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Recent physical activity research

BHFNC receive Sport England funding to tackle inactivity in Newham

The BHF National Centre is receiving £500,000 of Sport England funding to tackle inactivity within the London Borough of Newham. The BHFNC will work with Intelligent Health, Newham Borough Council and sport partners in Newham to get the least active people moving.

The programme will educate doctors about the health benefits of sport and physical activity and enable them to increase patients’ physical activity levels. It will also build the capacity of sport professionals to support the inactive stepping into sport.

As part of the programme a card system will be developed to enable GPs to track the progress of inactive people who take up sporting opportunities.

The programme will also raise awareness of local sport and physical activity opportunities in Newham by mapping opportunities and highlighting those specifically designed for entry level participants.

The BHFNC will also work in partnership with local delivery partners to integrate sport opportunities into a range of existing mass participation events.
The BHF has launched the Make a move programme to help secondary schools increase activity levels among students, particularly those who are inactive or have low activity levels.

The Make a move toolkit, written by the BHF National Centre, supports the programme. It is designed for non PE specialists working in or with secondary schools and in particular teachers of PSHE. The Make a move programme is underpinned by the concept of Solution Focused Practice which focuses on what people want to achieve rather than on the problem(s) that they may currently have.

Focusing on Key Stage 3 students, the toolkit addresses issues of motivation and confidence in relation to being more active, and empowers individuals to change their behaviour. The toolkit is split into two packs.

**The Motivator pack (G656)**
This includes eight class-based learning activity sessions - the Motivator scheme. These are designed to be used with a whole class or year group in Years 7 or 8 and delivered in either PSHE or tutor time. These activities can be used with groups of students with different activity levels. All activities use interactive methods with a teacher as a Facilitator.

**The Activator pack**
This details how to deliver the peer-mentoring side of the scheme - the Activator scheme. Year 9 and 10 students are recruited by a school mentoring co-ordinator to act as mentors. They then work with Year 7 or 8 students who’ve chosen to be part of the scheme because they’re inactive or have low activity levels. Based on best practice guidance from the Mentoring and Befriending Foundation, this scheme is designed to complement and build on the use of the Motivator scheme.

The Motivator pack is available to all schools. To order a copy, visit www.bhf.org.uk/publications, call the BHF orderline on 0870 600 6566 or email orderline@bhf.org.uk quoting G656.

In order to obtain a copy of the Activator pack a training course must be attended to develop an understanding of the principles of peer mentoring and Solution Focused Practice and how this can be used. We are currently hosting Olympic Legacy training days which incorporate this training.
Interpreting the physical activity guidelines for children

This booklet from the BHFNC will help anyone working with children and young people to use the Government’s physical activity guidelines.

This document will help you to understand what the guidelines are, what types and amounts of physical activity children and young people should do and why this is important. It will help you to shape your programmes and assist in motivating even the least active people to meet the physical activity guidelines.

The resource provides practical evidence-based guidance on what you can do to help children and young people meet the physical activity guidelines. It will also signpost you towards further resources which can help you promote physical activity and reduce sedentary behaviour.

This booklet includes sections on:
- what are the physical activity guidelines?
- why do we need physical activity guidelines?
- interpreting the guidelines
- working towards and achieving the guidelines
- what activities count towards meeting the guidelines?
- motivating children and young people
- promoting physical activity to children and young people and their parents/carers.

For information on the physical activity guidelines for other age groups visit www.bhfactive.org.uk/guidelines

Download: Interpreting the UK physical activity guidelines for children and young people
Olympic Legacy training underway

The Olympic legacy lives on as people working with children and young people across the country have taken part in a free training day. Run by the BHFNC, on behalf of the British Heart Foundation, the training days are designed to help get the least active children engaged with physical activity.

The training day allows delegates to take part in one of three workshops aimed at different age groups:

- Early movers - helping under 5s live active and healthy lives.
- Engaging primary aged children in physical activity.
- Make a move - motivating the least active secondary school aged pupils.

The training is proving to be a great success with excellent feedback from attendees.

