



Health & Wellbeing Board
14th July 2022

Barnet Health and Wellbeing Board

Key items for consideration;

1. Has the [FAB implementation plan for 2022-23](#) optimised links with the key areas and commitments set out in the Joint Health and Wellbeing Strategy? Do any areas require strengthening?
2. Are there any areas for further collaboration?
3. How can the FAB Partnership best work with Health & Wellbeing Board members to achieve a 'more active and healthy borough'?
4. In considering the new administration priorities, is there anything missing from the [FAB implementation plan](#) that should be considered/explored further for integration?



Developing the FAB Framework (2022-26)

Co-produced with Public Health, the FAB Framework was developed through a series of virtual workshops with partners and stakeholders across the Council, health, education, sport and leisure, and voluntary, community and faith sectors between April 2021 – February 2022.

To ensure that the Framework reflected and responded to needs across Barnet, virtual and in person focus groups were also held with residents and community groups;

LGBTQ+
(Queer the Norm)

Faith Groups

COVID-19 Health
Champions

Barnet Youth
Board & Unitas

Barnet Mencap
service users

Barnet Adult
Social Care
Service users

A formal consultation exercise was undertaken via Engage Barnet, receiving a total of 73 responses. The full consultation findings report can be located [here](#)

The [FAB Framework](#) (2022-26) and its supporting [implementation plan](#) were approved by the Adults and Safeguarding Committee on 7th March 2022.



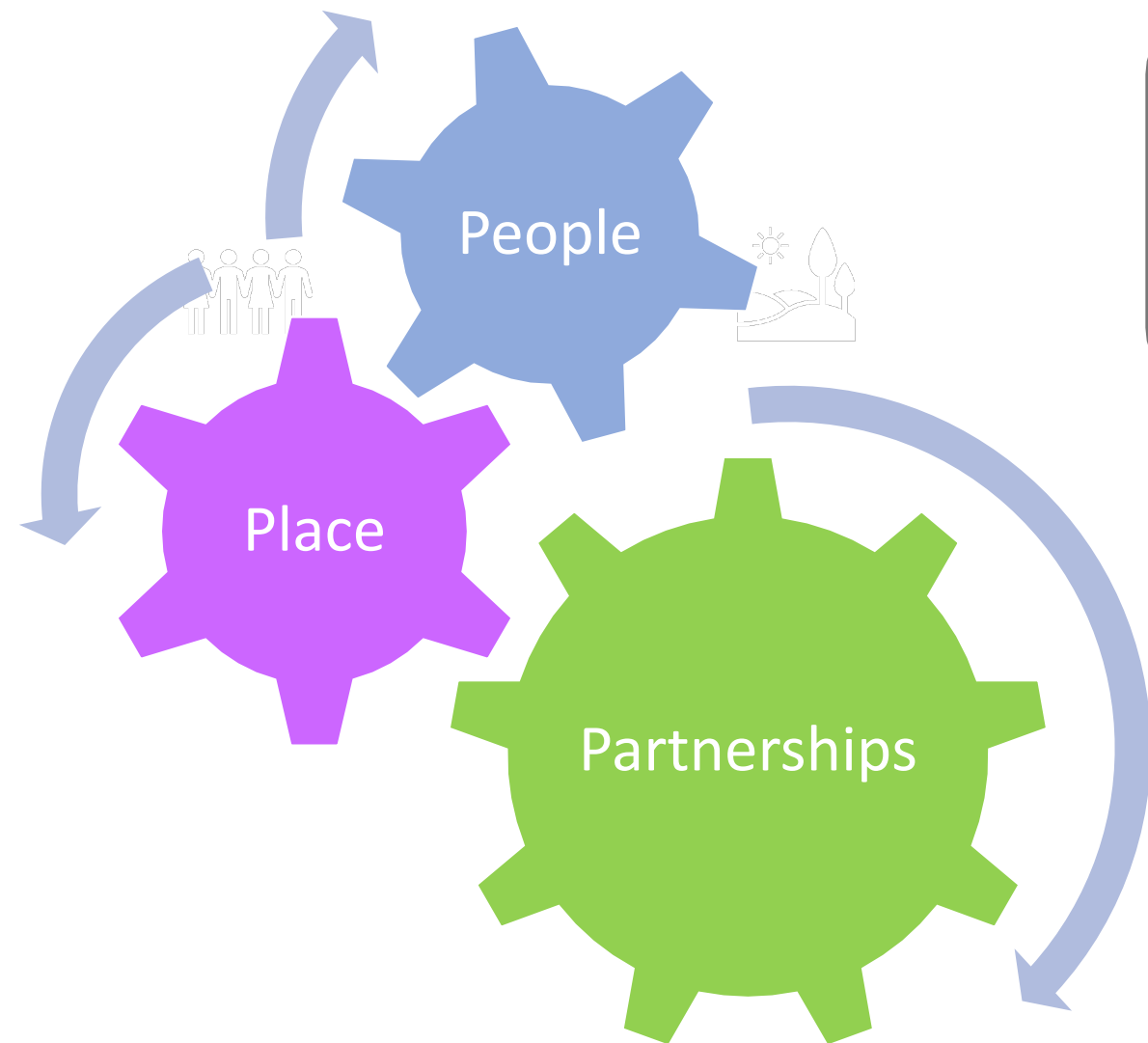
FAB vision is to ‘create a more active and healthy borough’

