

Report for: Cabinet 20 June 2017

Item number: 9

Title: Cabinet Response to the Overview and Scrutiny Committee's Physical Activity for Older People Project

Report authorised by: Jeanelle De Gruchy; Director for Public Health

Lead Officer: Andrea Keeble; Commissioning & Client Manager; Active Communities, Leisure & Partnerships - 5712

Ward(s) affected: All

**Report for Key/
Non Key Decision:** Non key

1. Describe the issue under consideration

- 1.1 The report sets out the proposed Cabinet response (attached as Appendix 2) to the recommendations of the Overview and Scrutiny Committee's Physical Activity for Older People Project (attached as Appendix 1), which was carried out between July 2016 and February 2017.

2. Cabinet Member Introduction

- 2.1 The Council welcomes the attention that the Committee has given to how we can address the low rates of physical activity among older people in the borough. Physical activity is one of the strongest positive influences on our health and wellbeing over our lifetime – from our early years, to supporting healthy aging – and key to reducing the demand for health and social care. Our strategic commitment to prevention and maximising independence means that we need to focus on how to increase the physical activity of all our residents, including those who are older.
- 2.2 As the report illustrates, many Council and commissioned services have a role to play in encouraging and enabling physical activity. Our existing commitment to providing free access to leisure centres for those aged 65+ is a strong foundation, but Haringey – in line with the rest of London and England – continues to have low rates of physical activity amongst older people. As such, we welcome the contribution in this report to how our current offer and approach can be amplified even as we face severe financial challenges.
- 2.3 We are developing through our Design Framework for Integrated Health and Care a whole system approach to public health and care which is both broader and deeper than our traditional focus on providing social care. This incorporates our commitment to prevention with efforts of improving health and wellbeing

through all council services and policies. The detailed recommendations provided by the Committee will be aligned with this overall strategic approach.

3. Recommendations

3.1 Members are asked:

- (a) To consider the Overview and Scrutiny Report for the Physical Activity for Older People Project (attached as Appendix 1)
- (b) To agree the responses to the Overview and Scrutiny Report recommendations (attached as Appendix 2)

4. Reasons for decision

- 4.1 The reasons for decision are detailed in section 4 of the Overview and Scrutiny Report for the Physical Activity for Older People (attached as Appendix 1).
- 4.2 The recommendations and responses (Appendix 2) address the concerns around the low rates of physical activity amongst older people detailed in the Panel's report.
- 4.3 It should be noted that not all the recommendations could be fully agreed. This is firstly due to the separate decision making processes that are required to achieve full agreement. These separate decision making processes could not be completed within the timeframe required for adoption. Likewise funding is not in place for all recommendations. Fuller explanations around the recommendations and responses are detailed in Appendix 2.
- 4.4 The financial implications of these recommendations are currently neutral. Some realignment of people resources is required and accepted. Where actual funding is required, as detailed in the recommendations, this is subject to successfully drawing down external funding from bodies such as Sport England. Activities requiring support / delivery by Fusion and other partners have been agreed with them.
- 4.5 It can also be expected that longer term savings will be made if older people are healthier and more independent as a result from becoming more active.

5. Alternative options considered

- 5.1 The Overview and Scrutiny Committee explored a number of views, good practice and evidence from many sources to enable the collation of the report and the subsequent recommendations.
- 5.2 The recommendations have been carefully considered in light of our strategic priorities and the resources available. Detailed responses have been drawn up to each recommendation and in most cases there is agreement to take these forward to help the Council and its partners improve physical activity rates amongst older people in the Borough. Where we do not fully agree that a

recommendation represents the right course of action, we have detailed this in the response.

6. Background information

- 6.1 Physically active older people have a lower risk of ill-health including dementia and have higher levels of physical and cognitive function, psychological well-being and independence than inactive older people.
- 6.2 However, as we grow older, Public Health England reports that we don't do enough to stay healthy. By the age of 75 only one in ten men and one in 20 women are active enough for good health. As a result, encouraging older adults to be more active, creative and connected is a major health and care issue. Starting to exercise later in life is always worth it, leading even then to improvements in health, functioning and wellbeing.
- 6.3 Recently the physical activity landscape has changed. The Department of Culture, Media and Sport in December 2015 published its new overarching strategic direction for sport 'Sporting Future: A New Strategy for an Active Nation'. This was followed up in 2016 with Sport England's updated strategy 'Towards an Active Nation'.
- 6.4 Nationally the most fundamental shift in strategic direction can be summarised as a move away from a 'Sport for All' approach to developing a more productive, sustainable and responsible sports sector that works to ensure that people from every background regularly and meaningfully engage in sport and physical activity.
- 6.5 Within the new strategic direction there is an explicit recognition that not enough has been done previously to engage the inactive, of which the biggest and most significant group is older people.
- 6.6 In response to the borough's current wellbeing and corporate priorities as well as Sport England's strategy, the Council and our partners have in the past few years developed a number of programmes and initiatives to encourage more physical activity amongst older people. These include:
- The Haringey Walks Campaign
 - Introduction of Silverfit (a 50+ programme based in Lordship Rec)
 - Better with Age programming in the leisure centres
 - Major campaign to encourage more take up of the 65+ free access to the leisure centres' membership
 - A GP surgery leading and promoting a local exercise class for those with long term conditions.
- 6.7 The Health and Wellbeing Strategy, with the Corporate Plan (currently being updated) and the Physical Activity and Sport Framework (being updated) will ensure significantly more strategic focus on achieving the ambition of an 'Active and Healthy Haringey'. The Panel's investigations and recommendations relating to older people and physical activity could not be more pertinent in this context, and contribute to this emerging strategic direction.