What others have said

Early movers
“Really knowledgeable trainers, pitched at an appropriate level. Would recommend this training” - Child Minding Improvement Officer

Engaging primary aged children in physical activity
“Enjoyed it and feel games were adaptable for various settings” - Activity Co-ordinator

Make a move
“Brilliant programme, very adaptable” - Community Development Officer

Further training courses will be taking place on the following dates:
- Cookstown, Northern Ireland - 17 April
- Hartlepool - 24 April
- Blackpool - 1 May
- Kings Lynn - 15 May
- Cornwall - 22 May
- Newham, London - 5 June

For more information and to download a booking form visit the BHFNC website or contact Elizabeth Mayne on e.c.mayne@lboro.ac.uk or 01509 226419.
BHFNC evidence briefings highlight physical activity benefits and cost savings

These two new evidence briefings from the BHFNC, written in partnership with the County Sports Partnership Network, are designed for anyone working in the field of physical activity and health. They can be used by strategic organisations and community groups alike. Both documents provide relevant and evidenced based statistics to better equip physical activity and health professionals to make the case for using physical activity to improve quality of life across the population.

Making the case for physical activity
This document explains the health and social benefits of physical activity. It summarises evidence that can be used to convince commissioners, policy makers, partners and funding bodies to support physical activity programmes. The document offers a one stop shop for research that supports the use of physical activity to:
- prevent ill health and reduce the number of people dying prematurely
- enhance mental health, quality of life and self-reported wellbeing
- delay the need for care in older adults (age 65+)
- reduce health inequalities and improve wider factors influencing health and wellbeing.

Economic costs of physical inactivity
The purpose of this document is to provide physical activity and health professionals, commissioners and policy makers with the key facts to help build an economic argument for the need to decrease levels of physical inactivity within the population. It provides the latest health costs of inactivity, including the economic cost of inactivity on:
- cardiovascular disease
- cancer
- type 2 diabetes
- obesity
- falls.

It also provides real world examples of potential savings that could be made from increases in physical activity levels.

Download: Making the case for physical activity
Download: Economic costs of physical inactivity
Using the Functional Fitness MOT with older people

This one day practical seminar is designed for physical activity, exercise and active ageing professionals. It will provide an overview of the Functional Fitness MOT, raise awareness of the importance of physical activity for older people and show how the MOT can help.

The Functional Fitness MOT is a person-centred tool that uses a number of different physical function tests to give older adults an idea of how their fitness compares to their peers. The results of these tests can be used to discuss the different components of fitness and highlight individuals’ strengths and weaknesses.

The Functional Fitness MOT can be used as an educational tool in a variety of settings including leisure centres, shopping precincts, community centres as well as residential and care settings. It includes activities such as chair sit and reach, 30 second chair stand and eight feet up and go.

This course will provide participants with an understanding of how the Functional Fitness MOT can be used to raise awareness of the importance of the components of fitness among older people and also how it can be used as a motivational tool to engage them.

After the course, participants will be able to download:
- a presentation on the Functional Fitness MOT
- a hand out that can be personalised to include local opportunities and programmes
- a set of protocols that can be used for tests
- a set of circuit cards
- guidance on how to organise and advertise events
- an example of a poster to advertise events.

Courses will take place at the following venues and dates:
- Monday 10 June - Woburn Conference Centre, London
- Tuesday 18 June - Glasgow Caledonian University, Glasgow
- Monday 24 June - Victoria Leisure Centre, Nottingham
- Monday 1 July - Sale RFC, Manchester.

Price
Statutory sector total cost £65
Voluntary sector total cost £55

For further information and a booking form visit the BHFNC website
Project evaluation - Us Girls Alive

The BHF National Centre is working in association with StreetGames to provide an evaluation of the Us Girls Alive programme, StreetGames’ national health and wellbeing programme for young women.

Off the back of its current Us Girls programme, which promotes physical activity in deprived areas, StreetGames is setting up 30 new lifestyle clubs across the nation. Each club will not only continue to run physical activity programmes, but volunteer Motivators (young women ages 16-25) will also hold informational and social events relating to healthy lifestyle choices and health improvements.