We seek to achieve this vision by aligning with the following five guiding principles...

1. **Ensure physical activity is integrated at every given opportunity:** Making physical activity not just the business of typical ‘sports’ agencies, but it is integrated within all relevant services that support residents
2. **Promote equality and reduce inequality:** Make Barnet a place where everyone can lead more active and healthier lifestyles
3. **Embed a whole systems approach:** Work collaboratively to co-produce and support delivery of sustainable interventions across a life course
4. **Be driven by insight:** Invest time to understand and reduce barriers to participation by engaging with communities and using a robust evidence base to inform and guide decisions
5. **Challenge the status quo:** Explore sustainable innovative approaches which may be less traditional, whilst attracting investment into the borough.



Delivered in the context of three P's



People

increase physical activity levels amongst everyone



Place



Provide environments that support active lifestyles



Partnerships

Work together to embed physical activity at every opportunity

People: Aims and Commitments



People

increase physical activity levels amongst everyone

Our Commitments 'we will do this by':

- Providing opportunities to be active, particularly where physical activity levels are lowest, and inequalities exist
- Understanding the barriers to participation and addressing gaps in provision, to ensure equal and fair access for everyone
- Changing behaviours and perceptions towards leading an active and healthy lifestyle
- Advocating for active lifestyles to be embedded within local policies, strategies and plans and ensure that this is central to decision making .

Place: Aims and Commitments



Place

Provide environments that support active lifestyles

Our Commitments 'we will do this by':

- Supporting the protection, revival, and creation of accessible active environments
- Optimise the use of active environments through the delivery of targeted physical activity interventions
- Creating a culture that optimises active travel in the borough
- Encouraging workplaces in the borough to embed physical activity and wellbeing within their business
- Advocating for active environments to be embedded within local policy, strategies and plans and that this is central to decision making.

Partnerships: Aims and Commitments



Partnerships

Work together to embed physical activity at every opportunity

Our Commitments 'we will do this by':

- Facilitating effective working between partners to deliver the Framework and maximise outcomes
- Enabling the partnership to advocate the value of physical activity, and its contribution to achieving a range of outcomes
- Optimise and secure resources among the partnership to support increased physical activity levels

A targeted approach

FAB aims to increase physical activity levels across the borough, irrespective of age or how individuals identify. To fully achieve this, we need to address the levels of disproportionality experienced by some demographic groups in relation to physical activity levels and access to opportunities.



Participation in Barnet Sport England Active Lives Survey

The Nov 20/21 adults survey dataset tells us that;

62.6% of adults aged 16+ are moderately active for at least 150 minutes per week.

This is broken down as follows;

