

Merton Physical Activity profile 2018



Introduction

Participation in physical activity has been shown to have a positive protecting effect from a wide range of both physical and mental health conditions. These include:

- Certain types of cancer
- Cardiovascular disease
- Stroke
- Dementia
- Depression

What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:



Increasing physical activity has the potential to improve the physical and mental health and wellbeing of individuals, families, communities and the nation as a whole (PHE, 2016).

Research shows the benefits of increased participation in physical activity but Public Health England acknowledges it cannot do it alone and wholesale change needs to happen. There are barriers to physical activity participation. Additionally, inequalities exist between different segments of the population, eg gender, ethnicity and age.





Everybody active everyday framework

In 2014, the government published a framework aimed at getting "everybody active every day" which included an evidence based approach to increasing participation in activity within England. The framework identified four key areas which need to be addressed in order to achieve the target of increased participation. These can be seen on the chart.



Guidelines

According to physical activity guidelines for adults from the UK Chief Medical Officers, adults should aim to:

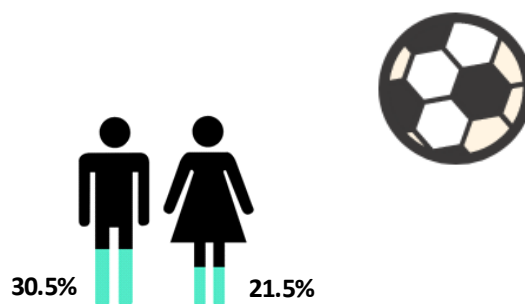
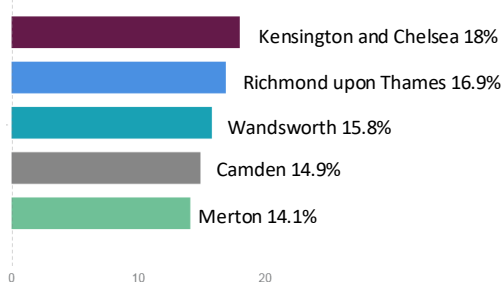
-  Take part in 150 minutes of moderate intensity* activity each week, which should be:
-  In bouts of 10 minutes or more

*Moderate intensity activity is defined as a physical activity which raises the heart rate and makes a person warmer and breathe harder (NICE, 2013)

Aims of profile

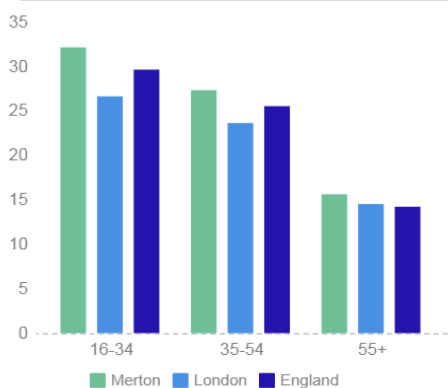
- This profile looks at current levels of physical activity within the London Borough of Merton in relation to comparator areas, London and England. The data used is from the Active People Survey 9 and 10, October 2014 to September 2016.
- To highlight any demographic differences and inequalities which may exist within the borough
- Current work and recommendations of future work which can be done to increase physical activity within Merton

Key facts



Merton (14.1%) has the **5th highest** proportion of adults meeting sports and activity guidelines within London

The proportion of males (30.5%) and females (21.5%) in Merton taking part in sport is higher than London (26.4% males, 18.6% females) and England (26.7% males, 19.6% females).