- 6.8 Further to programming and campaigns to encourage physical activity, the Council's wider ambitions for an 'Active and Healthy Haringey' will, as this strategic direction develops, lead to;
- the activation of the various levers available to the Council and partners; strategic, policy, organisational, physical, financial and other levers to establish and drive the transformation required to deliver large scale improvements to physical activity.
 - exploiting regeneration opportunities to design the public realm with active, healthy living right at its heart, in close collaboration with our communities; which will improve health outcomes at scale for the long term.
- 6.10 In this context the process undertaken by the Overview and Scrutiny Committee and the recommendations (see Appendix 2) and outputs arising from the work undertaken, can be seen as an important part of this journey to a more integrated approach to improving physical activity not just among older people but across the wider population.
- 6.11 The recommendations evolve from the best research available and new ways of working. They take the local situation into account and derive from the need to reduce the problems associated with the intertwined themes of physical inactivity and social isolation. The fulfilment of the recommendations allied with current work programmes will have a very positive impact on levels of physical activity in older people.

7. Contribution to Strategic Outcomes

- 7.1 The recommendations and responses made will contribute to achieving Priority 2 of the Corporate Plan: 'To enable all adults to live healthy, long and fulfilling lives'.
- 7.2 Linked to the above, a clear contribution to the Health and Wellbeing Strategy's priority of 'Increasing healthy life expectancy' and the key ambition of 'Increasing the number of adults who will be physically active'.

8. Statutory Officers comments (Chief Finance Officer (including procurement), Assistant Director of Corporate Governance, Equalities)

8.1 Finance

- 8.1.1 Recommendations and responses set out in Appendix 2 are cost neutral. There are financial implications but as detailed in the responses these are subject to:
- External funding being achieved
 - Separate decision making processes e.g. any contract negotiation around the Leisure Management contract with Fusion
- 8.1.2 It is therefore expected that the majority of recommendations could be enacted with minimal financial impact to the Council.

- 8.1.3 There are no savings identified but it could be expected that savings would accrue over time if older residents were more active and healthy.

8.2 Legal

- 8.2.1 Under Section 9F of the Local Government Act 2000 (“LGA”), the Overview and Scrutiny Committee has the power to make reports or recommendations to Cabinet on matters which affect the Council’s area or the inhabitants of its area.
- 8.2.2 Under Section 9FE of the LGA there is a duty on Cabinet to respond to the Report, indicating what (if any) action Cabinet proposes to take, within two months of receiving the Report and recommendations.

8.3 Equality

- 8.3.1 The Council has a public sector equality duty under the Equality Act (2010) to have due regard to:
- Tackle discrimination and victimisation of persons that share the characteristics protected under S4 of the Act. These include the characteristics of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex (formerly gender) and sexual orientation;
 - advance equality of opportunity between people who share those protected characteristics and people who do not;
 - foster good relations between people who share those characteristics and people who do not.
- 8.3.2 The recommendations of the Panel when fulfilled will contribute towards tackling the poor levels of physical activity amongst older people by advancing equality of opportunity between older people and the wider population.
- 8.3.3 As many older people are also disabled, the focus on offering more targeted activities for people with dementia and associated conditions is also positive.
- 8.3.4 Older people make up the largest cohort of the inactive in the borough. Inactivity contributes significantly to a wide range of conditions which inhibit an individual from enjoying life. Efforts to reduce this will improve social cohesion and advance the ability of older people to participate in civic life.
- 8.3.5 Inactivity in older people is worse for BAME and women in this group, thus a more targeted approach to increase activity, as outlined in the recommendations, will reduce the inequality experienced by people from BAME communities and women.

9. Use of Appendices

- 9.1 Appendix 1 - Overview and Scrutiny Committee’s Physical Activity for Older People’s Project Report
- 9.2 Appendix 2 – Recommendations and Responses of the Overview and Scrutiny Committee’s Physical Activity for Older People’s Project

10. Local Government (Access to Information) Act 1985

