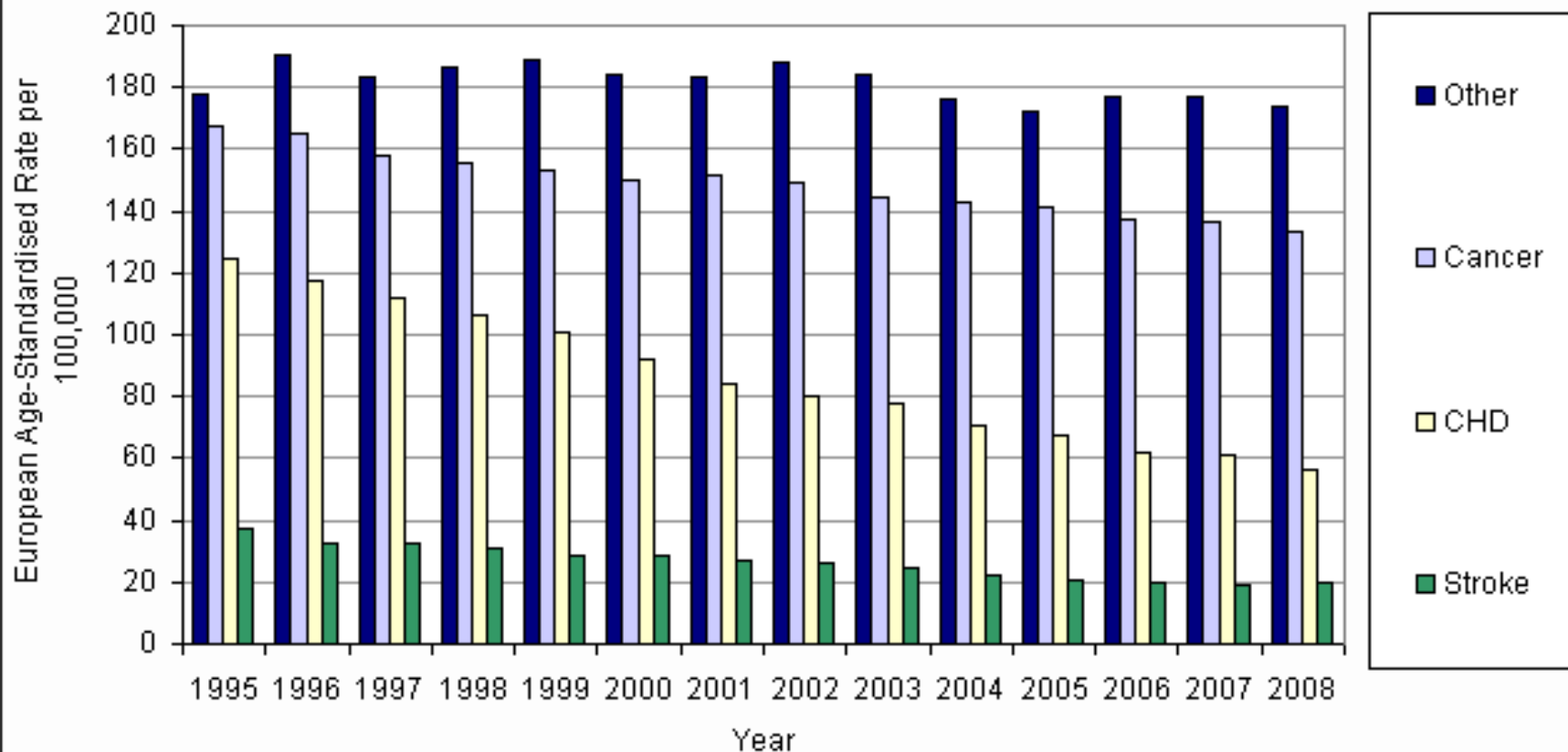


# A Little Physical Activity Means A Lot

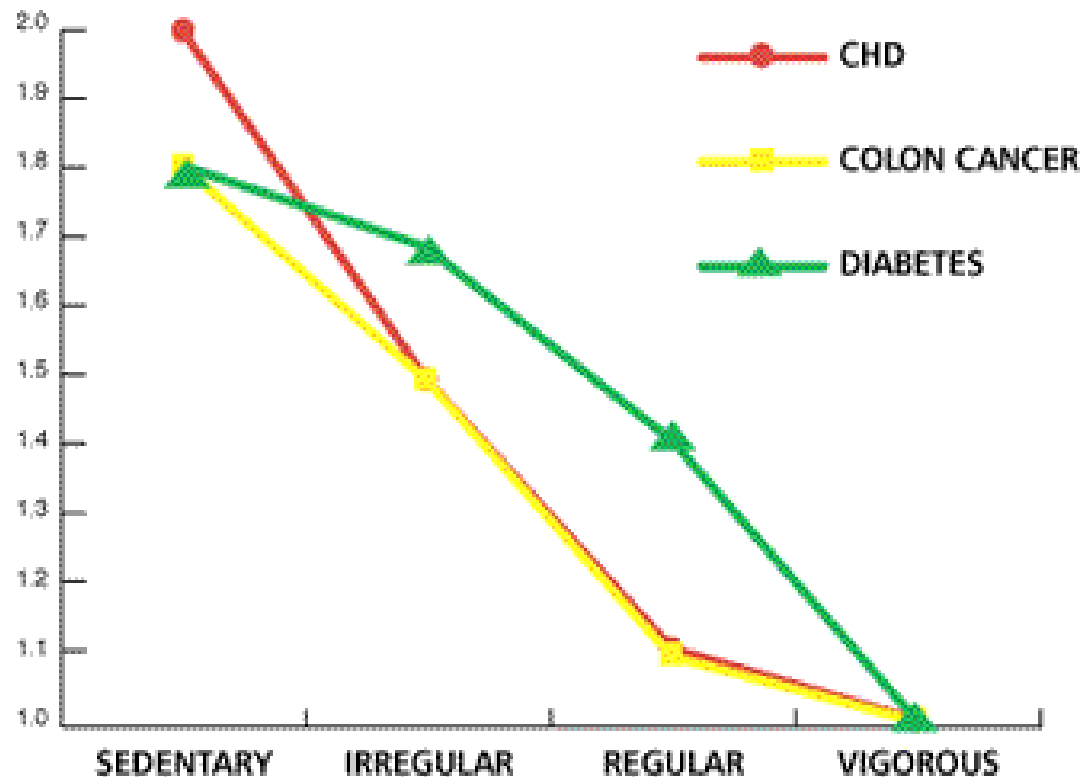
**The BIG 3 Killers**  
**Mortality Rates for the under 75s 1995-2008**



- Physical inactivity is one of the leading causes of death in developed countries, responsible for an estimated
  - 22-23% of CHD,