Female 63% Male 62.7%

16–34 years 63.4%	35-54 years 61.6%
55-74 years 69.6%	75+ years no data recorded

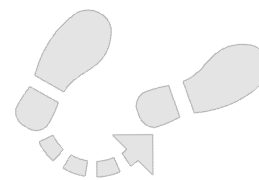
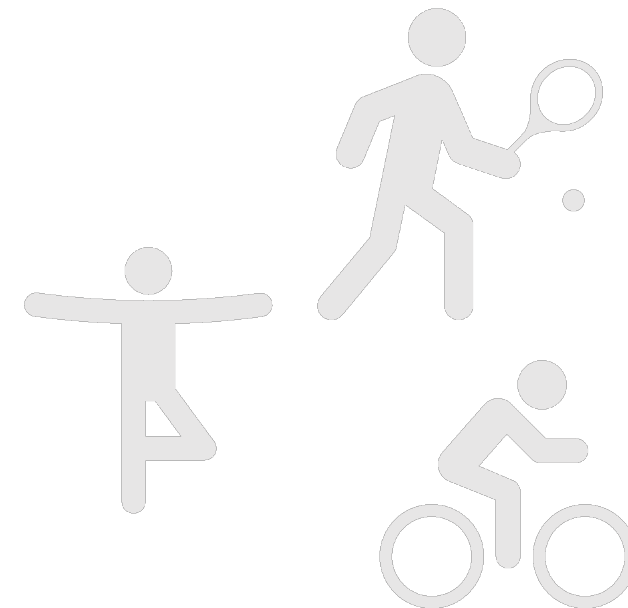
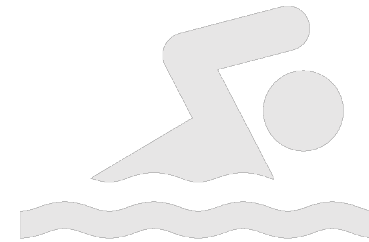
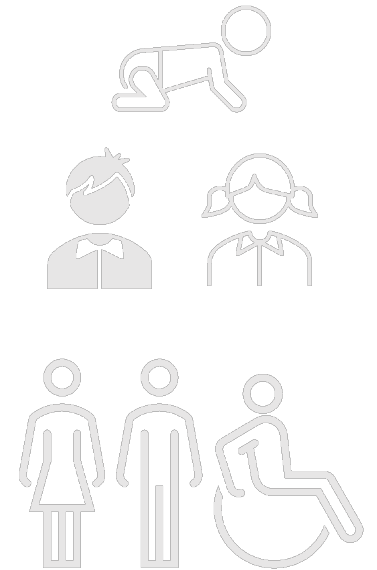
Disability and/or long-term health condition 52%

White 67.7%
White Other 57.3%
Asian (exc. Chinese) 58.7%
Other ethnicities no data recorded

