


# ACTIVE MEDICINE

Active Together Partnership supporting the health system to integrate physical activity into prevention and treatment pathways.

An inactive person spends

**38%**  
more days  
in hospital.



**1 in 4**   
people would  
be more active  
if advised by a **GP**  
or **Nurse**.

## UK Chief Medical Officers' physical activity guidelines

- Adults at least 150 minutes moderate intensity per week
- Children [5-18 years] at least 60 minutes per day

Across Leicestershire, Leicester and Rutland **41.1% of adults and 54.1% of children** do not meet the UK Chief Medical Officers' physical activity guidelines.

**Physical inactivity** is associated with **1 in 6 deaths** in the UK [same as smoking] and is estimated to cost the UK

**£7.4bn** annually

Including £0.9 billion to the NHS alone.



**x2**

Those living with a health condition are twice as likely to be inactive than people without a health condition.



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# Living an active life reduces the risk of getting many common diseases:



**ALL CAUSES  
OF DEATH**



**STROKE**  
UP TO **30%** REDUCTION



**OBESITY**  
UP TO **10%** REDUCTION



**TYPE 2 DIABETES**  
UP TO **50%** REDUCTION



**DEPRESSION**  
UP TO **30%** REDUCTION



**CANCER**  
UP TO **25%** REDUCTION



**CORONARY HEART  
DISEASE**  
UP TO **30%** REDUCTION



**CARDIOVASCULAR  
DISEASE**  
UP TO **25%** REDUCTION



**JOINT AND  
BACK PAIN**  
UP TO **25%** REDUCTION



**HYPERTENSION**  
UP TO **50%** REDUCTION



**FALLS AND FRAILTY**  
UP TO **21%** REDUCTION

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# PHYSICAL ACTIVITY REDUCING NHS HEALTHCARE INEQUALITIES FOR ADULTS

## CORE20

The most deprived 20% of the national population as identified by the Index of Multiple Deprivation.

### OUR RESPONSE

Adults from the most deprived quartile of neighbourhoods are 45% more likely to be inactive compared to a person from the least deprived quartile of neighbourhoods. Improving rates of participation in physical activity among residents in deprived areas could help to reduce the amount of years people living in these areas spend in poor health.

## Target population

# CORE20

# PLUS

# 5

## Key clinical areas of health inequalities

## PLUS

ICS-chosen population groups experiencing poorer than average health access, experience and/or outcomes, who may not be captured within the Core20 alone and would benefit from a tailored healthcare approach e.g. inclusion health groups.

### OUR RESPONSE

Our philosophy and programmes encourage inclusive provision for those from a range of backgrounds including ethnically diverse communities, LGBTQ+ communities and women and girls.

### MATERNITY

ensuring continuity of care for 75% of women from BAME communities and from the most deprived groups.

### SEVERE MENTAL ILLNESS (SMI)

ensuring annual health checks for 60% of those living with SMI (Bringing SMI in line with the success seen in Learning Disabilities).

### CHRONIC RESPIRATORY DISEASE

a clear focus on Chronic Obstructive Pulmonary Disease (COPD), driving up uptake of Covid, Flu and Pneumonia vaccines to reduce infective exacerbations and emergency hospital admissions due to those exacerbations.

### EARLY CANCER DIAGNOSIS

75% of cases diagnosed at stage 1 or 2 by 2028.

### HYPERTENSION CASE-FINDING

and optimal management and lipid optimal management.

### OUR RESPONSE

Physical activity is a useful tool in reducing clinical areas of health inequality. Active Together Partnership provides self-directed opportunities for individuals to access a range of physical activity programmes and resources.

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# PHYSICAL ACTIVITY REDUCING NHS HEALTHCARE INEQUALITIES FOR CHILDREN AND YOUNG PEOPLE

## CORE20

The most deprived 20% of the national population as identified by the Index of Multiple Deprivation.

### OUR RESPONSE

Children and young people with low family affluence are 55% more likely to be less active compared to a child or young person with high family affluence. Improving rates of participation in physical activity among residents in deprived areas could help to reduce the number of years people living in these areas spend in poor health.

## Target population

# CORE20

# PLUS

# 5

## Key clinical areas of health inequalities

## PLUS

ICS-chosen population groups experiencing poorer than average health access, experience and/or outcomes, who may not be captured within the Core20 alone and would benefit from a tailored healthcare approach e.g. inclusion health groups.

### OUR RESPONSE

Our philosophy and programmes encourage inclusive provision for those from a range of backgrounds including ethnically diverse communities, LGBTQ+ communities and women and girls.