The evaluation of this project started in January 2013 and will be completed by Dec 2015.

Objectives of the evaluation

1. Identify the key components required to successfully deliver a volunteer-led social programme for supporting young women to make healthy lifestyle choices.
2. Identify the strengths, challenges and opportunities of the volunteer-led approach.
3. Learn about the projects degree of integration with other health services and contribution to national policy and effectiveness in tackling inequalities.
4. Learning about participants’ experiences of the programme and benefits to them and their local communities.
5. Assessing the change in physical activity and health and well-being of young women.

This evaluation will be completed across two phases - Phase 1 is running between Jan 2013 and June 2014 and Phase 2 between Jan 2014 and June 2015. For more information about the evaluation of the Us Girls Alive programme, please contact Mary Goad at m.a.goad@lboro.ac.uk
**Pedometer challenge pack**

The new Health at Work pedometer challenge pack provides workplaces with all the resources needed to set up a walking challenge at work. This four-week team challenge is a fun and easy way for employees to improve their physical and mental health and it creates a positive team spirit too.

**How does it work?**

Designed as an undercover mission, the challenge encourages employees to get into teams of five with a team captain taking the lead. Teams work together to walk to a virtual destination.

The pack includes the following items:
- co-ordinator booklet
- posters
- editable desk drop letter and folder
- editable weekly emails to send out to team captains
- individual + team step count sheet
- team captain booklet
- progress chart
- rules and safety tips
- certificate
- one pedometer.

To find out more and order your pack visit [www.bhf.org.uk/pedometerchallenge](http://www.bhf.org.uk/pedometerchallenge)
Health behaviours through life course

This report, commissioned by the Department of Health, is the first of a series of twice yearly surveys which track core health behaviours, their interactions and influences and how these vary across key life stages.

This survey forms a baseline against which changes in behaviour over time and seasonal variations can be assessed. The survey looks at a number of key health behaviours including nutrition, physical activity, smoking, alcohol, drug use and sexual health. It investigates the patterns of these behaviours across different stages of life including young people aged 11-17, adults, pregnant women and mothers of children under 2 and older people aged 55+.

Key physical activity findings

- Just over half (53%) of the adults surveyed had not done at least 150 minutes of moderate physical activity in the previous week.
- Parents and those aged over 75 were the least likely to have done 150 minutes or more of moderate physical activity in the previous week.
- Almost all adults said they had done at least one form of physical activity that made them breathe faster than usual in the last week.
- Nine in ten adults agreed that there were ways that they could be physically active without having to go to the gym or do organised sport.
- Of the young people surveyed 68% had not been moderately active every day in the last week. This was particularly prominent among females aged 15-17.
- Activity levels tailed off significantly among the older age groups. Over two thirds (68%) of the over 75s were not doing 150 weekly active minutes.

Download: Lifecourse tracker - Wave 1 Spring 2012: Interim summary report
Beyond 2012 - outstanding physical education for all

Ofsted (Office for Standards in Education, Children’s Services and Skills) has published Beyond 2012 - outstanding physical education for all a report on the current state of physical education (PE) in schools. This report is based on evidence from inspections of PE between September 2008 and July 2012. Inspectors visited 120 primary schools, 110 secondary schools and seven special schools.

Key findings

Primary schools
- Achievement was good or outstanding in two thirds of schools visited.
- By the end of Key Stage 2, most pupils had achieved age-related expectations, including those in swimming. However, a fifth of schools visited had not ensured that every pupil could swim 25 metres by the end of Year 6.
- Teaching was good or outstanding in more than two thirds of schools visited.
- Where it required improvement, the main weaknesses were the teachers’ limited subject knowledge and use of assessment which led to superficial planning and insufficient challenge, particularly for the more able pupils.
- In a quarter of schools, pupils were not challenged to improve their personal fitness sufficiently.
- Only a few schools had adapted PE programmes to suit the individual needs of obese pupils, or had engaged with health agencies, parents and carers to improve the lifestyle of these pupils.