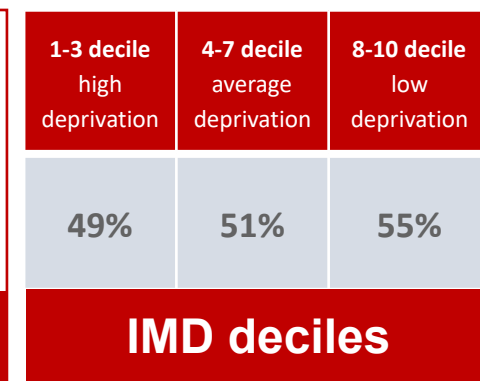
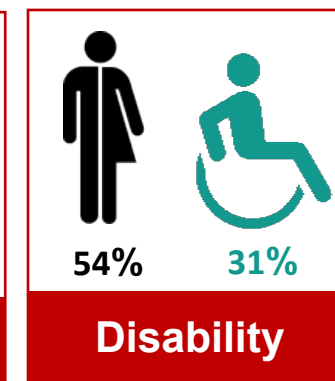
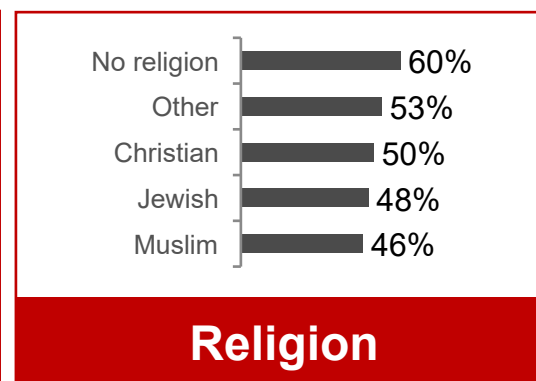
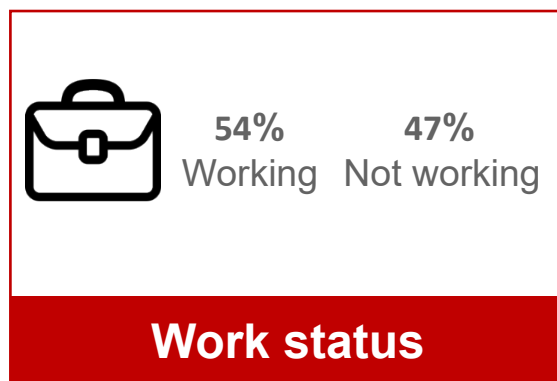
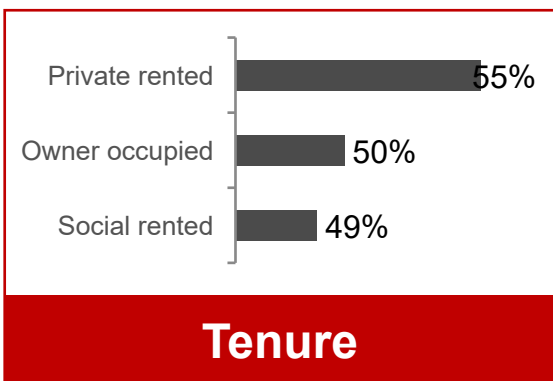
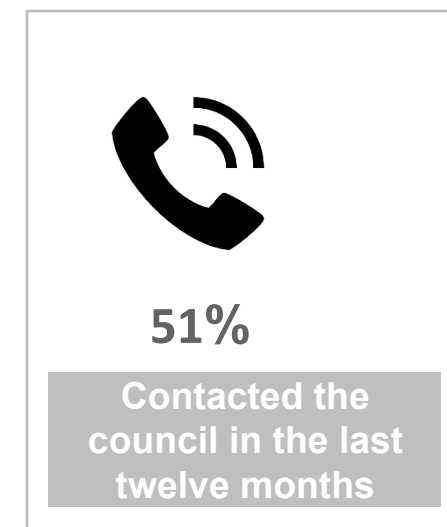
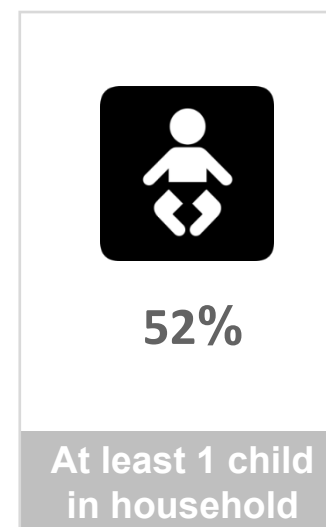
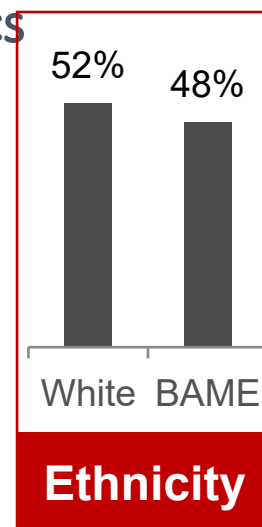
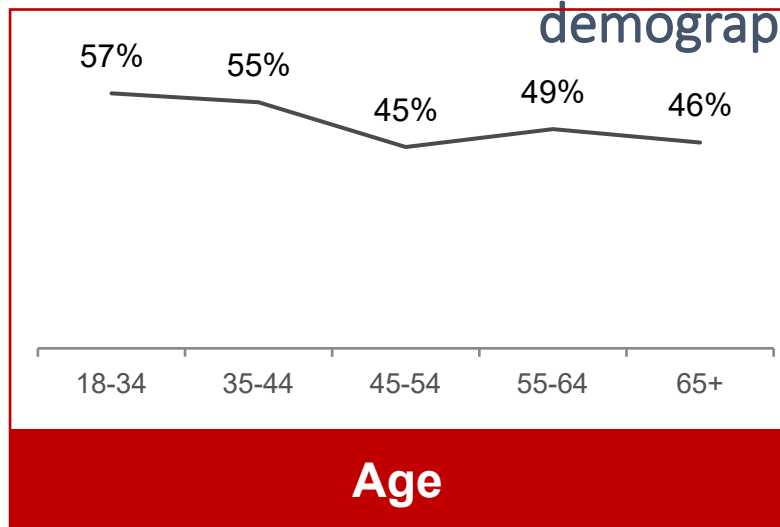
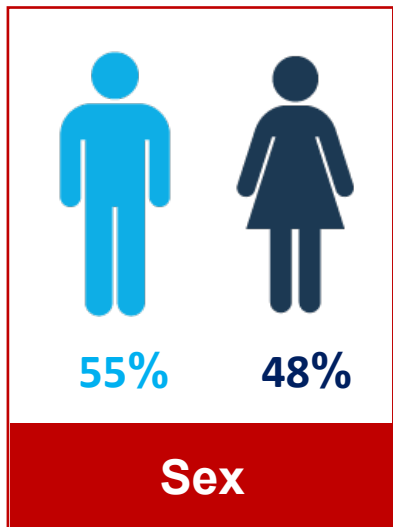
The CYP survey for academic year 2018/19 tells us that;

