

What Works Factsheet

Inactive to Active

The information in this sheet is an analysis of independent evidence

What increases activity?

Environmental interventions

- Traffic calming
- Reallocate roadspace to cyclepaths and wider pavements
- Safe routes to schools
- Access to quality greenspace
- Street design that promotes walking

Interventions that:

- Contain social interaction
- Be fun and non-competitive (disabled, women, teenage girls)
- Be flexible (disabled and women)
- Contain variety, with new and appropriate offers
- Be free or subsidised or flexible ways to pay (older, women teenage girls and economically disadvantaged)

Interventions should:

- Consult and engage with the target of interventions
- Use existing social structures
- Engage with trusted figures or institutions

Healthcare interventions should include:

- For disabled people - support and counselling in primary care setting with goal setting and follow up
- Motivational interviewing involving at least five 60 minute sessions

How are we doing in Scotland?

- Very good wide ranging policy and action, in particular, for environmental measures
- Scale, pace and reach could improve
- Targeted interventions – more needed

How can we improve?

Increase scale and pace of 20 mph zones and traffic calming

More Local Authorities could develop active travel strategies

More collaboration between Local Authorities and Health Boards on initiatives

Put and maintain point-of-decision prompts on lift/staircases in every public building

Good practice examples

National - National Walking Strategy, Cycling Action Plan, Brief advice in primary and secondary care, 20 mph speed limits

Local - Lochee Family Splash in Dundee, Good Move in Glasgow, Steady Steps in Edinburgh, Care about Swimming in Perth and Kinross

Evidence gaps

- Evidence on what works for specific groups

- Costs of settings based initiatives
- Sustaining improved activity rates beyond a year

Inactivity in Scotland

Key numbers

- Adults 2015 less than 30 mins a week– 21% (another fifth low activity)
- Children 2015 less than 30 mins a day – 10%
- Recreational walking 2015 more than 30 mins in previous four weeks – 69%
- Inequalities include: disabled, deprivation, older, women and teenage girls

Why are people in Scotland inactive?

- Lack of time
- Cost of some leisure activities
- Lack of interest
- Lack of awareness of opportunities

Disabled people: lack of appropriate policies at facilities and training, lack of peers

Women: family responsibilities, lack of peers, personal safety issues

Teenage girls: increasing body consciousness, limited choice of activity and perceptions(activity isn't fun)

Evidence to be added

A feasibility study assessing the implementation of the pathway was conducted in 16 primary care settings across Scotland and its findings are currently under consideration.