

Title of Paper: Health and Physical Activity - Nottingham Plan 2020.

Date: Friday 13 January 2017

1. Purpose

1.1 This paper prefaces the presentation and discussions which will take place at the meeting.

2. Recommendations

2.1 It is recommended that the Board contribute to the discussion and:

- i. Note the progress made to date around the Plan target on Nottingham’s physical activity.
- ii. Consider how partners may contribute to improving Nottingham’s physical activity levels.
- iii. Support the proposal to submit a bid, under the ON umbrella, to become one of England’s 10 Local Place Pilots.

3. Background

3.1 As part of its performance management of the Nottingham Plan, the ON Board has agreed to conduct in-depth discussion on some key priority targets within the Nottingham Plan. It was agreed that one of these will be target:
HN3: Increase the proportion of adults achieving 150 minutes of physical activity up to 56%.

Dr Hugh Porter, One Nottingham Board member and chair of the Nottingham Clinical Commissioning Group will lead a discussion which will identify progress and look at the next steps. The ON Board discussion will help inform the Health and Wellbeing Board’s ‘Physical Activity, obesity, diet and nutrition strand’ of the Health and Wellbeing strategy.

The City of Football has been a Sport England initiative and test bed which has trialled new ways of getting people active.

In December 2016 Sport England invited local areas to bid to be one of 10 Local Place Pilots which have been developed to find new ways of engaging physically inactive people.

4. Contact Details

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