Secondary schools
- Achievement was good or outstanding in almost three quarters of schools visited.
- The needs of gifted and talented pupils were met through additional provision and personalised support programmes for them. However, their needs and those of other more able pupils were not always met in lessons.
- Over three quarters of the schools visited had a good or outstanding PE curriculum.
- In Key Stage 4, accredited awards in PE were taught alongside, or as part of, core provision. A range of alternative activities, such as street dance, outdoor pursuits and golf, captured the interest of those not suited to team games or at risk of disengaging from traditional PE activities.
- Fitness training was often taught as a discrete unit of work, but was not regularly reinforced in other PE lessons in a quarter of schools visited.
- Only a few of the schools had coherent plans to tailor PE provision to support obese pupils to lead a healthy lifestyle by engaging them in regular physical activity.

Download: Beyond 2012 - outstanding physical education for all
A summary of the report detailing the key findings is also available.
Statistics on obesity, physical activity and diet - England, 2013

The latest NHS Information Centre statistical report presents a range of information on obesity, physical activity and diet in England. Drawn from a variety of sources, the report includes information on the levels of physical activity among children and adults, as well as levels of sedentary behaviour, participation in a range of activities and perceptions towards physical activity.

The main physical activity statistics in this report are taken from the most recent Health Survey for England (2008). Other sources of physical activity information include the latest Taking Part Survey (2012), National Travel Survey (2011), Active People Survey (2012), PE and Sport Survey (2010) and other health and fitness surveys.

Key physical activity findings - adults

- Adults who are overweight or obese are less likely to meet the Government’s physical activity guidelines, compared to those of a healthy weight.
- In 2008, 39% of men and 29% of women met the physical activity guidelines, this compares with 32% of men and 21% of women in 1997.
- Based on accelerometer results 6% of men and 4% of women achieved the recommended physical activity levels.
- Adults aged 16-34 were most likely to meet the guidelines, with activity levels declining with age.
- There was a clear association between meeting the physical activity recommendations and body mass index (BMI) category, with people with a higher BMI less likely to be active.
- Men had higher cardiovascular fitness levels than women.
- Cardiovascular fitness was on average lower among those who were obese than those of a healthy weight.
- One in six people reported having done no activities for 20 minutes or more at a moderate or vigorous level in the previous four weeks.

Key physical activity findings - children and young people

- Overall, in 2008, 32% of boys and 24% of girls were classified as meeting the Government’s physical activity guidelines.
- Among girls the proportion meeting the guidelines decreased with age.
- Almost two thirds of children who had attended school, nursery or playgroup in the last week had walked there or back on at least one day.
- Children spent on average 3.4 hours a day in sedentary pursuits during the week. This rose to 4.1 hours per day for boys and 4.2 for girls at weekends.

Conferences and events

Ability Sports & Active Lifestyle 2013
19-20 April 2013
Sir David Wallace Sports Hall, Loughborough University
Price free if pre-registered, £10 on the door (£5 concessions)

Ability Sports & Active Lifestyle 2013 sets out to provide people with a disability with the same opportunities and choices that able bodied people have. This may be people who are already active in sport and activities, or those who are looking to participate for the first time.

The event will also provide sports clubs that cater for disability sports with the opportunity to view products, equipment, technology and coaching ideas, as well as sharing the opportunity to network with other clubs and organisations.

This event is suitable for individuals, sports clubs, activity groups and national governing bodies.

For further information visit www.asaal.org.uk

BACPR Exercise Professionals Group Study Day
10 May 2013
Aston University
Price £140-£160

This BACPR Exercise Professionals Group Study Day will provide an inter-professional forum for promoting excellence in the exercise component of cardiovascular disease prevention and rehabilitation.

Topics to be covered on the day include:
- an overview of current guidelines
- exercise interventions for heart failure
- FITT targets
- resistance training
- high risk case studies
- future heart failure management.

For more information visit www.bacpr.com/pages/news_box.asp?NewsID=19495628
AFRESH approaches to tackling childhood obesity: enterprise, innovation and action
16 May 2013
Liverpool
Price £30 - free for ECO2013 delegates

This meeting, organised by the Research Institute for Sport and Exercise Sciences at Liverpool John Moores University, aims to explore innovative approaches to tackling childhood obesity.

