

# JSNA Update for Health and Wellbeing Board, July 2023

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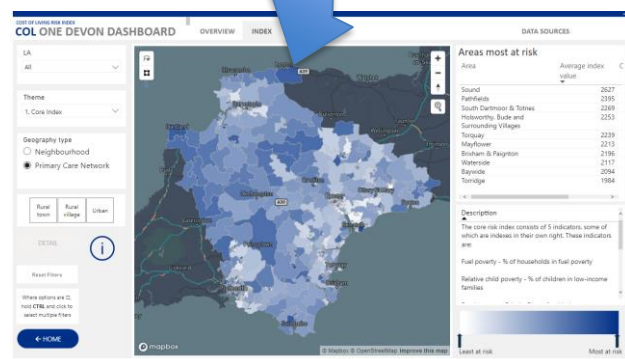
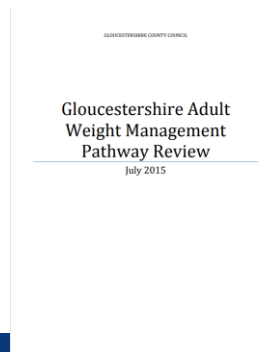
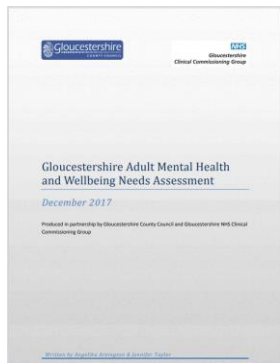
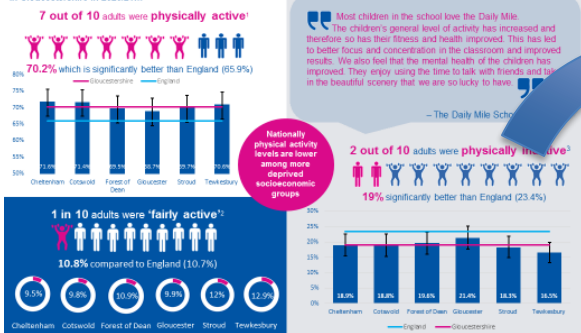


# What is the Joint Strategic Needs Assessment (JSNA)

- Evidence-based document (combining quantitative and qualitative data)
- Historically produced jointly by upper tier Local Authority, and Clinical Commissioning Group (now Integrated Care Board)
- Delivers an understanding of the current and future health and wellbeing needs of the local population over the short term (3-5 years) and longer term (5-10 years)
- Requirement of the Health and Social Care Act 2012 (which amends the 2007 Act)



In Gloucestershire in 2020/21...



Each priority area will be organised to a consistent standard layout accommodating our three-tiered approach:

- **Tier 1 –**  
Priority Topic Infographics
- **Tier 2 –**  
Priority Topic Summary
- **Tier 3 –**  
Priority Topic Deep Dives and Needs Analyses

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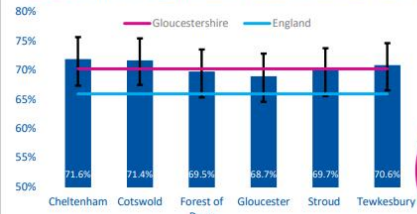
## Physical Activity

In Gloucestershire in 2020/21...

**7 out of 10 adults were physically active<sup>1</sup>**



**70.2%** which is significantly better than England (65.9%)



Nationally physical activity levels are lower among more deprived socioeconomic groups



**2.1%** of adults cycled for travel

for at least 3 days per week in 2019/20 in Gloucestershire which was not significantly different than the England average of 2.3%<sup>5</sup>

**12.5%** of adults walked for travel

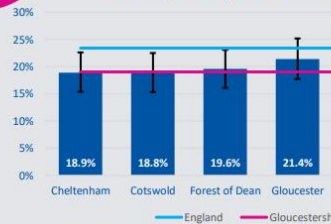
for at least 3 days per week in 2019/20 in Gloucestershire which was significantly worse than the England average of 13.1%<sup>6</sup>



**2 out of 10 adults were physically active<sup>2</sup>**



**19%** significantly better than England



**1 in 10 adults were 'fairly active'<sup>2</sup>**



**10.8%** compared to England (10.7%)



### What are we doing locally?

Physical Activity is one of the 7 strategic priorities for Gloucestershire Health and Wellbeing Board.

Support for individuals and communities wanting to build more physical activity into their daily lives includes:

- **'We can move'** which is a county-wide movement of people committed to getting Gloucestershire physically active. Moving more is the single biggest difference we can make to our health and wellbeing. All over Gloucestershire there are local groups, charities and businesses who could help get people moving. 'We can move' aims to start, facilitate and sustain these conversations. Watch the [video](https://wecanmove.net/) here:
- **'The Daily Mile'** is a fully inclusive, simple initiative which improves the physical and mental health and wellbeing of children. As a result of regular participation children are physically fitter, more focused in the classroom, more confident and more resilient. Children should be active for 30 minutes in school every day, by participating in the Daily Mile they easily achieve 15 minutes.
- **'Creating Active Schools Program'** will be delivered in primary schools in Gloucestershire. This is a whole school behaviour change approach to increasing and improving physical activity across the whole school community.
- **'Active Travel'** For information on the council's vision around strategic transport including active travel please see Gloucestershire's Local Transport Plan [here](#).

"I wanted to do something and get involved. Having attended a 'We can move' systems mapping workshop, I decided to take action and get in touch with local commissioners to see if physical activity guidelines could be imbedded in new commissioning frameworks. The commissioners were happy to review the service specification for providers to include 'We can move' in the framework. I have since supported the movement by linking day centre services to important research to explore the barriers that influence activity levels of disabled people in Gloucestershire."

-Jane, Systems Workshop attendee

Physical Activity in adults<sup>10</sup>

Condition	Reduction (%)
Type II Diabetes	- 40%
Cardiovascular disease	- 35%
Falls, depression etc.	- 30%
Joint and back pain	- 25%
Cancers (colon and breast)	- 20%

Build strength to keep muscles, bones and joints strong on at least 2 days a week<sup>11</sup>

### Key evidence

Physical Activity Overview  
<https://pathways.nice.org.uk/pathways/physical-activity>

Chief Medical Officer's Physical Activity Recommendations (revised 2019): gives specific physical recommendations for health for different sub-groups of the population  
<https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>

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1. Fingertips (based on the Active Lives Adult Survey, Sport England). 2. Fingertips (based on the Active Lives Adult Survey, Sport England). 3. Fingertips (based on the Active Lives Adult Survey, Sport England). 4. Fingertips (Department for Transport). 5. Fingertips (Department for Transport). 6. Pupil Wellbeing Survey, Pupil Inform. 7. Active Lives Survey. 8. Active Gloucestershire January 2020. 9. Active Lives Adults Survey May 2020/21. 10. UK Chief Medical Officer Physical Activity Guidelines. 11. UK Chief Medical Officer Physical Activity Guidelines.