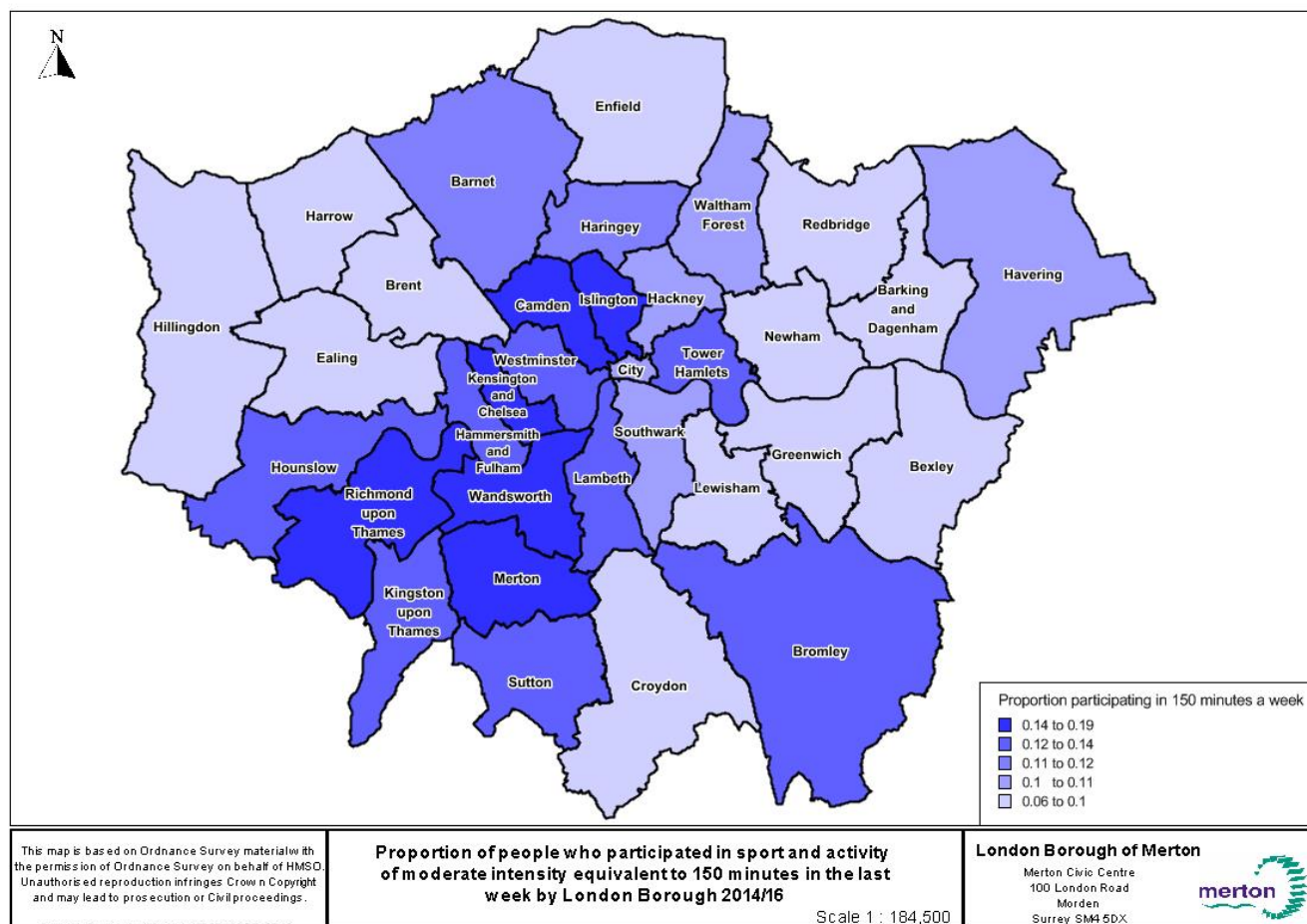
The highest proportion of adults meeting recommended guidelines for activity is in the 16-34 age group, where 32.1% of people participate in Merton compared to 26.6% in London and 29.6% in England*.



There is wide variation between the four socio-economic groups within Merton meeting sport and activity guidelines. Those in a professional group showed the highest percentage at 32%, those who have never worked or have been unemployed long-term showing the lowest score, at 15%.

*Average of London Boroughs and Unitary Authorities used to calculate value for England

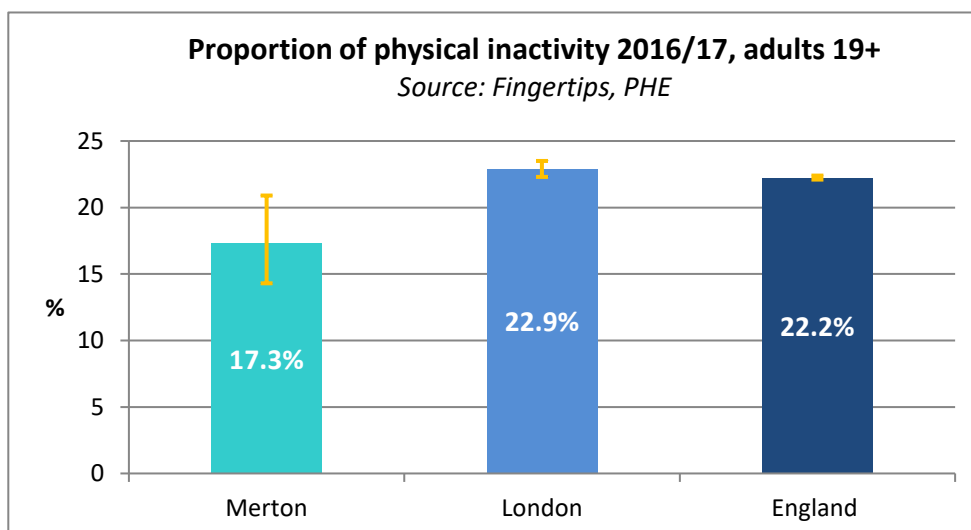
London wide view



The map shows that Merton has among the highest proportions of people in London boroughs who are meeting the guidelines for recommended amounts of physical activity per week (14.1%, 5th highest in London). The proportion is higher than averages for London (11.3%) and England (12.6%).