The meeting will bring together experts from academia, the public sector, industry and the third sector to address the question “what is the responsibility of your sector in tackling childhood obesity?”.

The meeting will be relevant to both physical activity and nutrition/diet specialists.

For more information visit www.ljmu.ac.uk/sps/RISES/102599.htm

The Future of Sport - Marketing Insights and Perspectives
12 June 2013
University of Northampton, Park Campus
Price £75-£95

The 3rd Annual Sports Marketing Conference will be hosted by Northampton Business School at the University of Northampton.

The Future of Sport - Marketing Insights and Perspectives will be suitable for an international audience of practitioners, students and invited keynote speakers.

The event hopes to be a benchmark opportunity for anyone interested in the future development of sport as a vehicle for marketing. It will also include a number of master classes designed to help anyone interested in applying marketing techniques to sports and non-sports campaigns using sports contexts.

For further information visit www.northampton.ac.uk/info/20041/northampton-business-school/1835/the-future-of-sport-conference
International Physical Literacy Conference
12-13 June 2013
Wyboston Lakes Training Centre, Bedfordshire
Price £50-£220

The University of Bedfordshire is to run the second International Physical Literacy Conference. The theme will be physical literacy throughout the life course.

The organisers are interested in receiving abstracts on promoting physical literacy with young people. Those looking at adolescence and early adulthood are particularly welcomed.

Angela Newport and Mary Goad from the BHFNC will be delivering a short presentation on developing a foundation for learning to love being active. This will highlight Early movers, the British Heart Foundation’s new physical activity guide for early years.

Also speaking at this event is Bob Laventure, BHFNC Older Adults Consultant, who will explore how the key concepts associated with physical literacy apply to the older population - who display significant diversity associated with the motivation, competence and confidence required for participating in physical activity in later life.

For more information visit www.beds.ac.uk/research/ispar/conferences

Festival of Public Health 2013
4 July 2013
Stopford Building, University of Manchester
Price £20-£80

The Festival of Public Health hopes to bring together students, researchers and workers from within the field to display their work. It also provides an opportunity to network with like-minded people.

Speakers on the day include Sir Liam Donaldson, former Chief Medical Officer for England, and Professor Ian Jacobs, Dean of Faculty of Medical and Human Sciences at the University of Manchester.

For further information visit www.festivalofpublichealth.co.uk
Health and physical literacy videos

HANDS UP for Health and Physical Literacy is a three part illustrated video series, produced by Canadian physical activity promoter Ophea, designed to teach children and young people about the importance of health and physical literacy in a fun and engaging way.

**Introduction to Physical & Health Literacy** is intended for children aged 4-9. In this video, children are introduced to the concepts of physical and health literacy. A general overview of both terms is introduced to help children build knowledge needed to lead a healthy and active life.

**Exploring Physical & Health Literacy** is recommended for children and young people aged 8-13. It looks deeper into the concepts of physical and health literacy to explore the concepts in relation to the world around them.

**Applying Physical & Health Literacy** recommended for young people aged 12-18. It allows them the opportunity to apply the concepts of physical and health literacy in their own world. Definitions will be reviewed and concepts will be examined at a higher level.

Making the case for walking schemes

This new briefing document from Walking for Health is designed to make the case for walking schemes and highlight the health benefits they can provide, especially to the least active.

The document draws on recent research findings, official guidance and Government policy to demonstrate the importance of local health walks projects.

The briefing reflects the growing weight of evidence recognising physical inactivity as a threat to public health, and highlights walking as having an important role to play in combating this.

The resource includes:
- how active people should be to benefit their health
- the costs of physical inactivity
- the importance of physical activity in preventing and managing medical conditions
- the benefits of walking as a physical activity.

Download: The case for Walking for Health
Welsh Active Travel Bill

The Welsh Government has released the Active Travel (Wales) Bill, the first of its kind. The Bill will require local authorities to continuously improve facilities and routes for pedestrians and cyclists and to prepare maps identifying current and potential future routes for their use. The Bill will also require new road schemes to consider the needs of pedestrians and cyclists at design stage.

