revitalising the Scottish canal network. The project has two parts along the canal corridor between Firhill and Port Dundas. It will change a 10ha derelict site into a Local Nature Reserve with a barrier free path and boardwalk network, mountain bike trail, disabled access fishing pegs, re-designed gateway entrances, viewpoints, and a feature canal pedestrian bridge linking Maryhill and Woodside communities with the Clay Pits and linking Hamiltonhill and Possilpark with Woodside and Maryhill. The other part of the project provides the surface water drainage solution for the regeneration of key vacant and derelict sites including Sighthill, Hamiltonhill and Cowlairs through dynamically managing the water level in the canal to provide flood storage. This is an exemplar project where blue-green infrastructure underpins regeneration.

## Active Health and Social Care

### What we mean by Active Health and Social Care

Evidence indicates that healthcare based interventions, either targeting physical activity alone, or combined with interventions for other modifiable risk factors such as tobacco use, the harmful use of alcohol and unhealthy diets, are effective and most are also cost-effective. There is particularly strong evidence for providing brief advice and for signposting or referral of patients to physical activity opportunities within the community. Interventions are most effective when inactive individuals with the greatest readiness to change are identified, simple and realistic advice is given, and behavioural and cognitive approaches are used to facilitate the adoption and maintenance of physical activity.

### Strategic Outcome

We have embedded the provision of appropriate physical activity opportunities and programmes between NHS Scotland, health practitioners and physical activity providers for different patient populations.

### Evidence based actions

1. **Integrate the NHS Physical Activity Pathway** into routine healthcare and existing clinical pathways as part of treatment and rehabilitation for people diagnosed with long term conditions e.g., heart disease, stroke, diabetes, cancer, and mental health conditions, as well as into the care and services for pregnant women, people with disabilities and older adults.
2. **Develop partnerships between NHS Scotland and physical activity providers** across Scotland to embed the provision of appropriate physical activity opportunities and programmes for different patient populations, for example, those living with mental health problems.
3. **Support the work of the Movement for Health Coalition** which is engaging Scotland's leading health charities, national agencies and academic institutions to support the least active people living with long term health conditions to be more physically active.

## National actions

### **NHS Physical Activity Pathway**

For the past decade Public Health Scotland and its predecessor NHS Health Scotland has engaged with territorial NHS Health Boards across Scotland to enable them to raise the issue of physical activity with people within their care.

Originally developed by NHS Health Scotland in 2014, the NHS National Physical Activity Pathway (NPAP) provides an evidence based framework to enable health professionals to deliver physical activity screening, brief advice and or brief interventions through routine healthcare.

### **Physical Activity Referral Standards**

The link between health care and community-based opportunities and support services for physical activity has been explored by Public Health Scotland through the development of Physical Activity Referral Standards which articulate the relationship between social prescribing, signposting, and physical activity referral through a tiered approach to physical activity interventions.

### **Integrating physical activity into the undergraduate curriculum**

Opportunities to influence the undergraduate curriculum for medics, nurses and allied health professionals is ongoing through the Scottish Medical School and Schools of Health Physical Activity Collaborative, established by PHS as a forum to increase physical activity knowledge and influence learning through the dissemination of learning resources and the exploration of curriculum content, examinations, and professional registration standards.

## Local Examples

### **GOGA Tayside**

Get Out Get Active (GOGA) Tayside is a partnership between NHS Tayside and Scottish Disability Sport (SDS), hosted and lead by the Directorate of Public Health. Whilst a UK wide programme, GOGA Tayside is the first programme to have an explicit focus on health and wellbeing and a direct a partnership with a health board. The overall aims and objectives of the programme are to support our most inactive groups and people with disabilities to be active together. GOGA is based upon the principle that local people of all ages and abilities should have access to localised, free, fun and inclusive physical activity opportunities, which can be sustained by the participant. From programme inception in 2020, which includes online activity delivered during Covid-19, to date, GOGA Tayside has recorded:

20,606 attendances

4751 sessions delivered

424 unique participants between January 2024-April 2024

387 NHS site based (inpatient) participants between January 2024 – April 2024

GOGA's inclusive, values based delivery model allows our local population to access low level, fun, non threatening activities that improve health and wellbeing and are delivered within the heart of communities. Ultimately GOGA Tayside takes activity options to local people, rather than expecting the most inactive and those who face significant barriers to engagement, to seek out and access traditional forms of activity, that may not always be suitable or of interest to the individual. GOGA Tayside, allows us to support people who have the most to gain from a more active lifestyle, to engage with activity that is of interest to them and delivered in a manner that allows activity to become more accessible across the region. GOGA Tayside recently secured funding from the NHS Tayside Charitable Foundation to expand activity provision on NHS Tayside sites and local communities over a period of 23 months. The delivery of GOGA will be closely monitored and evaluated and governed by a steering group of key, local stakeholders.



## **A Step in the Right Direction**

Edinburgh Leisure's Steady Steps programme supports adults who have had or may be at risk of having a fall, to improve their strength, balance, and mobility through physical activity.

Promoted through the Edinburgh Falls Prevention Pathway, the fun and sociable classes are led by specialist instructors and help people build their confidence to lead a fuller, more independent life. Referrals come from a range of health care professionals.

### Pat McCaw, Craiglockhart Leisure Centre

Pat embarked on the 16-week programme to address her health challenges including peripheral neuropathy resulting from non-Hodgkin's lymphatic cancer in 2021, as well as osteoporosis.

Following cancer treatment, Pat experienced a decline in physical function, manifesting in reduced mobility and increased vulnerability to falls. Despite her previous activity levels, she struggled with pain and difficulty with some basic movements and had experienced several falls.

Completing the programme, she was delighted with her progress over a relatively short period of time. Pat says:

"Following my cancer treatment, I was unable for example to move sideways – something I used to take for granted - but following the Steady Steps classes, I now have the confidence to do this and so much more. I feel so much more stable, enabling me to walk increasing distances each day as well as attend some gym classes

Everyone has their own reasons for attending Steady Steps, with some more mobile than others but no matter what stage you are at, our instructor had a way of including everyone ensuring that we each individually progress from week to week."

Steady Steps participants are encouraged to continue simple exercises at home. Following the class a social session provides the chance for participants to chat to the instructor, and other participants, over a well-deserved cup of tea or coffee.

## Active Communications

### What we mean by Active Communications

Mass media provide an effective way to transmit consistent and clear messages about physical activity to large populations. Both paid and non-paid forms of media can raise awareness of health benefits, inform about targets and activity guidelines, raise motivation to be active and to stay active, raise self-efficacy to be active, and impact attitudes, beliefs and intentions. Media can also increase awareness of opportunities and ways to be active, stimulate increases in help-seeking behaviours (e.g., interaction on a social media platform or helpline) and contribute to building cultural norms that are favourable to physical activity

### Strategic Outcome

Working with the media, we have integrated communications and public education into both National and Local strategies for physical activity ensuring collaboration and cross organisational messaging

### Evidence based actions

1. **Apply ‘best practice principles’** such as those described in **The Physical Activity Messaging Framework (PAMF) and Checklist (PAMC)<sup>20</sup>** to communications by developing positively “gain” framed messages highlighting short-term outcomes relating to social and mental health.
2. **Develop and implement a physical activity for health communications plan** that operates alongside the proposed actions identified across physical activity system.
3. **Engage with the media on mass communication approaches.**

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<sup>20</sup> [The Physical Activity Messaging Framework \(PAMF\) and Checklist \(PAMC\): International consensus statement and user guide | International Journal of Behavioral Nutrition and Physical Activity | Full Text \(biomedcentral.com\)](#)

## National Actions

### **Scottish Women and Girls in Sport Week**

The Scottish Women and Girls in Sport Week is an annual Scottish Government campaign that was first established in September 2017. The campaign aims to raise awareness of the benefits of sport and physical activity for women and girls, and provides opportunities to increase the visibility of role models, highlight barriers to participation, host conversation events and ministerial visits, as well as to engage with communities and clubs. The Week is now firmly established as a highly recognisable campaign supported by Scottish Governing Bodies, Active Schools and wider key partners.

