Using physical activity to hit public health priorities

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Public Health Priorities?
To prolong life expectancy?
Public Health Priorities?
To take the fun out of life?
Public Health Priorities?
To improve quality of life?
Public Health Priorities?

Health = \[\text{Heart} + \text{Brain} + \text{Community}\]
Can sport and physical activity help us improve physical health?

How does it compare to other preventative health options?
We can compare preventative health programmes by how much we need to spend on them to save one QALY...

The less £ per QALY saved – the more cost effective it is.
<table>
<thead>
<tr>
<th>Programme</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Telehealth for people with LTCs (Henderson et al. 2012)</td>
<td>£92,000</td>
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<td>Chlamydia screening (Woodhall et al. 2014)</td>
<td>£27,269</td>
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<td>Buprenorphine maintenance (NICE. 2007)</td>
<td>£26,400</td>
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<td>Statins (Ward et al. 2007) (45 yr olds)</td>
<td>£10,000</td>
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<td>Weight Management Programme (Meads et al. 2014)</td>
<td>£6,906</td>
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<td>Walking Group Programme (GWKW) (Centre for Local Econ Strategies, 2011)</td>
<td>£2,700</td>
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<tr>
<td>Advice plus Exercise Voucher (NICE 2006)</td>
<td>£227</td>
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<tr>
<td>Exercise ‘Prescription’ (NICE, 2006)</td>
<td>£74</td>
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Can sport and physical activity help us improve mental health?
Numerous clinical trials show regular physical activity improves anxiety and depression.

This holds true whether or not people have a diagnosed mental health condition (Stubbs et al. 2017; Kvam et al. 2016; Rebar et al. 2015).

Physical activity programmes also improve symptoms and cognition in schizophrenia (Dauwan et al. 2015; Firth et al. 2017).
How does physical activity improve MH?

Improves hippocampal neurogenesis and hypothalamic-pituitary-adrenal axis regulation (Rebar et al 2015).

Also has a very positive effect on self esteem & body image.
“Access to good quality green space is associated with a range of positive health outcomes including better self-rated health; lower body mass index scores, overweight and obesity levels; improved mental health and wellbeing and increased longevity in older people.”

- Reduced Blood Pressure
- Reduced Heart Rate
- Reduced Body Fat
- Reduced Waist Circumference
- Reduced Depression

(Harson & Jones, British Jn of Sports Medicine, 2015)
Can sport and physical activity help us improve **social** well-being?
Several studies show that group physical activity decreases social isolation (Robins et al 2016).

Among young people it also improves educational outcomes and hence employment prospects (Greeff et al 2017).
Community Asset Development can lead to more cost-effective and sustainable outcomes...
In summary...

PHYSICAL ACTIVITY =

心血管 + 心脑 + 团队

So if it isn’t already at the centre of your health & wellbeing strategy...