Specifically, the Bill makes provision:
- requiring local authorities to make continuous improvement in the range and quality of active travel routes and related facilities
- for consideration of the potential for enhancing walking and cycling provision in the development of new road schemes
- for approved maps of existing active travel routes and related facilities
- for approved integrated network maps of the new and improved active travel routes and related facilities
- requiring local authorities to consider integrated network maps in preparing transport policies.

For further information visit the National Assembly for Wales website.

New tool estimates death and illness caused by inactivity

New statistics released by the South West Public Health Observatory and charity Sustrans show that lack of physical activity could cause as many as 36,815 premature deaths in England each year.

The statistics have been produced to help local authorities in England estimate how much they could reduce death by through promoting physical activity.

This data is part of the new Health Impact of Physical Inactivity (HIPI) tool. This web-based tool estimates how many excess deaths and cases of certain diseases could be prevented in each local authority in England, if the population (aged 40-79) were to engage in recommended amounts of physical activity. Current Government guidelines recommend that adults do at least 150 minutes (2½ hours) of moderate intensity physical activity a week.

The tool enables users to see current levels of physical activity in their local populations and estimates the impact of increased physical activity on four disease areas. These include breast cancer, colorectal cancer, diabetes and coronary heart disease.

For further information and to access the HIPI tool visit www.apho.org.uk/resource/view.aspx?RID=123459
New sport and fitness finder

Finding a train or hotel online has never been easier, but finding sport and fitness activities can be a very different story - spogo aims to change that by making it as easy to find sport and fitness opportunities online as it is with so many other products and services.

spogo already has a comprehensive database in the country, with thousands of activities and facilities - from gyms and sports halls, to tennis clubs and football pitches, personal trainers to baby swims. Users can put in their postcode and see what’s going on in their area.

spogo also has news, advice, recommendations, and real-life stories of people like David Pickersgill, who turned his life around by joining a boxing club. It aims to inspire others to get more active, and show people what physical activity can do for them.

For more information visit www.spogo.co.uk and follow on Twitter @spogoUK for health and fitness news and updates.

Keep up-to-date on physical activity and health

To join the BHFNC database and receive our updates straight to your inbox click here and sign up to our database

If you have any questions or would like us to consider your news for our next update please email us on bhfnc@lboro.ac.uk or call 01509 226421

You can also follow us on Twitter @BHFactive
Do interventions to promote walking in groups increase physical activity? A meta-analysis

Previous research has demonstrated that increased levels of walking in previously sedentary adults has led to increased fitness, decreased BMI and decreased resting diastolic blood pressure. In light of this, the authors of this review focus on whether walking collectively in organised walking groups can provide support relationships for behaviour change.

Nineteen interventions, nine of which were randomised control trials, were included in this review. These interventions focused on changes in physical activity when people:
- walk collectively in groups
- walk with or without a leaders’ physical presence
- were allowed to choose a walking partner.

Interventions conducted in a laboratory or where people were set a walking challenge but walked independently from each other were not included in this review.

Results
- A meta-analysis of the included studies indicated that interventions to promote walking in groups are effective at increasing physical activity.
- Studies which reported a follow up of fewer than six months had a significantly smaller effect than those reporting long term (>6 months) outcomes.
- Interventions which targeted both genders had a significantly greater effect on physical activity than those which only targeted women.
- Those which were aimed at adults aged 18-59 years had a significantly smaller effect than those aimed at older adults, aged 60+ years.
- There was no difference in effect on physical activity levels in interventions which were delivered by a member of the public trained as a volunteer walk leader and interventions which used professionals (ie, trained member of staff) to lead the walking sessions.

Conclusions
Given that studies with short term follow ups reported smaller effect sizes than those with long term follow ups, this review offers support for the idea that walking interventions which provide social support relationships for behaviour change may lead to greater maintenance of behaviour change.

It also suggests that members of the public, when sufficiently trained, can produce positive changes on walkers’ physical activity levels.