Physical inactivity

The definition of physical inactivity (current method) for 2016/17 is the percentage of adults (aged 19+) that carry out less than 30 moderate intensity equivalent minutes per week. In Merton, this is 17.3% of adults which is significantly lower than London and England.

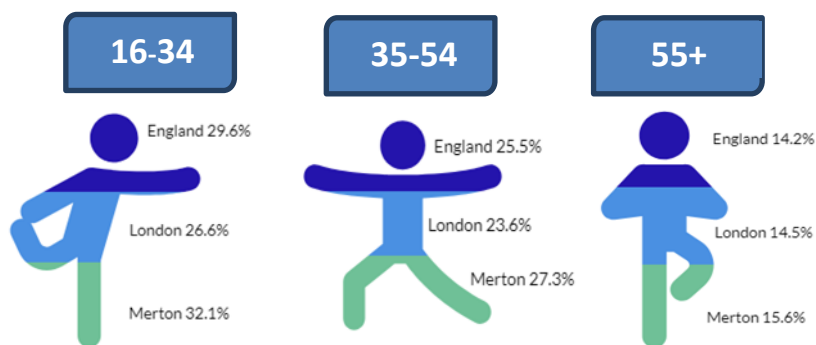


Population differences and inequalities

The dataset allows comparison by different demographics including gender, age group and ethnicity, however the levels of activity are slightly different:

- Activity data shows the proportion of residents who participated in sport and active recreation, at moderate intensity, for at least 30 minutes on at least 12 days but no more than 19 days in the last 4 weeks (equivalent to 3 times a week over the previous month).
- Participation data by age band, gender, ethnicity and illness/disability status shows the proportion of residents taking part in activity or sport equivalent to 90 minutes a week.

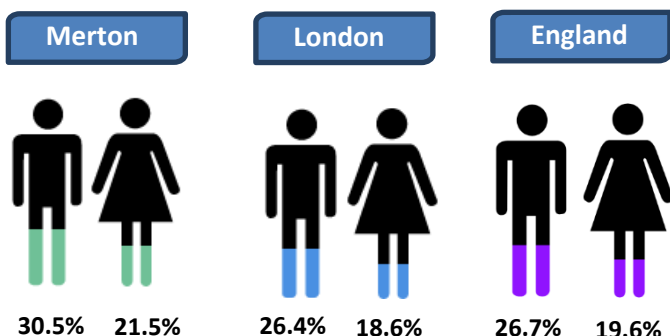
Age bands



Merton shows a higher percentage of physical activity than London or England for all age groups. The most active age band is the 16-34 year-old group at 32%, however the 35-54 year-olds follow closely at 27%.

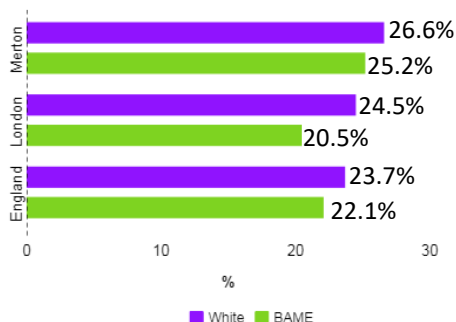


Gender



Merton shows a higher participation percentage for both males and females than London and England.

Ethnicity

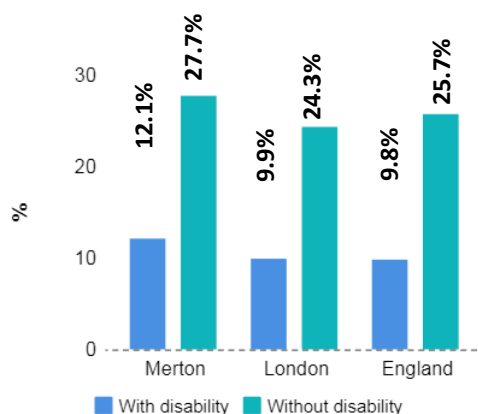


The bar chart shows the percentage of participation by ethnicity. Merton shows the same pattern as London and England, with a higher percentage of participation by those of white ethnicity.



