

Physical Activity for Health – Scotland’s National Framework

Summary and Recommendations

The previous Active Scotland Outcomes Framework was published in 2018. This paper provides Leaders with a draft copy of the new ‘Physical Activity for Health’ framework which utilises up to date international and national evidence to provide a framework to ensure Scotland achieves its vision for the population - *‘More People, More Active, More Often’*.

This paper invites Leaders to:

- i. Provide comment on the draft Framework at **Appendix A** prior to its finalisation;
- ii. Agree that the COSLA President provides the foreword alongside the First Minister;
- iii. Agree that officers work with Scottish Government officials on the launch event, and to develop a communications plan which outlines Local Government’s support for the Framework;
- iv. Agree that COSLA Health & Social Care and Community Wellbeing Spokespersons meet the Minister for Social Care, Mental Wellbeing and Sport to discuss the ways in which local and national governments can work together on the delivery of Scotland’s new National Framework; and
- v. Note that further reports will be provided as appropriate by the Sport and Physical Activity Special Interest Group.

References

Previous reports on Sport and Physical Activity

- LD/22/011 – The Contribution of Physical Activity and Sport

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Date Considered: 30 August 2024

Physical Activity for Health – Scotland’s National Framework

Purpose

1. The previous Active Scotland Outcomes Framework was published in 2018. This paper provides Leaders with a draft copy of the new ‘Physical Activity for Health’ framework which utilises up to date international and national evidence to provide a framework to ensure Scotland achieves its vision for the population - *‘More People, More Active, More Often’*.

Current COSLA Position

2. In January 2022, Leaders approved the publication with sportscotland and Public Health Scotland of [‘The Positive Contribution of Physical Activity of Sport to Scotland’](#) and agreed the importance and contribution that physical activity makes across policies and services of Local Government.
3. COSLA is represented by officers on the [National Leadership Group for Physical Activity and Sport](#), chaired by the Minister for Social Care, Mental Wellbeing and Sport, and the [National Development Group for Physical Activity and Sport](#) chaired by Professor Emerita Nanette Mutrie MBE.

Policy Background

4. In 2003, Scotland was amongst the first nations in the world to publish a strategy which recognised the consequences to public health of physical inactivity and identified approaches which would help to address this challenge. ‘Let’s Make Scotland More Active’ aimed to increase the proportion of physically active people in Scotland and recommended approaches based on international evidence by which this might be achieved.
5. In the intervening twenty years, addressing physical inactivity has remained a policy priority for the Scottish Government. The Commonwealth Games in Glasgow in 2014 gave new impetus to this agenda and the availability of new international research and guidance provided a clearer framework for the development of more nuanced approaches. This was encapsulated in the Scottish Government’s Active Scotland Outcomes Framework (2015) which set out the shared vision and goals which shaped the approach it and a wide range of partner organisations would take to supporting and enabling people in Scotland to be more physically active. The Outcomes Framework was supplemented in 2018 by an [Active Scotland Delivery Plan](#) which outlined over 90 actions being taken forward to deliver the outcomes in the Framework.
6. The core messages of Let’s Make Scotland More Active in 2003 are still relevant today and the actions which have been taken forward in the last twenty years have had an impact. The people of Scotland are more active now than they were in 2003. In the last 10 years, the percentage of adults meeting recommended levels of physical activity has increased by 3% from 62% in 2012 to 65% in 2022. Although this increase may appear modest, it is in line with the trend in most Western European countries.

The Current Challenge in Scotland

7. Insufficient physical activity is one of the 5 main modifiable risk factors for the 5 main non-communicable diseases: cardiovascular diseases, cancer, diabetes, chronic respiratory diseases, and poor mental health.
8. An estimated 3,000 deaths in Scotland each year are attributable to physical inactivity. More than 80% of deaths attributable to inactivity occur amongst those undertaking very low levels of activity (under 30 minutes per week).
9. 22% of adults reported doing under 30 minutes of physical activity per week in 2022. 65% of adults met recommended levels of physical activity. If people in the very low activity category increased their activity levels by 15 minutes per week, an equivalent of around 1,000 years of life lost from premature ischaemic heart disease death alone could potentially have been averted.

