

**Dean Wallace**  
Director of Public Health

**Hayley Lever**  
Director, Derbyshire Sport



Derbyshire Physical Activity and Sport Strategy

**Towards an Active Derbyshire**

2016 – 2021

50,000 MORE ACTIVE LIVES BY 2021

WWW.DERBYSHIRESPORT.CO.UK

### Why is this important for the Health and Wellbeing Board?

For every £1 spent on sport

£1.91 of benefits are generated

Getting one more child to walk or cycle to school could pay back as much as £768 in health benefits

#### HEALTH COSTS OF PHYSICAL INACTIVITY



1 YEAR

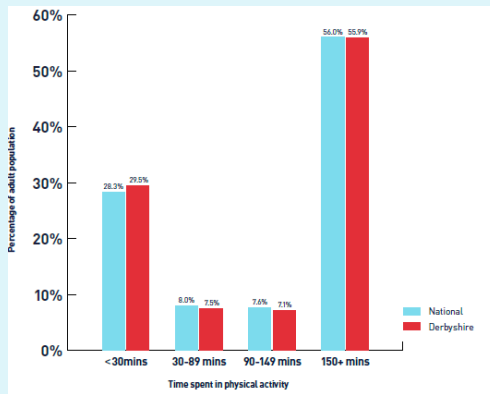
**£15,485,537**



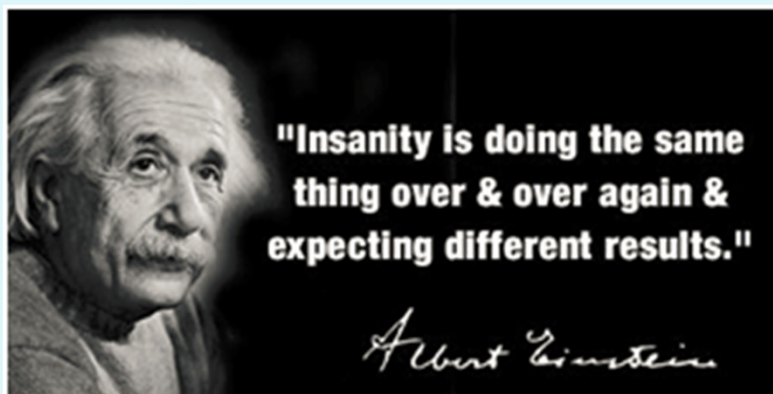
5 YEARS

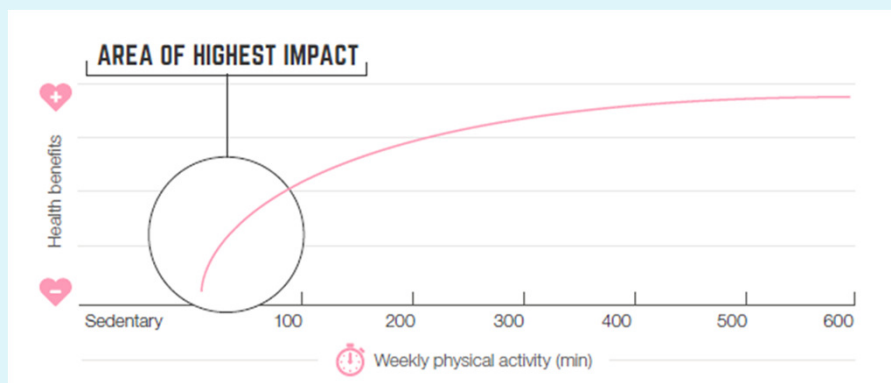
**£77,427,685**

## The Derbyshire picture



- Young people's inactivity is a national problem, which also translates locally
- Women's participation is a concern as, despite their being an upward trend in activity, it is not rising as quickly as it is nationally.
- Disabled people are still 23% less likely to take part in sport and 28% less like to meet CMO physical activity recommendations.