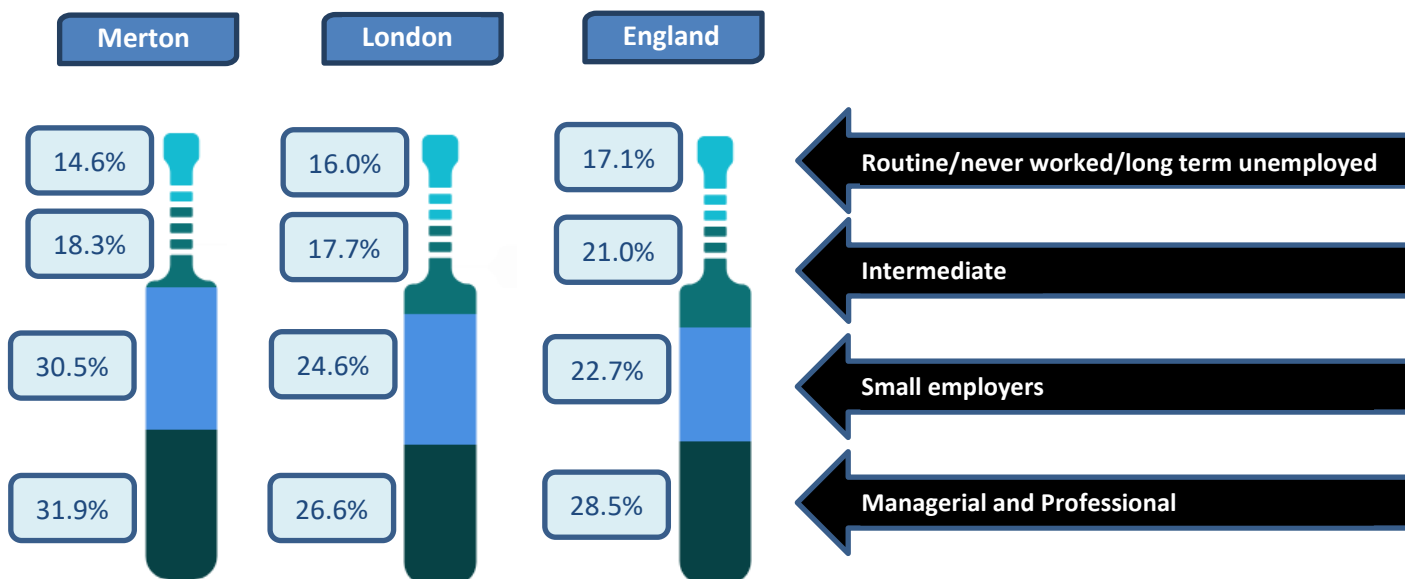
Illness/Disability Status

The bar chart shows the percentage of participation by people with or without a disability. Merton shows the same pattern as London and England, with a higher percentage of participation by those without a disability. Merton shows a 15.6 percentage point difference between those with and without a disability, higher when compared to London at 14.4 and lower than England at 15.9.



Socio-economic group

Note: Figures show the percentage of participation in each social group and hence do not add upto 100%.