In 2023, the total campaign impressions were 39 million across seven social media platforms as well as a large number of new organisations beyond traditional sport and physical activity supporting the Week. This fulfilled the campaign ambitions of broadening the reach, to create more lasting and meaningful impact.

### **Feel Your Personal Best campaign**

As part of their strategic partnership, sportscotland and SAMH (Scottish Action for Mental Health) have jointly developed the 'Feel Your Personal Best' social media, digital and press campaign.

'Feel your personal best' shares the benefits of physical activity to support mental health. The message is that physical activity is central to good mental health, and small changes – like a daily walk with a friend – can be transformational. The campaign is relevant regardless of fitness level and highlights that physical activity doesn't need to be strenuous to be effective. This campaign isn't about clocking steps, miles or fastest times, it's about finding our own way to get moving.

The second phase of the campaign, #TrySomethingNew provides a joint message to demonstrate the breadth of opportunities available, and highlights that there's an activity out there to suit everyone.

A range of case studies and user generated content across social media tells the stories of those whose lives have been improved by taking part in physical activity. These real-life examples inspire others to take the first steps towards getting more active, and to take notice of the positive impact it has on their wellbeing.

## Local Examples

### **Dumfries and Galloway Council - DG Doing More Campaign**

Dumfries and Galloway Council in partnership with the Health and Social Care Partnership launched the 'DG Doing More' regional physical activity campaign in March 2022. The campaign was identified as a key component of a systems-based approach to increasing population levels of physical activity and providing a central multi-agency platform for clear consistent messaging.

DG Doing More consists of a webpage and social media page and aims to provide a one stop shop for physical activity in D&G for adults and older adults. The campaign is designed to positively influence social norms for physical activity while increasing awareness of local opportunities and benefits of being active.

The campaign content was developed using research, behavioural science and public consultation ensuring messages were locally tailored and effective. The concept of physical literacy was embedded across all elements of the campaign to ensure factors critical to positive engagement in physical activity (e.g. motivation, confidence, competence, knowledge and understanding) were priority considerations.

Communications experts provided input at each stage of the campaign design and roll-out to ensure messages and imagery were clear, concise, and consistent. The Council's Communications Team recommended the campaign name as it could be used across all types of movement and enable the easy application of gain framed messaging and imagery which emphasises the social benefits of physical activity.

A public survey in February 2019 collected feedback on the draft DG Doing More website. Analysis found a strong preference for content showing local people and places, a diverse range of participant groups and activities, presented inclusively and accessibly.

Following launch in March 2022, a public survey was undertaken in July 2023 to evaluate the impact of DG Doing More Campaign. The survey found:

14% of local adults had used the website

49% of users reported positive changes to their physical activity behaviours.

Between 58% (confidence) and 80% (knowledge and understanding) strongly reported a positive effect on physical literacy

76% found the website was specific to Dumfries and Galloway

A review of website and social media analytics demonstrate excellent reach/engagement, with 66,287 website views in the first 2 years. Facebook reach increased from 6,400 per month pre-launch to 28,372 post-launch.

## Sport and Recreation

### What we mean by Sport and Recreation

The sport, leisure and play sectors provide opportunities for people of all ages to be physically active. A variety of organisations provide a wide range of programmes and opportunities to get involved in both formal and informal sport and recreation. This includes national bodies such as sportscotland, Scottish governing bodies of sport, local authorities, leisure trusts, sport clubs, community organisations, the third sector, schools, colleges and universities.

### Strategic Outcome

We have ensured that sport and active recreation opportunities target people and communities where the need is greatest and the participation rates are lower while also supporting those who are already active to remain so.

