

Draft Fit for Life Strategy Consultation

Bath and North East Somerset Council would like to engage with local residents, communities and providers, on its draft Fit for Life Strategy. We welcome your views on the draft Fit for Life Strategy and this short questionnaire will help us to capture these views so that they inform it's final development and delivery.

Please return completed questionnaires by Monday 2nd June 2014.

The Strategy

The draft Fit for Life Strategy sets out the Council's ambitions for improving health and wellbeing and reducing health inequalities in Bath and North East Somerset through increasing physical activity levels. It seeks to find ways to make physical activity more central to people's lives through making explicit links to the Health and Wellbeing Strategy. The strategy also considers the contribution sport and physical activity can make to the economy of the area, how they can help to enhance the area and communities through bringing people together and reducing social isolation. The strategy also seeks to make a contribution to improving the environment and supporting the sustainability agenda.

The Vision

The overarching vision for 'Fit for Life', agreed by all partners and delivery organisations is:

*To get **more people, more active, more often**, in a safe, sustainable environment leading to improved health and wellbeing for all.*

Ambitions

By 2017 we want more people to

- **Be Active** ... for healthier lifestyles
- **Be Greener** ... for a better and sustainable environment
- **Be Outdoors** ... to enjoy the natural environment
- **Be Involved** ... to make a positive difference
- **Be Together** ... to have fun and enjoy being active

Themes

The strategy has 4 key themes

Theme 1 - Active Lifestyles

Active Lifestyles is about increasing opportunities for everyday activity, sport, recreation and preventing and treating ill health for all ages and abilities across the locality. We want to develop and support activities that start where people are, are fun and sociable and help to build and strengthen communities

Theme 2 - Active Travel

Active Travel is about encouraging walking and cycling as a means of getting to school, work and getting around as part of everyday life.

Theme 3 - Active Design

Active Design is about developing planning policy and practice which supports an increase in physical activity and facilitates positive wellbeing for all residents.

Theme 4 - Active Environments (Facilities and outdoor space)

Active Environments is about maintaining and improving the standard and safety of our parks, play and leisure facilities, green spaces and access to the natural environment in order to encourage their use by local residents and visitors.

Priority Groups

Through consultation the strategy has identified the following priority groups for increasing participation in Sport and Active Lifestyles

- Ethnic Minorities
- 14-18 year olds (particularly females) – this is the age where levels of activity start to drop
- Middle aged men
- Families
- Those experiencing health inequalities
- Older People
- Those who are carrying excess weight, both children and adults
- Those with long term health conditions
- Those with disabilities

Key Issues

Consultation also highlighted the following issues that the strategy should look to address

- Increasing participation in all areas
- Targeted health intervention schemes
- Tackling obesity – including pre surgery weight loss
- Increasing participation in active lifestyles (walking, cycling, swimming) and sport
- Providing education on healthy living
- Outreach programmes, not just focused around facilities, making the best use of the free facilities and environment such as parks and open spaces
- Promoting active travel and creating links with the transport strategy
- Taking a view on whether we have enough of the right types of facilities in the right places and that these are of sufficient quality
- Ensuring clear governance for delivery of the strategy

Questionnaire

1) Is your interest in this strategy as a:

- | | |
|---|---|
| <input type="checkbox"/> Member of the public | <input type="checkbox"/> Service provider |
| <input type="checkbox"/> Business organisation | <input type="checkbox"/> Ward Councillor |
| <input type="checkbox"/> Commissioner of services | <input type="checkbox"/> Service User |
| <input type="checkbox"/> Voluntary, Community or Social Enterprise organisation | |
| <input type="checkbox"/> Other | |

If you are responding to this questionnaire on behalf of an organisation or group, please state which:

2) Is the draft Fit for Life Strategy clear and easy to understand?

- | | | |
|------------------------------|-----------------------------|-----------------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not sure |
|------------------------------|-----------------------------|-----------------------------------|

If no, please explain why:

3) Is the vision for the draft strategy clear and easy to understand?

Yes No Not Sure

If no, how could we improve the vision?