  - 16-17% of colon cancer,
  - 15% of diabetes,
  - 12-13% of strokes
  - 11% of breast cancer

# Relative Risk of Inactivity

(Powel & Blair, Med Sci Sport & Ex, 1994, 26, 851-856)





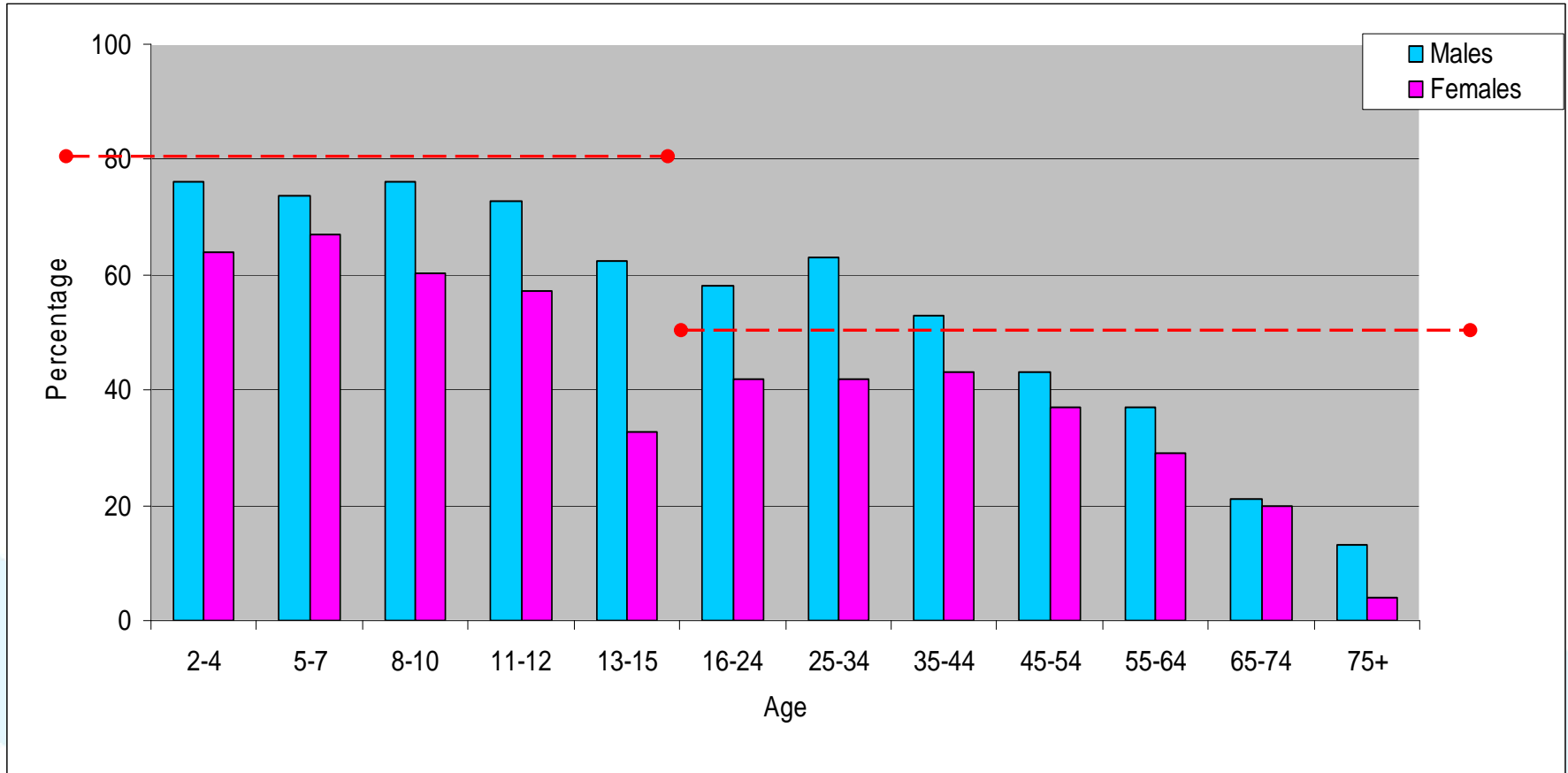
let's make  
scotland  
**more active**  
A strategy for physical activity  
Physical Activity Task Force



