

THIPA Evaluation Day

Tackling
Health
Inequalities through
Physical
Activity



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The Together Fund

WHEN?

Launched in June 2020 as an emergency response to the pandemic – ran until March 2023.

WHAT?

Aimed to reduce the negative impact of the pandemic on inequality gaps in physical activity participation and to improve participation rates.

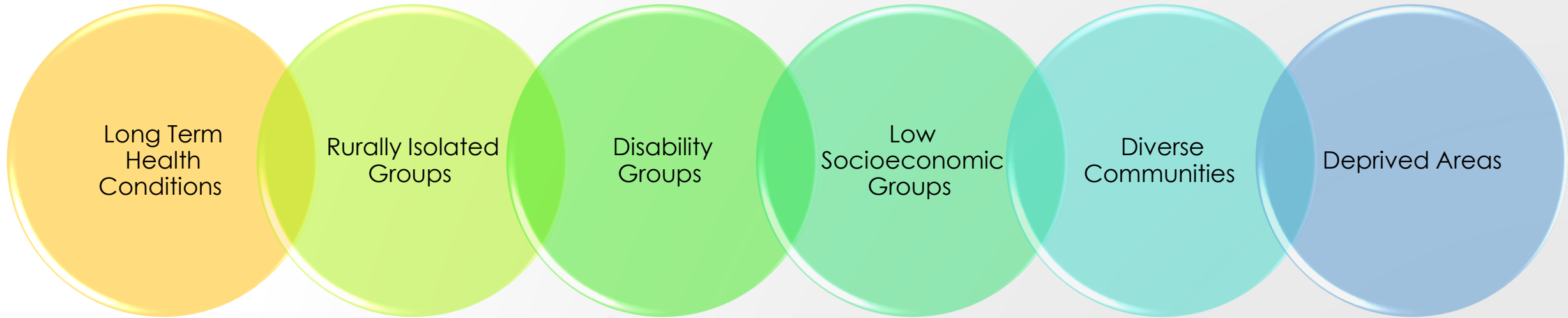
HOW?

Targeted and flexible support for those groups reaching priority audiences. The fund was administered nationally by Sport England, devolved locally to Active Partnerships and autonomy given to Partnership Officers to administer locally with community insight and local connection.



The Together Fund

WHO?



OUTCOMES...

- 4,200 people across Devon supported to be active
- 21 groups received dedicated resilience support
- Enhanced connection with OND and future work to build resilience and tackle health inequalities - THIPA

What are Health Inequalities?

Avoidable, unfair and systematic differences in health between different groups of people. Health inequalities can involve differences in:

- health status, for example, life expectancy
- access to care, for example, availability of given services
- quality and experience of care, for example, levels of patient satisfaction
- behavioural risks to health, for example, smoking rates
- wider determinants of health, for example, quality of housing.

Who faces Health Inequalities?

Inequalities between who?

Differences in health status and the things that determine it can be experienced by people grouped by a range of factors. In England, health inequalities are often analysed and addressed by policy across four types of factors:

socio-economic factors, for example, income

geography, for example, region or whether urban or rural

specific characteristics including those protected in law, such as sex, ethnicity or disability

socially excluded groups, for example, people experiencing homelessness.

Please do check out the Kings Fund webpage for more info and detail.

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Physical Activity and Health

Physical activity has been described as a ‘best buy’ in helping people live a healthier life. In the new UK Chief Medical Officers’ (CMOs) physical activity guidelines launched in September 2019, the CMOs reiterated a clear message that “if physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.”

Regular physical activity provides a range of physical and mental health, and social benefits, many of which are increasing issues for individuals, communities and society. These include:

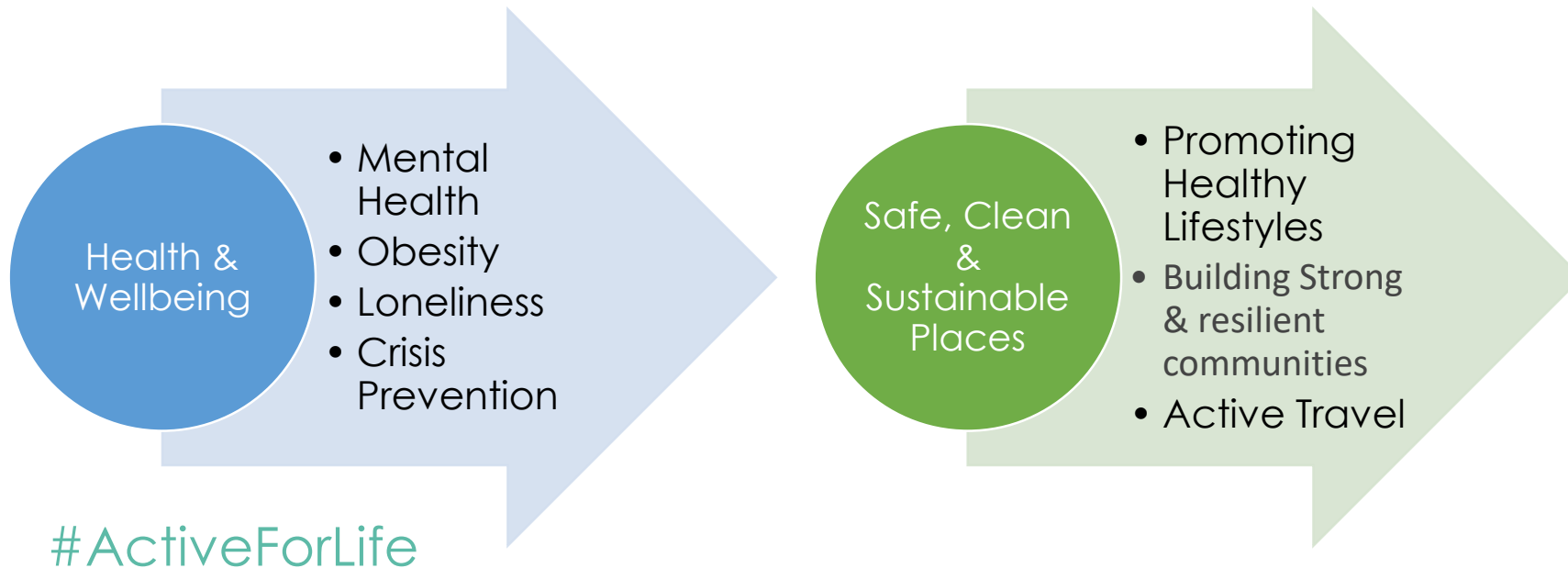
- reducing the risk of many long-term conditions
- helping manage existing conditions and deliver better patient outcomes
- ensuring good musculoskeletal health
- developing and maintaining physical and mental function and independence
- supporting social inclusion and reducing loneliness
- helping maintain a healthy weight
- reducing inequalities for people with long-term conditions.

Physical Activity and Health

- Physical inactivity negatively impacts both physical and mental health and it is in the top 10 greatest causes of ill health nationally. An increase in physical activity can also positively impact health, social and economic status, meaning it can have a positive correlation between outcomes and structural inequalities.
- Physical inactivity is the 4th leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-35% lower risk of cardiovascular disease, coronary heart disease and stroke compared to those who have a sedentary lifestyle.

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- Partnership of public services, business, voluntary and community groups collaborating to create positive change across Northern Devon.
- Supports seven local collaboratives across North Devon and Torridge
- Linked with NHS and embedded in community
- Referrals from social prescribing network and partnership organisations
- **Activity** identified as key non-medical intervention for priority themes and audiences.



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Ilfracombe

- Introduction to Hill Walking
- Strength & Mobility Classes
- School Gates Fitness