4) The draft Fit for Life Strategy identifies 5 ambitions, are these the right ambitions for the strategy to focus on?

By 2017 we want more people to:

Be Active ... for healthier lifestyles

Yes No Not sure

Be Greener ... for a better and sustainable environment

Yes No Not sure

Be Outdoors ... to enjoy the natural environment

Yes No Not sure

Be Involved ... to make a positive difference

Yes No Not sure

Be Together ... to have fun and enjoy being active

Yes No Not sure

If no, what would you like to add in and why?

5) The draft Fit for Life Strategy identifies 4 themes (set out above). Are these the right themes for the strategy to focus on?

Yes No Not sure

If no, what should we focus on and why?

6) The draft Fit for Life Strategy identifies a series of priority groups. We need to ensure that the strategy focuses on key groups locally. Please list your priority groups below (where 1-highest priority)

- ... Ethnic Minorities
- ... 14-18 year olds (particularly females) – This is the age where levels of activity start to drop
- ... Middle aged men
- ... Families
- ... Those experiencing health inequalities
- ... Older People
- ... Those who are carrying excess weight, both children and adults
- ... Those with long term health conditions
- ... Those with disabilities

7) Is the number of priority groups right or should there be more or less?

- Yes
- More should be added – please list below:

- Less – which would you remove?

8) The draft Fit for Life Strategy identifies a series of key issues, are these the right key issues for the strategy to focus on?

Increasing participation in all areas

- Yes No Not sure

Targeted health intervention schemes

- Yes No Not sure

Tackling obesity – including pre surgery weight loss

- Yes No Not sure

Increasing participation in active lifestyles (walking, cycling, swimming) and sport

- Yes No Not sure

Providing education on healthy living

- Yes No Not sure

Outreach programmes, not just focused around facilities, making the best use of the free facilities and environment such as parks and open spaces

- Yes No Not sure

Promoting active travel and creating links with the transport strategy

- Yes No Not sure

Taking a view on whether we have enough of the right types of facilities in the right places and that these are of sufficient quality

Yes

No

Not sure

If no, what would you like to add and why?

9) How could we best engage with providers, members of the public and communities on the on-going development and delivery of the Fit for Life Strategy?

10) Do you have any other comments or suggestions on the draft Fit for Life Strategy or about physical activity issues more generally within B&NES?

About you

Please can you tell us some details about yourself or, if responding on behalf of an organisation, a profile of the people that you support or represent:

What is your age group?

- Under 25 25 – 34 35 – 44
 45 – 54 55+ Prefer not to say

Do you consider yourself to be a disabled person? (i.e. do you have physical or mental impairment which has a substantial long term adverse effect on your ability to carry out day to day activities?)

- Yes No Prefer not to say

Gender:

- Male Female Prefer not to say

Transgender

Is your gender different from that assigned to you at birth?

- Yes No Prefer not to say

Ethnicity:

A. White

- British Irish Eastern European
 Any other White Background (Please write in).....

B. Dual Heritage (tick all that apply)

- Black Caribbean Black African Asian
 Chinese White
 Any other Mixed Background (please write in).....

C. Asian or Asian British

- Indian Pakistani Bangladeshi
 Any other Asian background (please write in).....

D. Black or Black British

- Caribbean African
 Any other Black (please write in).....

E. Chinese or other ethnic group

- Chinese South East Asian
 Any other back ground (please write in).....

Cont. over page

F. Gypsy or Traveller

- Romany Gypsy Irish Traveller
 Any other Gypsy or Traveller group (please write in).....

G. Prefer not to say

Religion/Belief:

- No religion Christian Buddhist
 Muslim/Hindu Jewish Sikh
 Other (please write in).....
 Prefer not to say

Sexual orientation:

- Bisexual Gay Heterosexual
 Lesbian Prefer not to say

Returning your questionnaire

Please return your completed questionnaire by 2nd June 2014 to:

Marc Higgins,
Environmental Services,
Floor One,
Lewis House,
Manvers Street,
Bath,
BA1 1JG

Or by email to: fit_for_life@bathnes.gov.uk

Thank you for taking the time to provide us with your feedback.