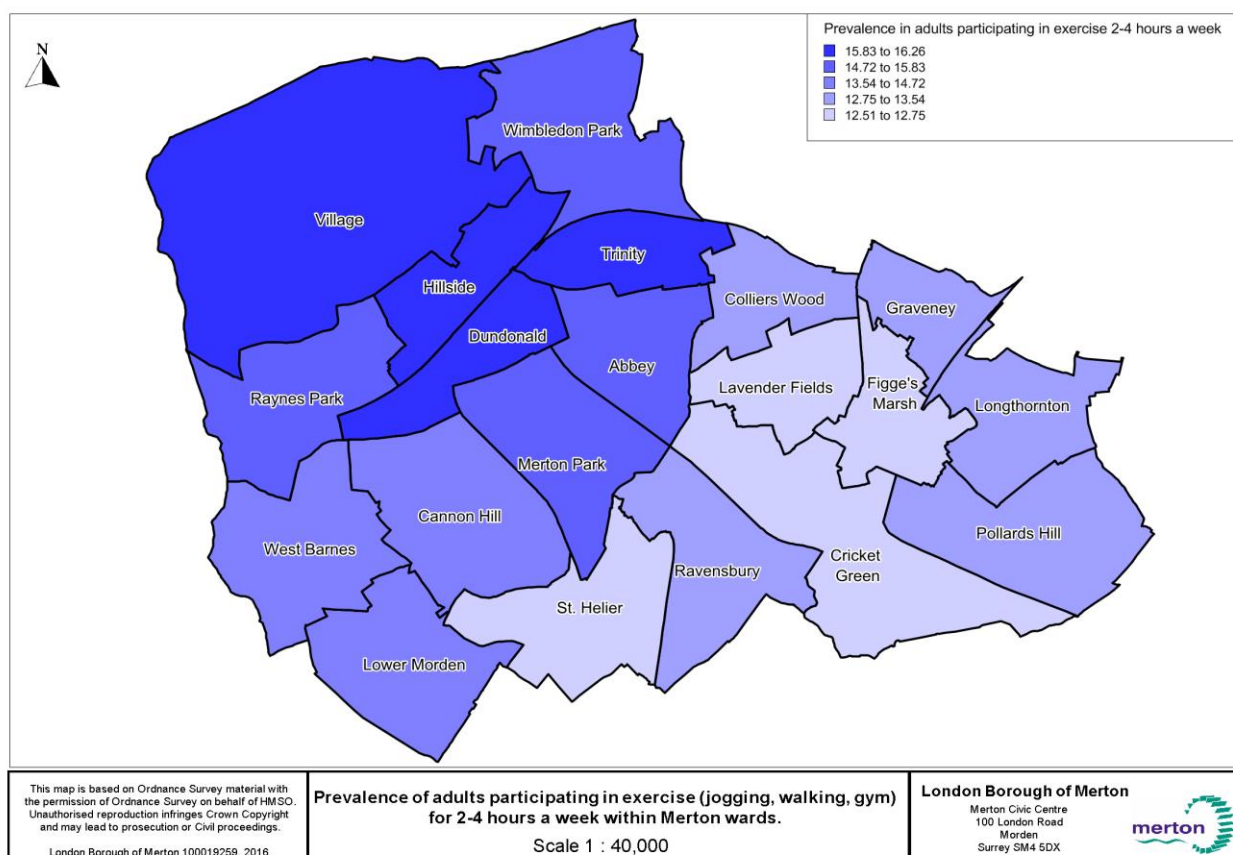


Participation is highest in Merton amongst those with a managerial or professional job, at 32%. This is higher than London at 27% and England at 29%.

Participation in the socio-economic group Small employers account for 31% in Merton, which is considerably higher than London at 25% and England at 23%.

Intermediate workers show figures above London but lower than England, and those in routine/never worked/long term unemployed in Merton account for the lowest percentage at 15% compared to London at 16% and England at 17%.

Modelled ward differences in adult population participating in exercise (jogging, walking, gym) for 2-4 hours a week



The map shows differences in the modelled proportion of adults participating in exercise for 2-4 hours a week within Merton wards. The highest levels are in the west of the borough in Village, Hillside, Dundonald and Trinity wards (15.8% - 16.3%). The lowest levels are in the east of the borough in Figges Marsh, Cricket Green, Lavender Fields and St Helier wards (12.5% - 12.7%).

The average for Merton borough is 14.2%, with west Merton showing slightly higher participation levels at 15.2% compared to east Merton at 13.1%.

What’s happening in schools?

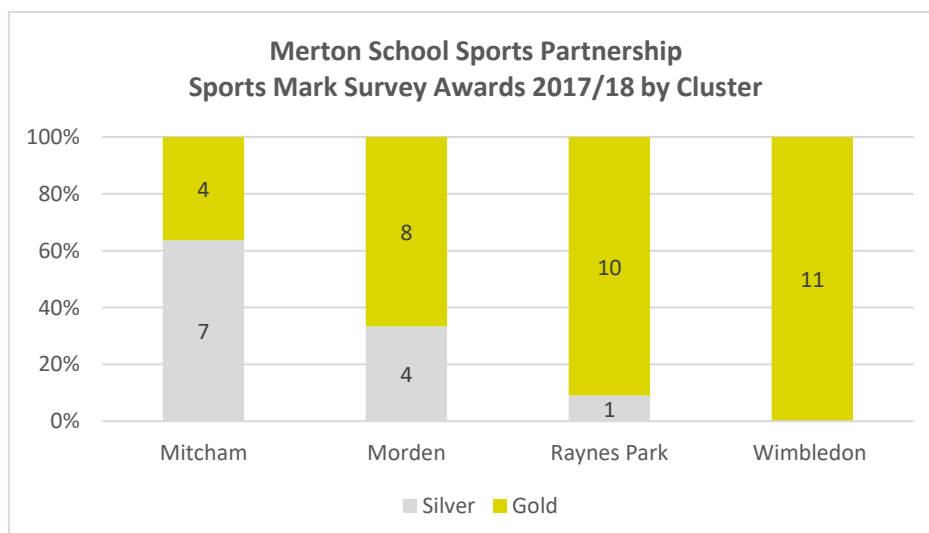
Merton School Sports Partnership (MSSP) send an annual questionnaire to Primary schools in order to establish participation levels of pupils in sports. Depending on results, schools are awarded either a Bronze, Silver or Gold Award in the Merton School Sport Mark. Points are awarded depending on the level of participation and award levels are shown in the table below.