### Evidence based actions

1. **Prioritise the least active** as well as retaining existing, and returning, participants.
2. **Build workforce capacity**; enhance the knowledge, skills and competency of the workforce to engage, motivate and enable, inclusive and equitable opportunities.
3. **Provide universally accessible programmes and mass participation events for people of all ages and abilities across multiple settings**; urban and natural environments, community recreation and sports facilities, schools, workplaces, and healthcare settings; create a social norm for participation in sport and recreation.
4. **Strengthen access to places, spaces and services that enable equitable and inclusive access and reduce inequalities**; accessible and appropriate places and spaces (indoor and outdoor facilities and amenities, and opportunities through formal and informal clubs and programs), affordable and tailored programmes, opening of the school estate through the shared use of facilities.

## National Actions

### **Supporting community sport clubs**

sportscotland works in partnership with Scottish governing bodies of sport (SGBs) and national organisations to collectively provide leadership and support to clubs, community sport hubs and community organisations with an aim to ensure that sport clubs are part of the fabric of their local communities, are focused on improving the quality and quantity of opportunities and deliver against inclusion and wider outcomes that meet local need. Over 750,000 people are members of a sports club affiliated to Scottish governing body of sport (SGB) and sportscotland currently invests over £20 million a year into these SGBs and national partners to support their work.

The Community Sport Hub programme, funded by The National Lottery, has been evolving since 2010 and is one of sportscotland's key programmes supporting sports clubs, delivered in partnership with local authorities and leisure trusts across Scotland. A Community Sport Hub (CSH) is a local collective of sports clubs & other community organisations that come together to improve the contribution that sport & physical activity has on a community. Leaders from these organisations work together to develop active communities where everyone benefits from sport & physical activity.

## Active Workplaces

### What we mean by Active Workplaces

Workplace-based physical activity interventions can provide physical, mental, and social health benefits as well as reduced absenteeism and burnout among employees. International advice is clear that we need to enhance provision of, and opportunities for, physical activity programmes and promotion in workplace environments that facilitate people of all abilities to be physically active. Workplace policies that are developed and tailored for various sectors, should encourage and promote physical activity for all employees and promote a culture of health which supports employees wellbeing and productivity.

### Strategic Outcome

Everyday physical activity is supported in workplaces in Scotland

### Evidence based actions

1. **Provide leadership by implementing workplace health initiatives** to support employees increase physical activity and reduce sedentary behaviour, particularly through increasing incidental physical activity during the working day.
2. **Develop and disseminate guidance and promote implementation of workplace health programmes** aimed at increasing physical activity, reducing sedentary behaviour and promoting incidental physical activity during the working day for employees, in different occupations and settings, with a priority focus on the least active.
3. **Create workplaces that are designed to enable employees and visitors to be physically active** in and around the buildings, and access by pedestrians, cyclists and public transport.
4. **Raise awareness amongst employers of the evidence of wellbeing benefits to employees and retention/motivation**

## National Actions

### **Active Workplaces – reducing sedentary behaviour when working at home.**

Researchers from the Physical Activity for Health Research Centre (PAHRC) at University of Edinburgh worked in collaboration with a range of stakeholders to try to understand more about sedentary behaviour when working at home, and how best to support employees to move more for health and well-being. The team have developed a Toolkit of resources informed by behaviour change theory to support employees to 'Move your Way During the Working at Home Day' (available via Actify). The Toolkit includes guidance on why sedentary behaviour when working at home is an issue, and a range of 'tools' structured around four themes;

- 1) 'Move more' meetings;
- 2) Active breaks;
- 3) Active commute;
- 4) Using technology.

Each theme provides a number of suggestions on how to move more, and includes strategies to facilitate effective behaviour change.