What is changing?

10. Physical Activity for Health – Scotland’s National Framework (attached as Appendix A) has been developed over the past 18 months with system partners including COSLA, Scottish Government, sportscotland, Public Health Scotland, Community Leisure UK, Paths 4 All, Transport Scotland and Nature Scot; amongst others. This Physical Activity for Health Framework is closely linked to the objective of improving health and wellbeing in the wider Population Health Framework.
11. The approach to improving levels of physical activity in Scotland outlined in the framework 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. More on the principles behind the approach can be found [here](#).
12. The overall vision for Scotland, as has been since 2003, is ‘More People, More Active, More Often’; this remains the vision for Scotland’s new framework and is based on the recognition that improving levels of activity is vital for the health and wellbeing of the people of Scotland. Global evidence ¹indicates the actions which will lead to achieving this vision. They 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.
13. The actions are wide ranging, ambitious, and long term and can be undertaken by a range of partners. 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.
14. The eight Strategic Outcomes are:
 - **Active Systems** - 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
 - **Active Places of Learning** - We have created active environments, policies and opportunities across all places of learning.

¹ <https://ispah.org/resources/key-resources/8-investments/>

- **Active Travel** - Sectors are working collaboratively on action that prioritises active travel infrastructure and supports and encourages active travel behaviour
 - **Active Places and Spaces** - 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.
 - **Active Health and Social Care** - 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
 - **Active Communications** - 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.
 - **Sport and Recreation** - 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.
 - **Active Workplaces** - Everyday physical activity is supported in workplaces in Scotland
15. Following engagement with Leaders and Ministers, plans are being developed to officially launch the Framework on 2 October 2024 during Women and Girls in Sport Week.
 16. In recent weeks COSLA and sportscotland have jointly invested in a fixed term policy manager post to support, progress and develop Local Government's leadership and role in sport and physical activity. An initial priority for this post is to establish and support COSLA's Sport and Physical Activity Special Interest Group.

Proposed COSLA Position

17. It is proposed that, subject to comments and feedback, COSLA endorses 'Scotland's National Framework' as an evidence-based resource to achieve 'More People, More Active, More Often'.
18. Following the launch of the Framework officers will work across the four policy boards and with spokespeople to understand the links and connections between board priorities and the Strategic Outcomes within the Framework. This to ensure that COSLA's approach to the Framework, and indeed sport and physical activity, is cross-cutting across the organisation.


Next Steps

19. Should Leaders agree to endorse 'Physical Activity for Health – Scotland's National Framework' officers will work with Scottish Government officials on the launch event, and to develop a communications plan which outlines Local Government's support for the Framework.
20. Following the Framework launch COSLA officers will work across COSLA's policy boards, with local authorities and partner organisations, including sportscotland, Public Health Scotland and Scottish Government to establish next steps for the national and local implementation of the Framework and relevant actions.

21. The Sport and Physical Activity Special Interest Group will provide leadership to develop the priorities around sport and physical activity in Local Government and will engage with Leaders as and when required.

Date Considered: 30/08/24

Contribution to agreed COSLA Plan and Verity House Agreement:

<p>COSLA Plan 22-27</p> 	<p>Priority Areas</p> <p>Strengthen Local Democracy <input type="checkbox"/></p> <p>Secure Sustainable Funding <input type="checkbox"/></p> <p>Improve the Wellbeing of Individuals, Families and Communities <input checked="" type="checkbox"/></p> <p>Enhance Education and Support for Children and Young People <input checked="" type="checkbox"/></p> <p>Deliver a Just Transition to a Net Zero Economy <input checked="" type="checkbox"/></p> <p>Support the Most Vulnerable in our Communities <input type="checkbox"/></p>
<p>Verity House Agreement</p>	<p>Shared Priorities</p> <p>Tackling Poverty <input type="checkbox"/></p> <p>Just transition to net zero <input checked="" type="checkbox"/></p> <p>Sustainable Public Services <input checked="" type="checkbox"/></p>