Scoring for Overall Grade	
52+ =	Gold
34+ =	Silver
18+ =	Bronze

The questions seek to establish:

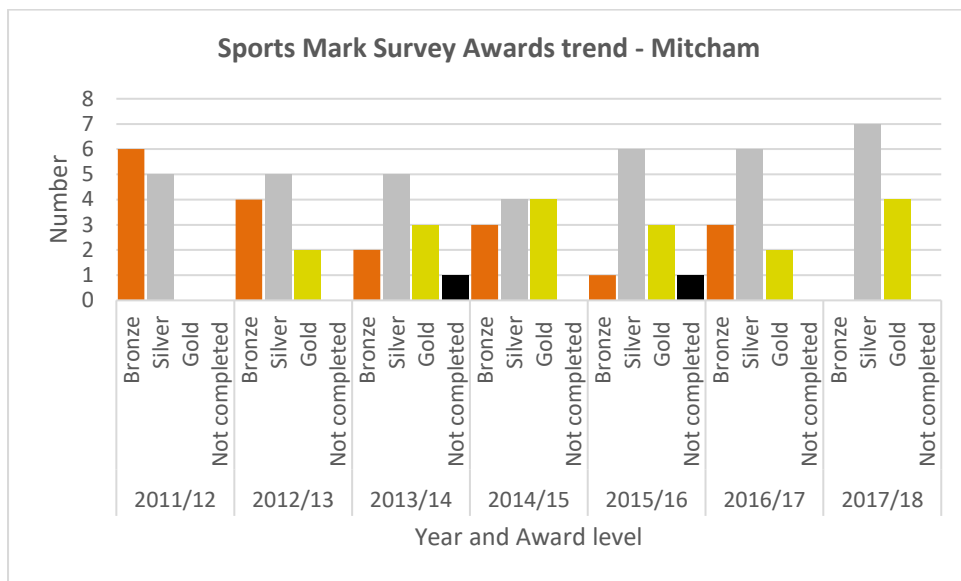
- The frequency and time spent on physical exercise
- If staff who teach PE have support to improve the quality of their lessons
- If there are extra-curricular sports sessions
- Sports Leadership programme – number of children attending and completing the course and the number of leaders volunteering
- The number of inter-school competitions and festivals entered
- The club and community links and provision for Gifted and Talented children
- Details around the Swimming programme
- If there is a PE programme in place for children with Special Educational Needs and Disability (SEND)
- Whether there is an action plan signed off by the Head Teacher; a PE section on the school website; a funding breakdown of the Sports Premium on the website; a report on PE sent to the Senior Leadership team and/or Governors; an up-to-date PE notice board and a centralised register of participation data.

The 45 Primary schools are divided into 4 clusters and the awards for 2017/18 are as follows (numbers on the chart denote number of awards): -

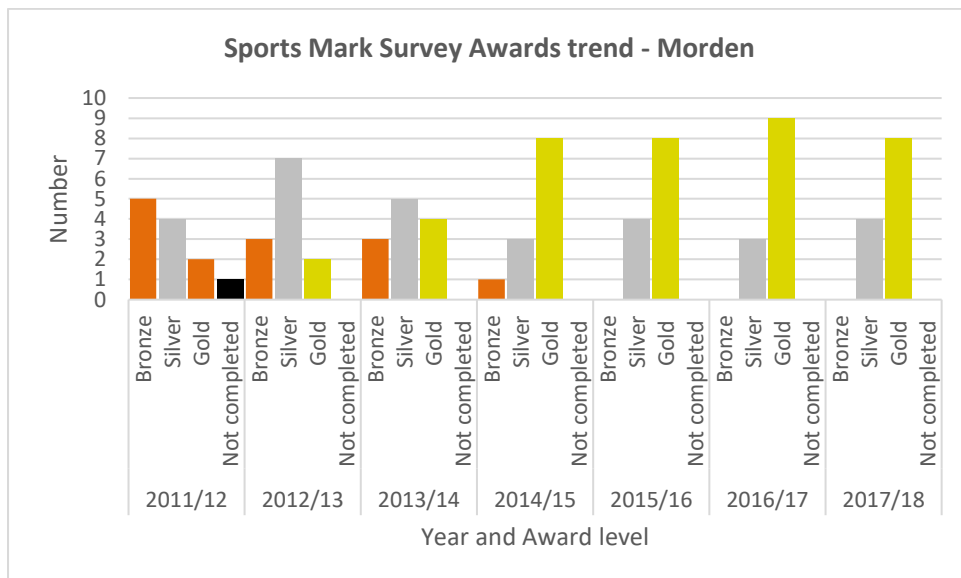


For 2017/18, all clusters achieved silver and gold awards.