## ASTHMA

Address over reliance on reliever medications and decrease the number of asthma attacks.

## DIABETES

Increase access to Real-time Continuous Glucose Monitors and Insulin pumps in the most deprived quintiles and from ethnic minority backgrounds and increase proportion of children and young people with Type 2 diabetes receiving annual health checks.

## EPILEPSY

Increase access to epilepsy specialist nurses and ensure access in the first year of care for those with a learning disability or autism.

## ORAL HEALTH

Address the backlog for tooth extractions in hospital for under 10s.

## MENTAL HEALTH

Improve access rates to children and young people's mental health services for 0-17 year olds for certain ethnic groups, age gender and deprivation.

### OUR RESPONSE

Physical activity is a useful tool in reducing clinical areas of health inequality. Active Together Partnership provides self-directed opportunities for individuals to access a range of physical activity programmes and resources.

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# PHYSICAL ACTIVITY SUPPORTING PRIORITY HEALTH AND WELLBEING THEMES ACROSS LEICESTERSHIRE, LEICESTER AND RUTLAND

## Joint Health and Wellbeing Strategy



### OUR RESPONSE

Physical activity is an essential tool in supporting people to live healthier, happier lives. Working across the life course Active Together Partnership will deliver targeted physical activity intervention alongside self-directed opportunities to improve physical and mental wellbeing.

[Click for more on our Physical Activity Framework](#)

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# ACTIVE TOGETHER PARTNERSHIP PROGRAMMES AND RESOURCES

## TARGETED PHYSICAL ACTIVITY OFFER

### STEADY STEPS

Steady Steps is a 24-week programme tailored to those who have previously fallen or worry about falling and is designed to help improve balance and stability.

[CLICK HERE](#)

### FIT4SURGERY

A personalised, multifactorial care package for people undergoing cancer treatment.

[CLICK HERE](#)

### ACTIVE REFERRAL

#### EXERCISE REFERRAL

A supported physical activity scheme designed to help people living with a range of health conditions.

#### CARDIOPULMONARY REHABILITATION

A structured group-based programme to support people recovering from cardiac events and/or complex respiratory conditions.

#### ESCAPE-PAIN

Group rehabilitation programme for people with chronic joint pain.

[CLICK HERE](#)

### WE ARE UNDEFEATABLE

National campaign supporting people with health conditions to move more, their own way.

[CLICK HERE](#)

### PRE AND POST NATAL

Educating professionals to advocate physical activity to patients and supporting women to become more active through pregnancy and the post-natal period.

[CLICK HERE](#)

## UNIVERSAL PHYSICAL ACTIVITY OFFER

### ACTIVE TOGETHER WEBSITE

Aims to help the residents of LLR get moving a little more in their own way.

[CLICK HERE](#)

### RESOURCES & TOOLS

Signposting to self-directed physical activity options, including Get Active Search Engine to find local opportunities, active apps, active inspiration, leaflets and videos.

[CLICK HERE](#)

## ADVOCACY WITHIN THE HEALTH SYSTEM

### ACTIVE MEDICINE

#### ACTIVE PRACTICES

The RCGP programme aims to help GP's raise awareness of the simple changes that can be made to improve the physical and mental wellbeing of patients and staff.

#### MOVING MEDICINE

The ultimate resource to help healthcare professionals integrate physical activity conversations into routine.

[CLICK HERE](#)

### SUPPORT AND ADVICE

On how physical activity can contribute to health outcomes and health policies.

[CLICK HERE](#)

### TRAINING

Physical activity training sessions and workshops for healthcare professionals.

[CLICK HERE](#)



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# OUR PARTNERSHIP & PARTNERS



Active Together is the Active Partnership for Leicestershire, Leicester and Rutland. Our partnership vision is that Leicestershire, Leicester and Rutland is a place where physical activity is part of daily life, leading to people living healthier and happier lives.

## CLICK TO VISIT OUR PARTNERS:



**Active Blaby**

[CLICK HERE TO VISIT](#)



**Active Charnwood**

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**Active Together Harborough**

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**Active Hinckley and Bosworth**

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**Leicester City Council**

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**Leicestershire County Council**

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**North West Leicestershire Health and Wellbeing Team**

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**Melton Sport and Health Alliance**

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**Active Oadby and Wigston**

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**Active Rutland**

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## CONTACT DETAILS:

If you would like to find out more about us and explore how we can work together please get in touch:

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