## The strategic opportunity is now



**This will be achieved by  
prioritising the following:**

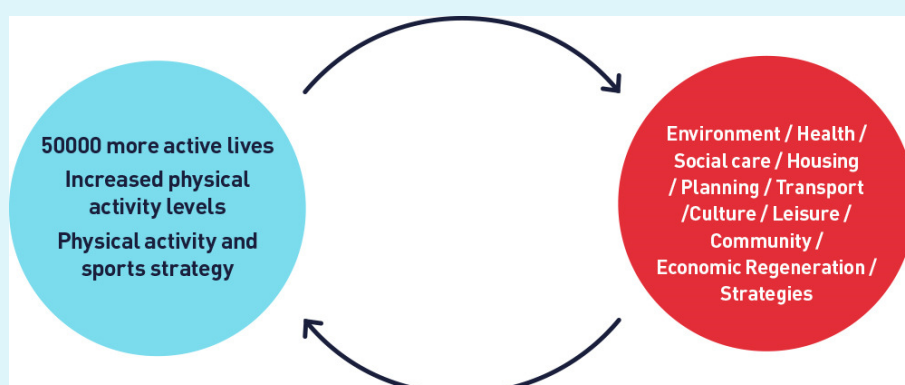
**50,000  
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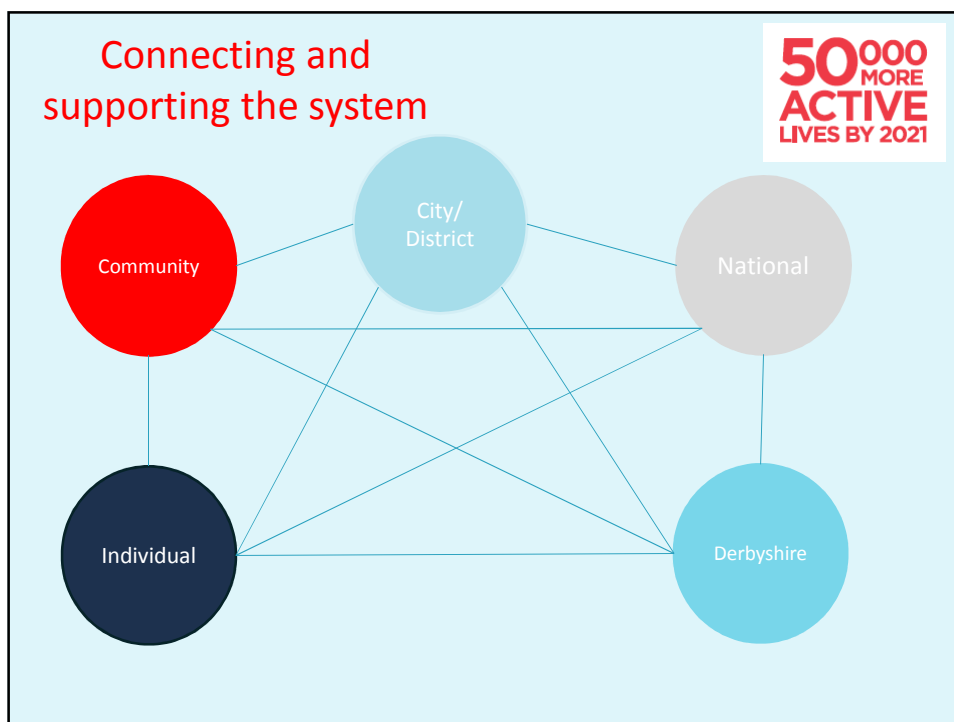
1. Supporting the inactive to become active.
2. Ensuring that people are supported and encouraged to engage in sport.
3. Helping to keep people engaged in physical activity and sport throughout their lives.
4. Addressing the inequalities in physical activity and sport engagement with a focus on:
  - a. Women and girls.
  - b. People from lower socio-economic groups.
  - c. Young people aged 5 – 18.

**Towards an  
Active Derbyshire**

2016 – 2021

**50,000  
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## The Ask



Commitment to change...

- 1) Become partners in Towards an Active Derbyshire and the Young, Active, Healthy Plan.
- 2) Sign up to an MOU across the STP area
- 3) Locally – work across departments, across sectors to consider ways to reduce inactivity and contribute to 50,000 more Active Lives.

## Questions



- 1) How would more people living active lives contribute to achieving the vision outlined in the STP?
- 2) What would it take to create real change on this issue?
- 3) What first steps could we take together?
- 4) What could you do as an employer to contribute to 50,000 more Active Lives within your staff teams?