

PHYSICAL ACTIVITY AND OUTDOOR RECREATION

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Chief Medical Officer for Wales

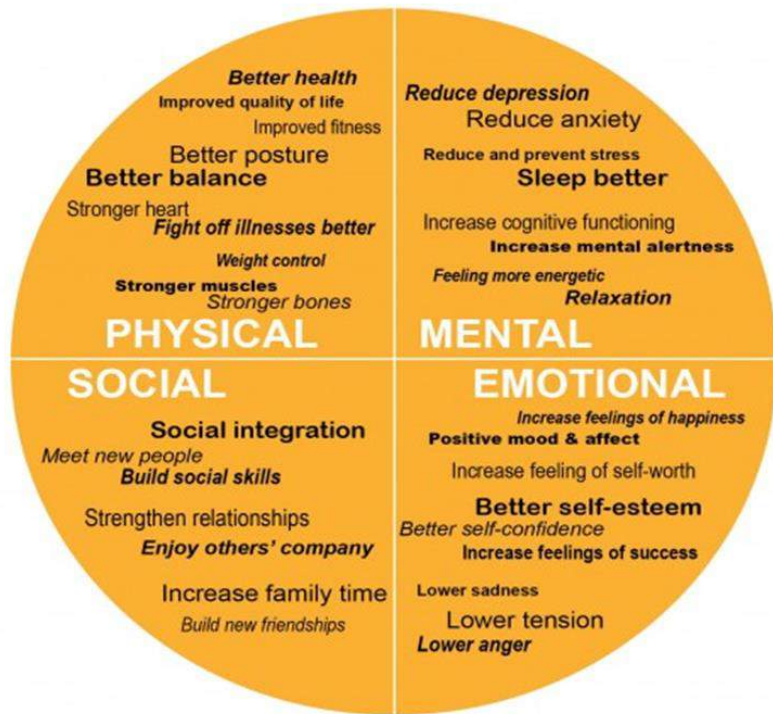


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www.cymru.gov.uk

Public Health and Outdoor Recreation Conference
10th March, 2015

Benefits of Physical Activity





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How active are we in Wales?



29% active 5 days
34% active 0 days

Adults, number of days in past week
active for at least **30 minutes**.

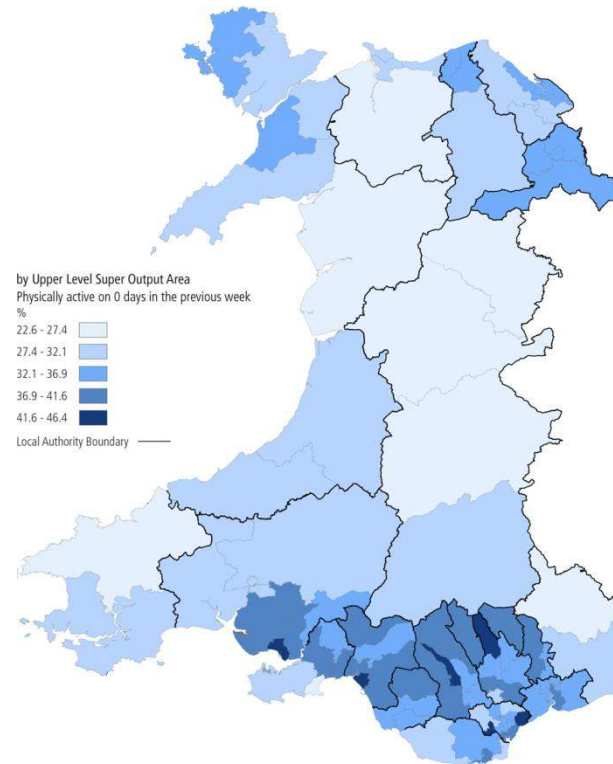
Source: Welsh Health Survey 2013.

Focus on least physically active

Adults who reported being physically active on no days in the past week (age-standardised)