43.5% of children and young people (aged 5-16 years) are active for an average of 60 mins per day*

35.2% of children and young people (aged 5-16 years) are active for less than 30 mins per day*

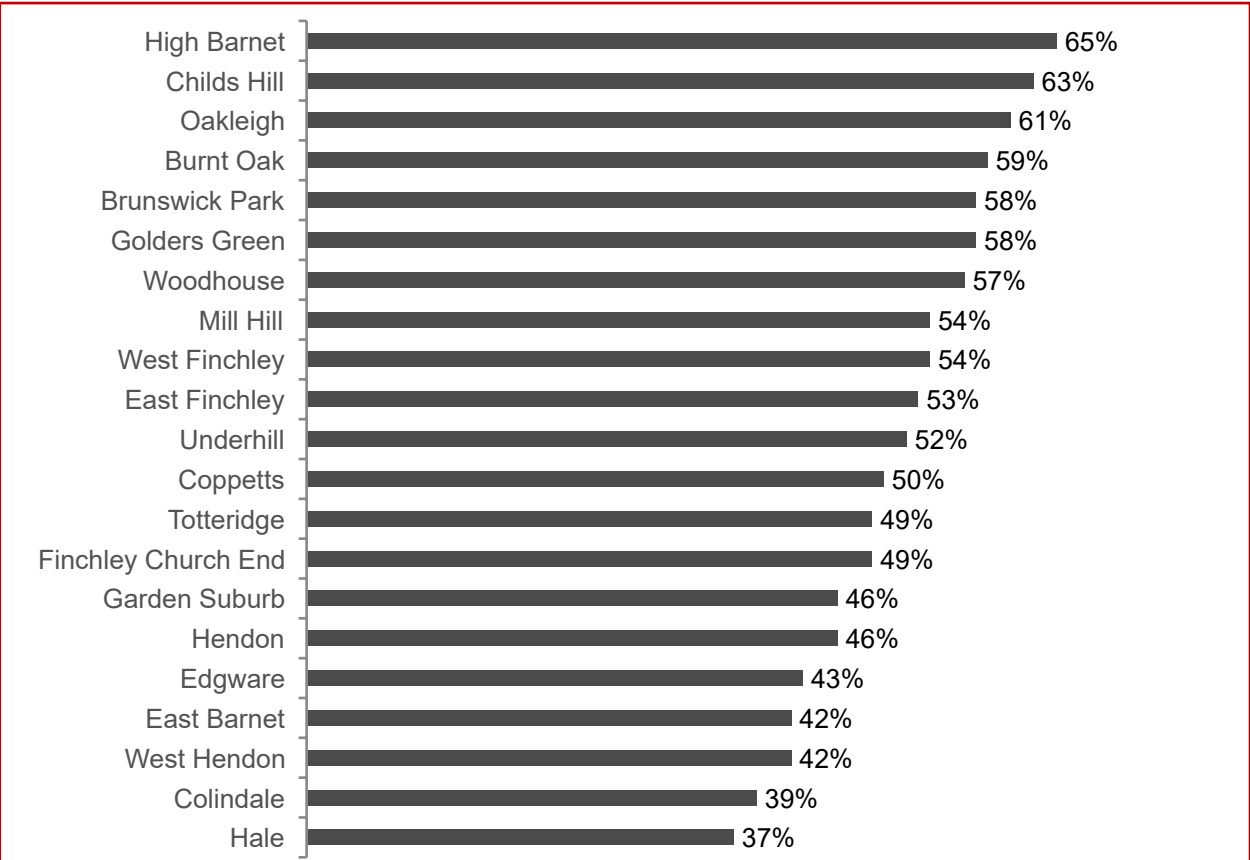


Residents' (aged 18+) level of physical activity (51% active overall) broken down by key demographics