# Let's make Scotland more active

- Goal
  - To increase and maintain the proportion of physically active people in Scotland
- Target
  - 50% of adults and 80% of children to meet the minimum recommended levels of physical activity by 2022
- Physical activity described as “one of the best buys for public health”

# 2008 Activity Rates and Target: All Ages



Scottish Health Survey 2008

*Let's Make Scotland More Active suggests the following:*

- It identifies conducive environments as a fundamental determinant of physical activity and set the clear objective — ‘to develop and maintain long-lasting, high quality physical environments to support inactive people to become more active’
- It establishes the types of ‘active living’ activities likely to be undertaken in forests, woods and greenspaces (particularly walking and cycling) as the principal form of physical activity to be sought;
- It specifically cites the importance of ‘access to the countryside and outdoor recreation’ as an important aspect of the strategy

# Healthy Eating, Active Living

- Greenspace Scotland
- Scottish Planning Policy Guidance (SPP) 11
  - 'Physical Activity and Open Space'
- Green Gym
  - We will support the expansion of the BTCV led "Green Gyms" programme across Scotland to increase the number to 56 by 2012

# Current Government Initiatives

**Active Nation is the Games Legacy's:**

## **Physical Activity Public Engagement Programme**

### **Vision**

•‘to **inspire, enthuse and encourage** Scots of all ages, backgrounds and levels of fitness to become more physically active in their everyday lives in the run up to the 2014 Commonwealth Games and beyond’

### **Key Aim**

To motivate people, groups and families to set their own Physical Activity Goal (PAG) which they can work towards achieving between now and 2014



## BE PART OF OUR ACTIVE NATION

Active Nation is about getting more active, having fun and feeling good. Even taking small steps towards being more active can make a big difference to your life. Use this site to find something you'll enjoy doing, set your own Personal Activity Goal and track your daily activity progress. Let's get started now!

Set your activity goal

<http://www.ouractivenation.org>

Go back to a dance class twice a week.

e lift.

Cycle Glasgow to Edinburgh.

Run a 5K within the next six months.

Go on the Wii Fit and calorie target of least a week.

### GETTING STARTED

Whether you're an absolute beginner or you just haven't exercised in a while, Active Nation has everything you'll need to get started.

Find out more >



### WHAT'S GOING ON?

#### The Edinburgh MoonWalk

Join The MoonWalk now, get active and be a part ... [More >](#)

#### Sport Relief Mile

Are you mile ready? Of course you are! With hundreds of ... [More >](#)

See more >

### VOLUNTEERING

If you can spare some free time, volunteering is the ideal way to get more active. Find out how you can make a real difference, whatever your fitness level.

Start Volunteering >



### ACTIVITY TRACKER

If you need an extra boost to stay active, try using our simple Daily Activity Tracker. Simply click on the calendar and fill in your activity diary and you'll be able to track your progress day by day.

Track your progress >