Barnstaple

- Chair Yoga
- Park Yoga



South Molton

- Fantastic Free Fridays:
- Swimming
- Tai Chi
- Yoga



Holsworthy

- Gentle Moves to Music



Bideford

- Couch to Racquet
- CHILL Cold Water Immersion
- Beginners Surfing



Torrington

- Menopause Activity Group

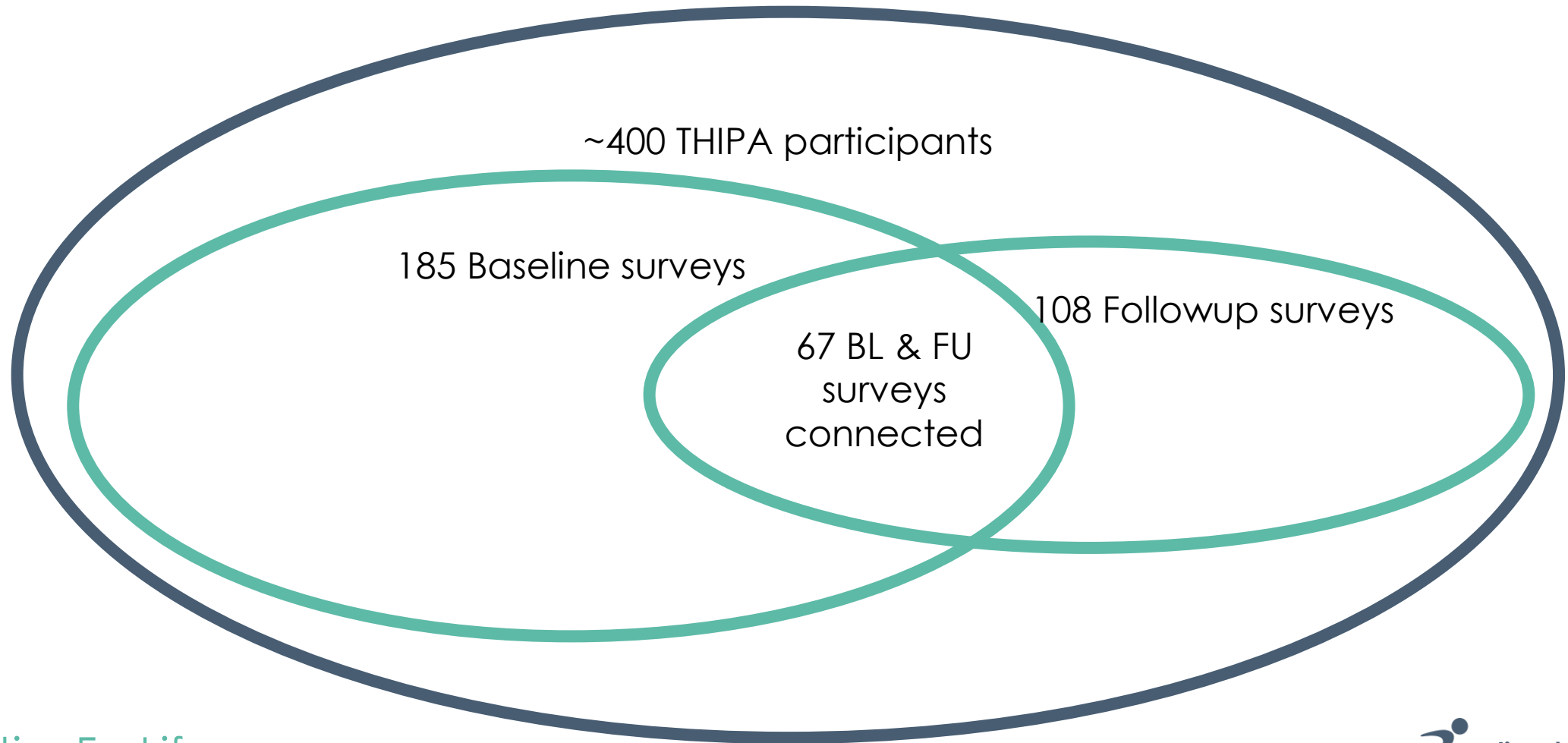


Braunton

- Seated Yoga at Braunton Library



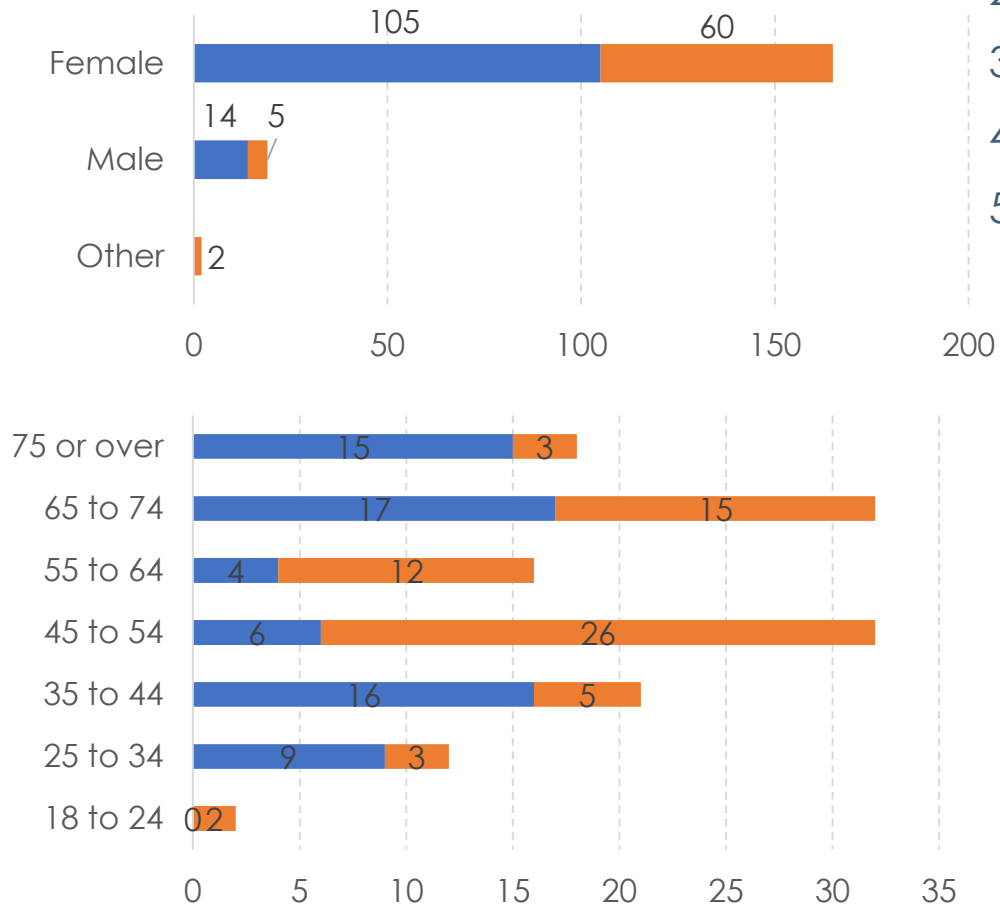
Participants surveyed



Participant Origin

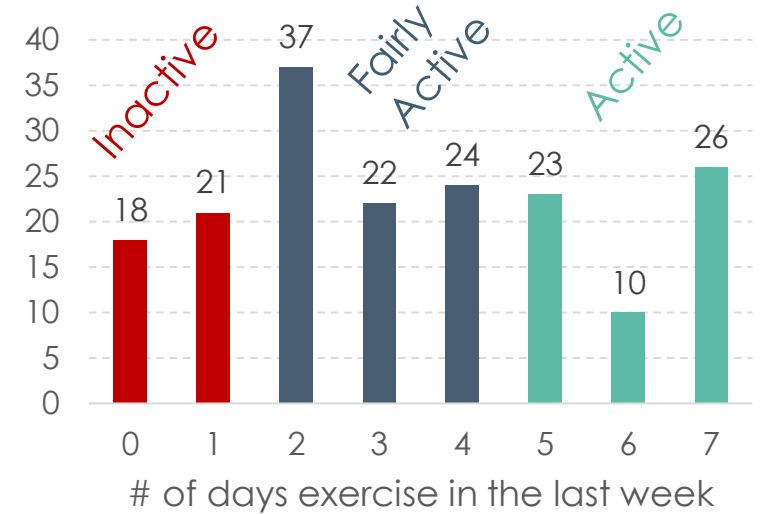
	Participants	Baseline Surveys	Baseline and followup
Holsworthy	14	14	5
Gentle Moves to Music (R Jeffery)	14	14	5
Live Well in Braunton	18	12	0
Seated Yoga in Braunton with Louise	18	12	0
One Atlantic	24	29	7
CHILL Cold Water Immersion / Swimming	16	15	7
Beginners surfing (North Devon Surf School)	2	9	0
Couch to raquet Sports & fitness	6	5	0
One Barnstaple	285	68	17
Park Yoga Barnstaple	167	53	10
Chair Yoga Barnstaple	118	16	7
One Ilfracombe	21	20	10
Strength and Mobility Classes@ Lantern	6	6	5
Introduction to Ilfracombe Walking	8	6	3
School Gates Fitness equipment	7	7	2
One South Moulton	27	27	16
Tai Chi Fantastic Friday	12	11	8
Fantastic Friday Swimming	9	10	3
Reach4Yoga Taster	6	6	5
T100	17	15	12
Menopause activity group (Adrian Avery)	10	10	9
Meno core with Lizzie Duggen- Torrington	3	3	3
Walk and Talk (Vicky Berry)	2	1	0
session for mental health	2	1	0
Grand Total	406	185	67