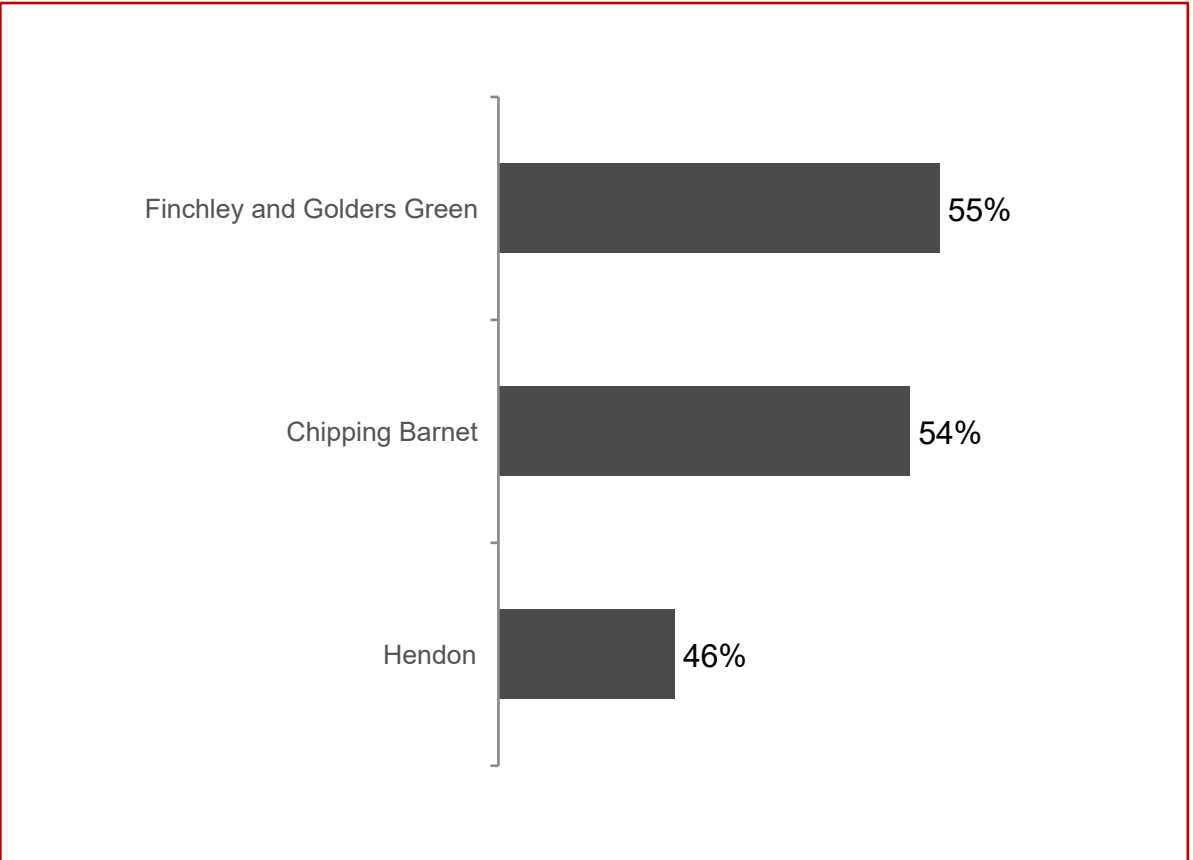


Residents who are male, aged 18-44, private renters, those who are working, those who are not religious, those who are not disabled, and those from areas of low deprivation are all significantly more likely to be active and do 150+ minutes moderate-intensity activity a week. However, female residents, those aged 45-54 or 65+, residents who are BAME, those who are not working, and individuals with a disability are less likely to be active.

