

Where does physio fit in?

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WHOLE OF GOVERNMENT SOLUTIONS FOR PHYSICAL INACTIVITY

This global action plan provides a “systems-based” roadmap for all countries to enable national and subnational action to increase physical activity and reduce sedentary behaviour.

Increasing physical activity requires a systems-based approach – there is no single policy solution

WHAT IS A ‘SYSTEMS-BASED’ APPROACH?

A systems-based approach recognizes the interconnectedness and adaptive interaction of multiple influences on physical activity. It shows the numerous opportunities for policy action by different stakeholders to reverse current trends in inactivity and how they interact on multiple levels.

Implementation requires a collective and coordinated response across the settings where people live, work and play by all relevant stakeholders, at all levels, to ensure a more active future.



Global Action Plan on Physical Activity.
World Health Organisation
2018

LEVELS OF ACTIVITY

SUMMARY OF DEMOGRAPHIC DIFFERENCES

Our data shows there are significant **inequalities**:

1 SOCIO-ECONOMIC GROUPS

People in lower socio-economic groups – those in routine/semi-routine jobs and those who are long term unemployed or have never worked (NS-SEC 6-8) – are the most likely to be inactive (33%) and the least likely to be active (54%).



2 GENDER

Men (65% or 14.2m) are more likely to be active than women (60% or 13.8m), with a gap of 317,000 between them.



[LINK TO DATA TABLES](#)

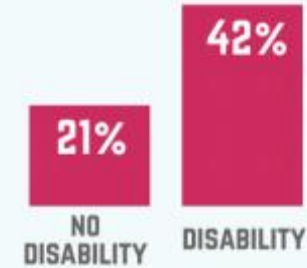
* See our [definitions](#) page for the full definition of disability.

ACTIVE INACTIVE



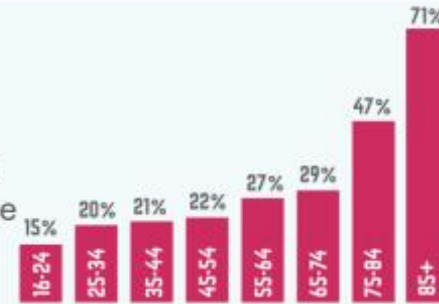
3 DISABILITY

Inactivity is more common for those with a disability or health condition* (42%) than those without (21%). Furthermore, it increases sharply as the number of impairments an individual has increases – 50% of those with three or more impairments are inactive.



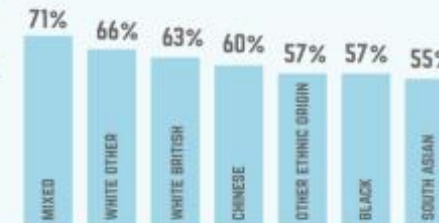
4 AGE

Inactivity levels generally increase with age, but the sharpest increase comes at ages 75-84 (to 47%) and age 85+ (to 71%).




5 ETHNICITY

Activity levels are highest for people from mixed (71%), white other (66%) and white British (63%) backgrounds and lowest for those from South Asian (55%), black (57%) and other (57%) backgrounds.



Sport England
Active Lives Survey
October 2018



Rationale for physiotherapy engagement

- Key mechanism for supporting long-term wellbeing (prevention & management)
- Accessible and acceptable
- As physios we have thousands of contacts with people who are likely to have low PA levels.
- Trusted, credible messengers.
- Natural overlap with rehabilitation

From bolt-on....
...to fully
integrated

Tweak your own work

- Integrate brief interventions

Small scale service improvement

- Connect with local PA providers

Service redesign

- Reconfigure service so that PA is more central

Create new pathways/services/products

- Escape pain

Work across services and systems

- Larger scale, bigger investment, bigger impact