

LONGLIST OF INDEPTH TOPICS SUGGESTED BY OVERVIEW AND SCRUTINY COMMITTEES 2018/19
PROPOSED TOPICS FOR TASK GROUP IN-DEPTH REVIEWS

<p>Name of O and S Committee</p> <p>HASC/RCE CYP</p>	<p>Suggested topic: Physical Activity</p> <p>Reason for Review:</p> <ul style="list-style-type: none"> • If physical activity were a pill, it would be one of the most cost-effective drugs ever invented. It can reduce the risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower the risk of early death by up to 30% • Inactivity levels of Medway residents is 29.4% vs a South East region average of 25.4% (source Public Health Outcomes Framework) • Medway also has a poorer performance on Public Health Framework Indicators related to physical activity such as 1.16 Utilisation of outdoor space for exercise/health reasons • The governments "Sporting Future - A New Strategy for an Active Nation" published in 2016, emphasised the opportunities for improved health and wellbeing of the population through increasing physical activity • Medway has a good starting point with the following strategies, but lacks a unifying strategic approach which addresses all of the calls to action within the governments strategies; Medway Joint Health and Wellbeing Strategy 2012-2017, Medway Sporting Legacy 2017-2020 and Medway Cycling's Action Plan 2016/18 • There are great opportunities to maximise the physical assets Medway already has in place (i.e. greenspaces), networks (such as the Medway Healthy Weight Network) and partner agencies already in place and keen to support a cross cutting agenda such as physical activity <p>Potential for impact on one or more sections of the population?</p> <p>Increasing the level of physical activity for the most sedentary populations in Medway, would represent a significant improvement to their levels of physical and mental wellbeing. In addition to positive short and long term impacts on the health and social care system</p> <p>Is this an issue of corporate concern and/or an issue for partners?</p> <p>This is an issue for a wide range of public, private, public and academic sector partners and only their full involvement will lead to the population level change that is needed.</p>
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Will it add value/lead to effective outcomes?

A full scrutiny review that leads to SMART recommendations and areas of focus will lead to effective, measurable and demonstrable outcomes

Will the review duplicate other work?

No

Is it timely/ do we have the resources?

Officers across a range of council services, are actively working on this area and have physical activity topics as an area of work, so resources exist to support the review process

Will the review provide scope for service improvement?

Yes, lessons can be learnt from other areas who are making progress on this agenda, closer partnership and joined up working, innovation and adhering to the evidence based recommendation that have been produced by experts in this field.