Physical inactivity

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Physical inactivity

Key facts

- Physical inactivity is a leading cause for ill-health and directly contributes to 1 in 6 deaths.

- Physical activity can prevent or help manage over 20 common conditions.

- Reducing inactivity could prevent up to 40% of many long term conditions, eg. T2 diabetes

- Sedentary behaviour is a separate, independent behaviour and is a CVD risk factor
Key facts:

- UK is one of the most physically inactive nations in the world.

- We are now 25% less active than we were in 1960's.

- Around four in ten children aged 5-15 years are physically inactive (boys 39%, girls 45%).

- Only one in ten children aged 2-4 years meet the recommendation physical activity levels (boys 9%, girls 10%).

- 26% of women and 19% of men are ‘inactive’.

- On average British people sit for about 9 hours a day.
Key insights:
- Most people over-estimate and over-report how active they are.
- We have a poor understanding of
  - the recommended levels of physical activity (by age group).
  - Understanding the difference between Physical inactivity v sedentary behaviour
  - What counts as “physical activity”

Older adults belief:
- Physical activity is ‘risky’
- Its “too late”
The public health recommendation

150 minutes of moderate intensity physical activity in a week

- Heavy household activity (chores, gardening, DIY)
- Occupational
- Sport, exercise
- Transport activity (walking, cycling)
- Leisure time physical activity (swimming, dancing, walking, cycling)

**Moderate intensity**

You are able to talk but you notice that your breathing is quicker and deeper, your body is warming up, your face may have a healthy glow and your heart will be beating faster than normal but not racing
Key messages

- We all need to sit less, move more.
- Any activity is better than none (it’s safer to do something than nothing)
- It’s never too late to start.
- Start slowly and build up.
- Build physical activity into your daily life.
- Aim for what is achievable in meeting recommended levels
- ‘Moderate intensity = feeling warmer/breathing harder
- Low (sing) moderate (talk) vigorous (neither!)
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Key resources
- Your community
- Healthy Shropshire
- PHE Guidelines infographics
- One You: Active You 2017?
- Change4Life
- British Heart Foundation