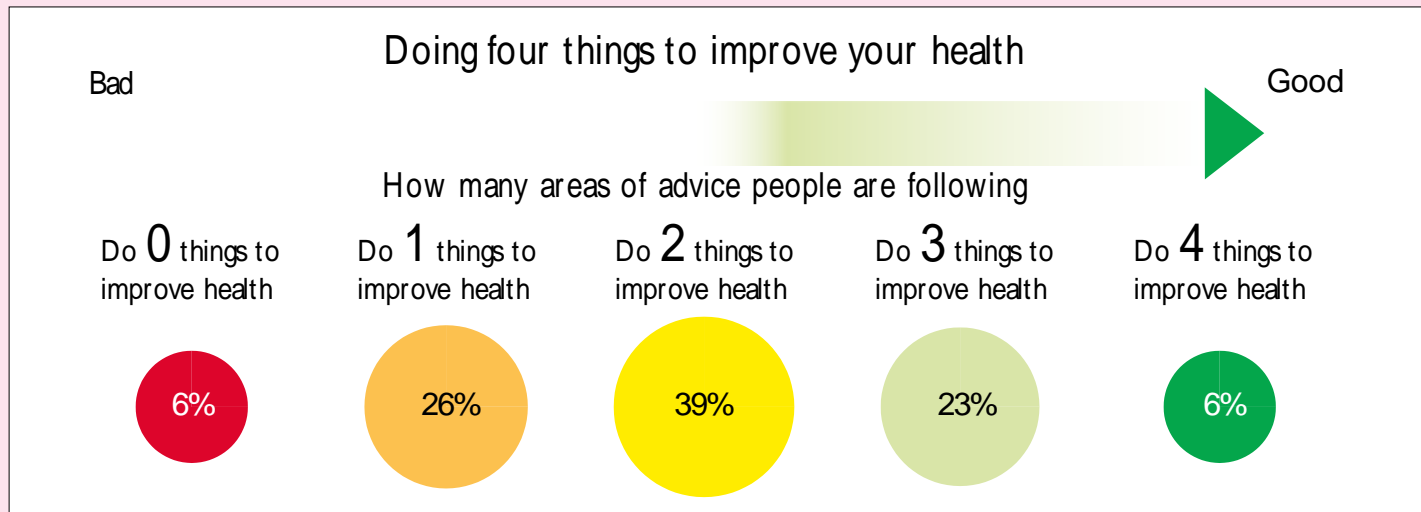


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Lifestyles we have a long way to go

Proportion of adults that follow advice on risk behaviours



Source: StatsWales

Future Generations Bill – the Wales we Want by 2050



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The proposed draft goals are as follows:

- Wales is prosperous and innovative
- Wales is a more equal nation
- Wales uses a fair share of natural resources
- People in Wales are healthier
- Communities across Wales are safer, cohesive and resilient
- People in Wales participate in our shared culture, with a thriving Welsh language

Prudent Healthcare



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The role of the Welsh Government is to create the right conditions for people to live full and healthy lives

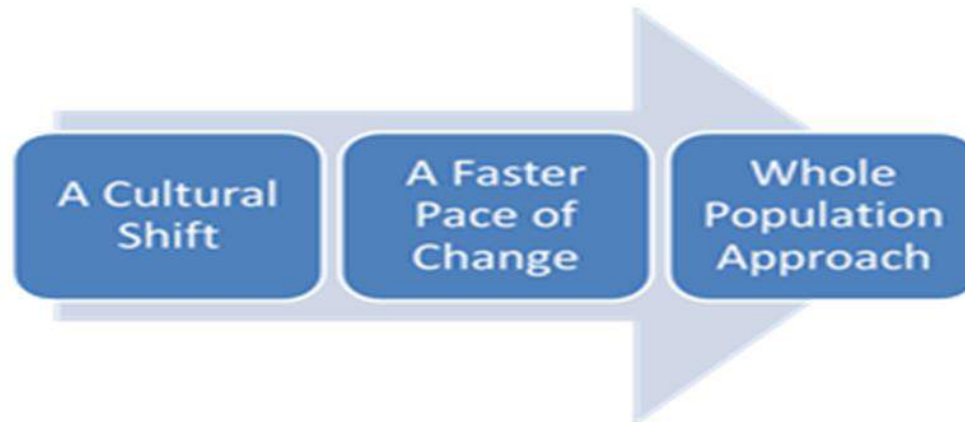
It is the responsibility of people to take custodianship of their own health

Making change happen



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Drivers for Change



UK Chief Medical Officer Guidelines

- The guidelines help ensure consistent advice on physical activity across the four home countries.
- The guidelines form part of Start Active, Stay Active - a report from all four Chief Medical Officers across the UK.
- Published alongside the report are associated fact sheets for each of the four age groups covered in the guidelines.



Opportunities to encourage physical activity – outdoor recreation

- Allotments.
- Cycling / Mountain Biking.
- Rights of Way.
- The Active Travel (Wales) Act.
- Wales Coast Path.



Campaigns and programmes



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- Change4Life campaign this summer will focus on physical activity.
- The campaign will be underpinned by UK CMO guidance on physical activity.



- Let's Walk Cymru is a walking programme for people who want to improve their health and well-being.
- Welsh Government supports the Ramblers to co-ordinate and develop health related walking projects targeting least active adults.

Diolch yn fawr
Thank you very much



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