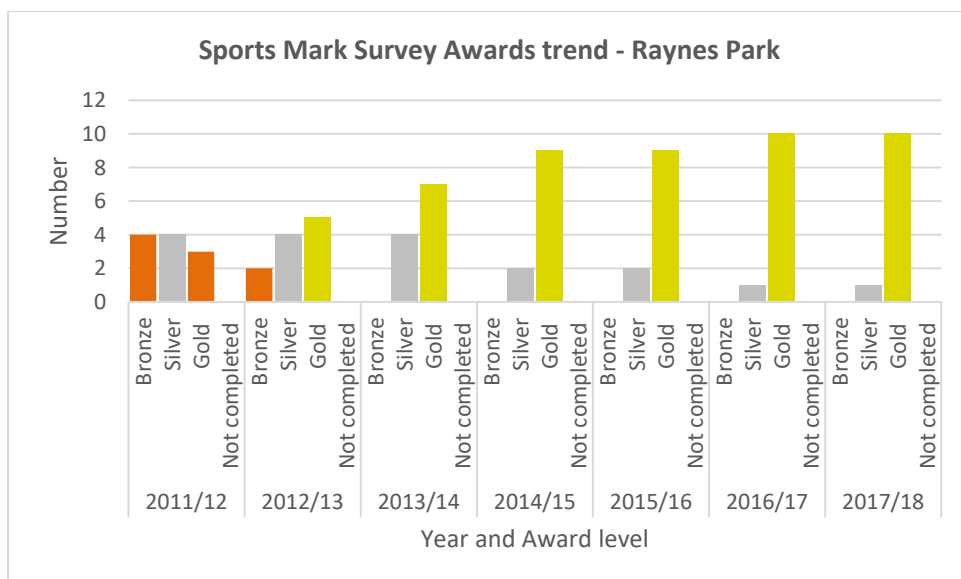
The survey started in 2011/12 and the following graphs show the improvements over time made in each cluster.



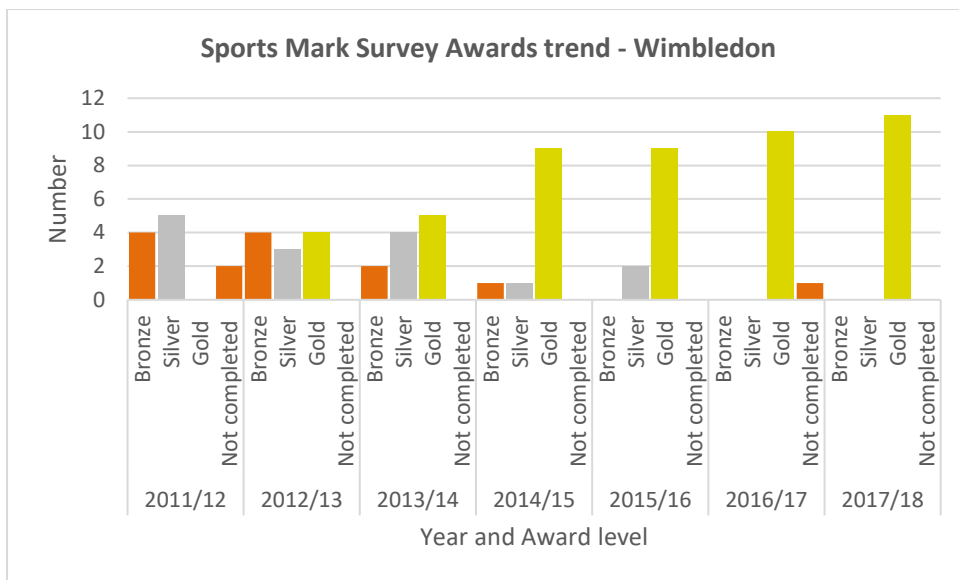
Mitcham cluster has improved slightly each year from 2011/12 to 2017/18, culminating in gold and silver awards in 2017/18



Morden cluster has shown significant improvements over the last 3 years, with a majority of gold awards



Raynes Park cluster has been awarded a majority of gold awards since 2012/13 and in each year following, the number of gold awards has increased and the number of silver decreased



Wimbledon cluster shows a marked improvement in awards, in particular from 2014/15 and the number of gold awards has increased since.

What works?

As mentioned previously, PHE published a framework aimed at addressing the decline in physical activity within England. This contained four specific areas aimed at bringing the whole of society together to rise to the challenge. The following highlights these areas in more detail, followed by details of what we are doing locally to increase activity levels in Merton.

Active Society: Creating a social movement

- Complete change of attitude is required
- Activity needs to be portrayed as fun and enjoyable
- Marketing can help and can be improved upon
- Physical activity needs to be a key component in future planning and policies

Moving Professionals: Activating networks of expertise

- Needs to involve everybody and not just health professionals
- Public facing professionals in all sectors have a role to play in spreading the message
- Health, education, leisure and planning can play a key role

Active Environments: Creating the right spaces

- Physical activity needs to become part of everyday life for everyone; healthy environments can help shape this
- Redesign of existing services and spaces can improve participation
- Local council directorates can work together to create lasting change