## Local Examples

### **NHS Grampian Step Count Challenge**

Supporting employees to increase physical activity and reduce sedentary behaviour, particularly through increasing incidental physical activity during the working day

The Step Count Challenge provides leadership by implementing workplace health initiatives across Scotland. NHS Grampian has partnered with Paths for All for the last four years to develop this programme as a bespoke challenge encouraging an organisational-wide effort to aid physical and mental health. This programme has put particular emphasis on encouraging mental well-being during the winter months in addition to the positive physical effects. While typically Step Count Challenges commence in either Autumn or Spring, this challenge starts in January and runs for four weeks.

Over the past few years, this programme has had remarkable impacts on the staff involved with the competition. In January 2024, 10% of the total staff working signed up for the competition, making it the third largest workplace competition within all the teams signed up. Before commencing the challenge, participants were asked what their expectations of the challenge were. They detailed that they were motivated to join to be more physically active and to participate in something fun with their colleagues. Three months after the challenge finished, evaluation of the programme showed that there was a substantial positive impact on physical activity levels and mental wellbeing amongst those who participated. This programme shows that intentional and targeted approach to improving active workplaces can have enormous benefits.

# Bringing it together - Our new Outcomes Framework

Our existing Outcomes Framework was published in 2015 and was based on the best international guidance at the time, the Toronto Physical Activity Charter. The Active Scotland Outcomes Framework provided a helpful visualisation of the importance of a whole system approach to physical activity and has been widely used.

However, as described above, international approaches have developed further since 2015, and we have a better understanding of the actions which we collectively need to take to improve levels of physical activity in Scotland. This document has described our new approach and we have updated our Outcomes Framework as a result.



## How will we measure progress?

Increasing the proportion of the adult population meeting recommended levels of physical activity contributes to the Scottish Government National Outcome “We are healthy and active.”

The actions described in this Framework are intended to ultimately impact on physical activity levels, muscle strength and balance and sedentary behaviour.

At a national level, we have an overall target in Scotland to achieve a 15% **relative** reduction in the prevalence of physical inactivity in adults and in adolescents by 2030. This follows the global target adopted by the World Health Organization in 2018 in the Global Action Plan for Physical Activity (GAPPA). WHO class all who do not meet the recommended levels of 150 minutes moderate to vigorous physical activity each week as inactive.

WHO guidance indicates that the baseline year for this target is 2016.<sup>21</sup> In that year 36% of adults in Scotland were classed as inactive. A 15% relative reduction in that figure would equate to a reduction of 5.4% in the percentage of those classed as inactive. Our aim, therefore, is to reduce the percentage of those who do not meet recommended levels of physical activity to 30% by 2030.

In addition, the proportion of the adult population meeting recommended levels of moderate to vigorous physical activity is one of our [National Indicators](#) for Health on the [National Performance Framework](#). We aim for that to increase over time.

We have a range of further indicators relating to sport and physical activity that are regularly published on the [Active Scotland Outcomes Framework](#). These help to provide an understanding of progress across the range of systems contributing to overall physical activity levels and include breakdowns by characteristics such as age, gender and socioeconomic status to inform equality considerations.

We are working to update the indicators to ensure they remain relevant and informative for tracking progress aligned to this new Framework.

Data is currently largely sourced from the Scottish Health Survey and the Scottish Household Survey but, as part of the indicators update, we will consider whether robust and reliable data could be derived from other sources (e.g. the SPANS survey) where other surveys do not provide suitable or sufficient data.

We will also ensure that data from the national surveys is broken down by local area where possible to help local decision makers shape active systems at this level.

In addition to the Active Scotland Outcomes Framework, we will provide an overview of progress around the Strategic Outcomes for sport and physical activity in Scotland at regular intervals.

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<sup>21</sup> [9789241514187-eng.pdf \(who.int\)](#) p20

# Additional Resources

## Organisations

### **sportScotland**

sportScotland is Scotland's national agency for sport. sportScotland vision for sport can be found at [Sport For Life: A vision for sport in Scotland - sport scotland | spòrs alba](#)

### **NatureScot**

NatureScot are Scotland's nature agency working to improve our natural environment in Scotland and inspire everyone to care more about it. NatureScot contribute to aspects of all the Strategic Outcomes including outdoor learning, greenspaces, green health and cross-sectoral coordination.