Demographics

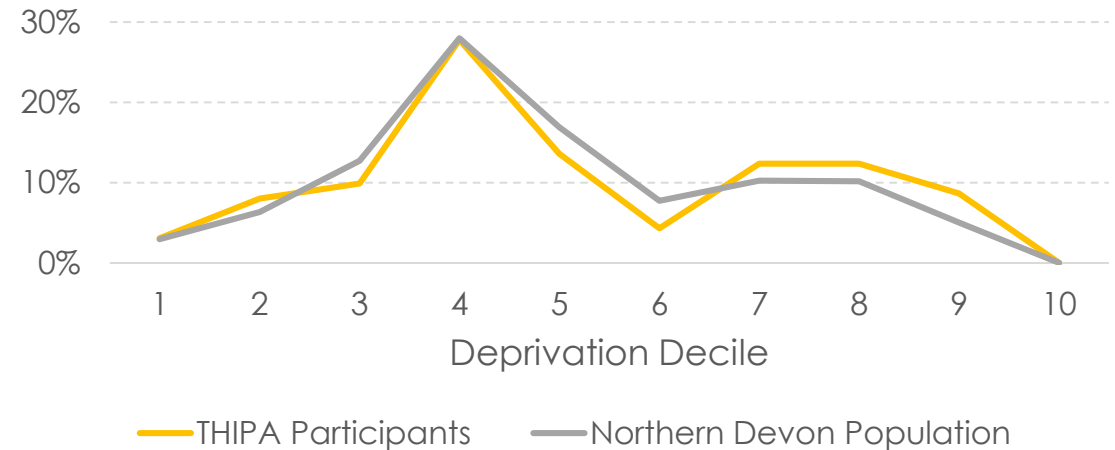


Top 5 Health Conditions:

1. Mental Health
2. Mobility
3. Long Term Pain
4. Chronic Health Condition
5. Breathing



Proportion of people from areas of deprivation (1- high deprivation)



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■ Only Baseline
■ Baseline and followup



Pre-post comparison

	Average of all baseline surveys	Average of all followup surveys	Average of restricted* baseline surveys	Average of restricted* followup surveys	Statistical Significant change?
Life Satisfaction	7.09	7.76	6.67	7.37	95%
Worthwhile	7.54	7.98	6.91	7.49	95%
Happy	7.15	7.71	6.60	6.88	No
Anxious	4.54	4.17	5.60	4.73	95%
Days of exercise	3.44	3.89	2.21	2.57	90%

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*Restricted surveys only include those where there is a baseline and follow up for a person, and where the measure was not initially very positive (9 or 10 for Satisfaction, worthwhile, happy/1 or 2 for anxious/5, 6 or 7 for days of exercise)



Follow up only data

"I have enjoyed participating in activity as part of this project"
-56 People

"The project has given me more confidence to be active"
-37 People

"I have been able to try new activities"
-44 People

"It has helped me to manage my physical health"
-50 People

"It has helped me to feel more connected to my local community"
-33 People

"It has helped me to build new friendships"
-30 People

"It has helped me to manage my mental health"
-41 People

"It has helped me to do more activity than I would have done without the project "
-48 People



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Thank you!

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