Moving at scale: Scaling up interventions that make us active

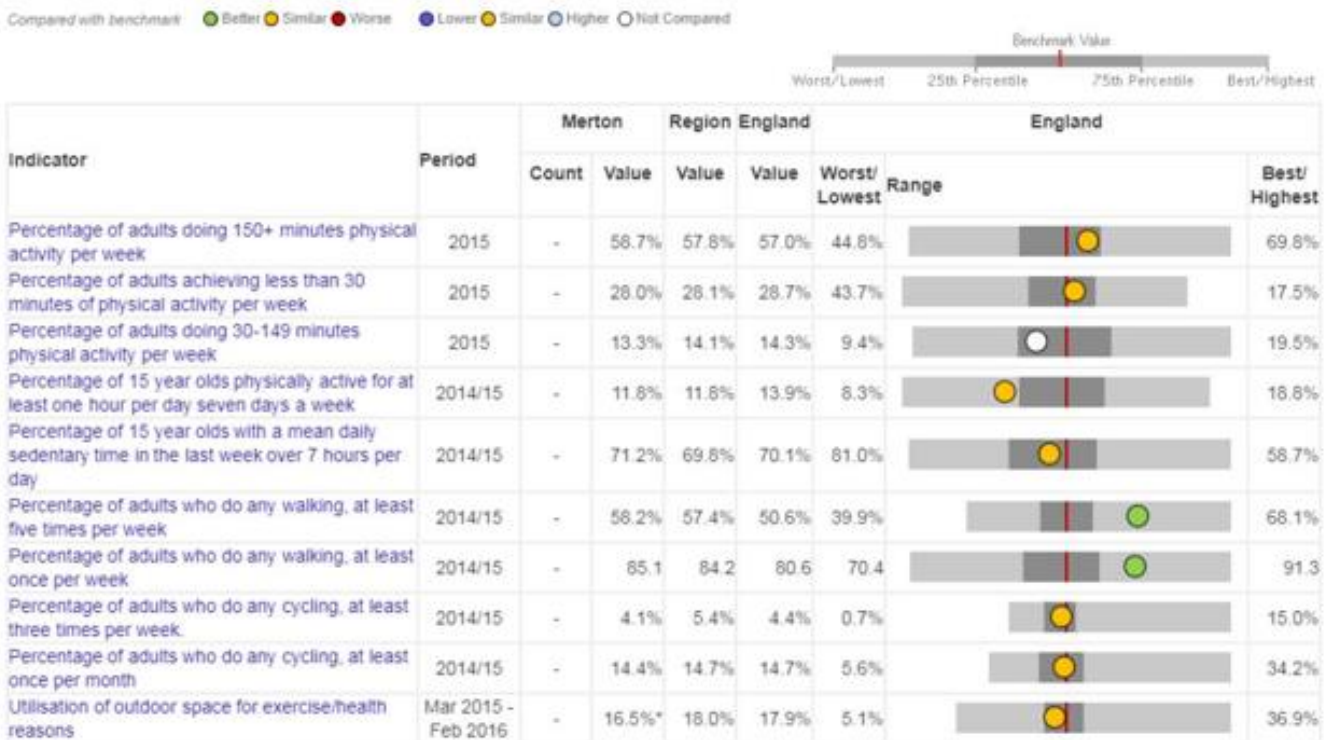
- A lot of infrastructure, eg parks and pathways, exist, it just needs improving and joining up
- Interventions should be based on what is required locally, as needs for different areas differ
- Short term isn't the answer; change needs to be long term

What are we doing?

- Leisure centres (council and private)
- Cycling offer (adults, kids and families)
- One You Merton – links to Active 10 which is an app showing you how many brisk 10 minute walks you're doing and how to fit more into your day.
- Network of sports clubs, eg, football, rugby, bowls

- Network of informal activity, eg dance classes
- School Sport Partnership – links to healthy school and school sports links
- Link to workplace health, eg step jockey
- Falls prevention programme and chair based exercise
- NDPP – lifestyle programme including physical activity
- Change 4 Life promotion
- National Governing Body programmes, eg RFU, England Netball
- Wimbledon Tennis programme in schools
- Planning and regeneration to create healthy environments
- NHS HC – includes the GPPAQ
- Get Wandle Active

Other indicators related to physical activity



Being physically active:

- Protects against mental health problems
- Decreases depression in older adults
- Reduces the symptoms of post natal depression
- Is as effective as medication for mild to moderate anxiety and depression
- Improves self-esteem and cognitive function in young people

Playing sport reduces psychological distress by

34% 1-3 times a week

47% 4+ times a week

People who participate in sports clubs and organised recreational activity enjoy better mental health.

More information

Activities within Merton: <http://booking.merton.gov.uk/active-plus/sports-and-leisure/>

NHS Choices: <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>

NICE Guidelines: <http://www.nice.org.uk/guidance/lifestyle-and-wellbeing/physical-activity>

Public Health England: <http://www.gov.uk/government/publications/uk-physical-activity-guidelines>

Sport England, Active People Survey:

<http://www.sportengland.org/research/who-plays-sport/active-people-interactive/>

Sport London: Physical activity and Sport Borough Profile 2017:

<https://data.londonsport.org/dataset/borough-physical-activity-and-sport-profiles-2017>

World Health Organisation: http://www.who.int/topics/physical_activity/en/