[Get active outdoors | NatureScot](#)

### **Paths For All**

Paths For All are Scotland's National Walking Charity and champion everyday walking for a happier, healthier, greener Scotland. Paths For All help to deliver initiatives across the 8 Strategic Objectives. Find out more at [Home | Paths for All](#)

### **SAMH**

SAMH is Scotland's national mental health charity and works to make sure everyone can experience the benefits that physical activity can bring to our mental health and wellbeing. [samh.org.uk/get-involved/physical-activity-and-sport](http://samh.org.uk/get-involved/physical-activity-and-sport)

### **Scottish Sports Association**

The Scottish Sports Association (SSA) brings Scottish Governing Bodies of sport together with a wide range of partners with the aim of ensuring that sports policies, and those that impact on sport, work in harmony so as to be most effective in practice. [Scottish Sports Association - Home \(thessa.org.uk\)](http://thessa.org.uk)

### **Ramblers Scotland**

Ramblers Scotland aim to help everyone to enjoy the pleasures of walking and work to protect access to the natural environment. [Ramblers Scotland - Ramblers](#)

## Active Systems

### **Indicators**

As part of the ongoing development of this Framework we are working to update the key indicators which allow us to measure progress. The current indicators can be found at:

[scotland.shinyapps.io/sq-active-scotland-outcomes-framework-indicators/](http://scotland.shinyapps.io/sq-active-scotland-outcomes-framework-indicators/)

### **National Leadership Group for Physical Activity and Sport**

Minutes of meetings can be found at

[Physical activity and sport: National Leadership Group - gov.scot \(www.gov.scot\)](http://Physical%20activity%20and%20sport%3A%20National%20Leadership%20Group%20-%20gov.scot%20(www.gov.scot))

## **SPARC**

Further resources, including information on the annual Scottish Physical Activity Research Connections conference can be found at

[Physical Activity for Health Research Centre \(PAHRC\) | The University of Edinburgh](#)

## **Active Places of Learning**

### **The Daily Mile**

Information on the Daily Mile can be found at [The Daily Mile | UK](#)

### **Active Schools**

Information on Active Schools can be found at

[Active Schools - sportscotland the national agency for sport in Scotland](#)

### **College Active Campus Network**

Information on the College Active Campus Network can be found at [Home - Scottish Student Sport](#)

## **Active Travel**

*Links to key documents*

## Active Places and Spaces

### **National Planning Framework 4**

[National Planning Framework 4 - gov.scot \(www.gov.scot\)](http://www.gov.scot)

### **Local living and 20 minute neighbourhoods: planning guidance**

[Local living and 20 minute neighbourhoods: planning guidance - gov.scot \(www.gov.scot\)](http://www.gov.scot)

### **Sport Facilities Fund**

[Sport Facilities Fund - sportscotland the national agency for sport in Scotland](http://www.sportscotland.gov.uk)

## Active Health and Social Care

Further information on the National, Physical Activity Pathway, the Physical Activity Referral Standards and ongoing work on the undergraduate curriculum, together with other key documents relating to physical activity in health and social care settings can be found at:

[Overview of physical activity - Physical activity - Food and physical activity - Health and wellbeing - Our areas of work - Public Health Scotland](http://www.healthscotland.com)

## Active Communications

The Physical Activity Messaging Framework can be found at

[The Physical Activity Messaging Framework \(PAMF\) and Checklist \(PAMC\): International consensus statement and user guide | International Journal of Behavioral Nutrition and Physical Activity | Full Text \(biomedcentral.com\)](http://www.biomedcentral.com)

## Active Sport and Recreation

## Active Workplaces

The PAHRC Toolkit to support moving during the work at home day can be found at [Actify](http://www.actify.co.uk)

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### **Development Group Membership**

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