Residents' (aged 18+) level of physical activity (51% active overall) broken down by ward and constituency



Ward



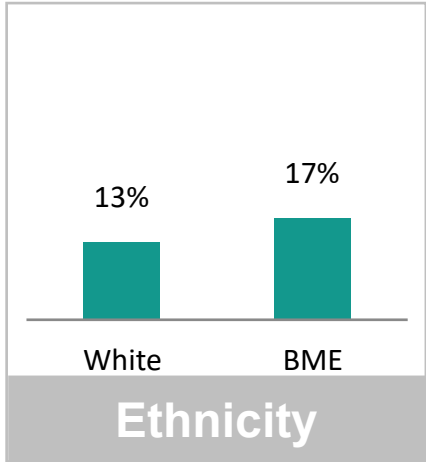
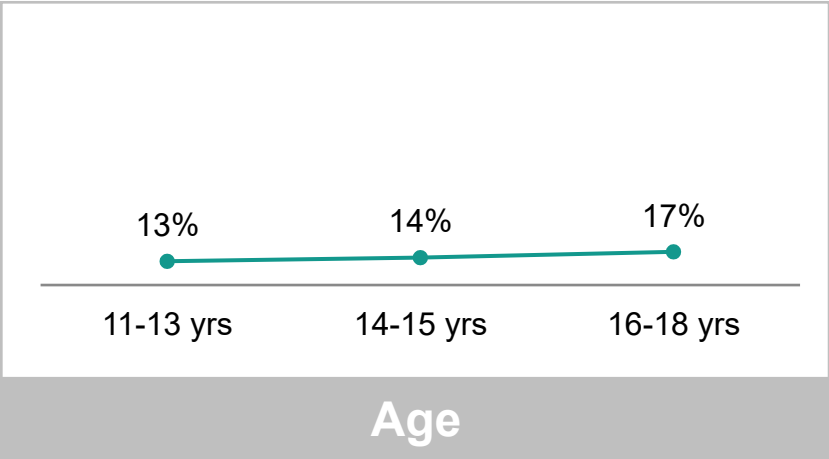
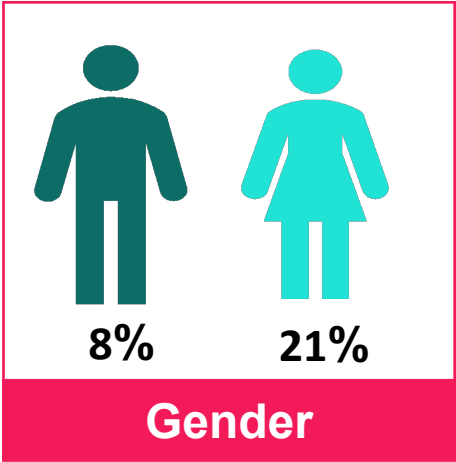
Constituency

Residents living in the High Barnet, Childs Hill, and Oakleigh wards and those in the Finchley and Golders Green constituency are significantly more likely to be physically active. However, residents living in the Hale and Colindale wards and Hendon constituency are significantly less likely to be physically active.

Young people who are physically less active...

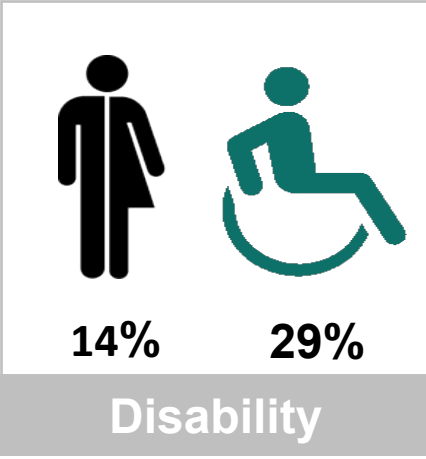
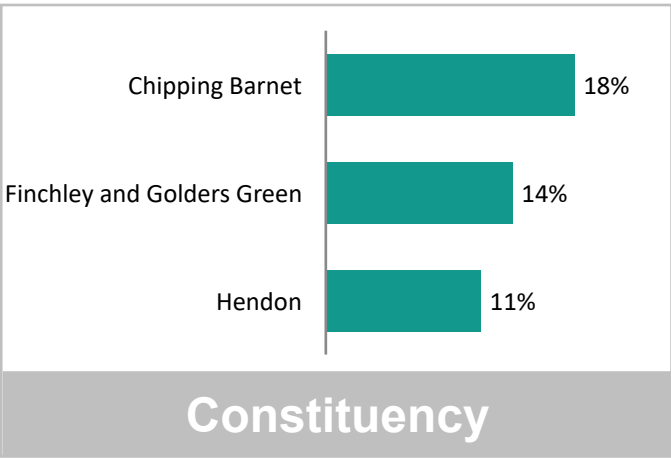
15% of young people are physically less active (doing on average under 30 minutes of exercise a week). There is significant variation in this by gender with females being more likely to be inactive than males.

Young People Survey
(2021/22)



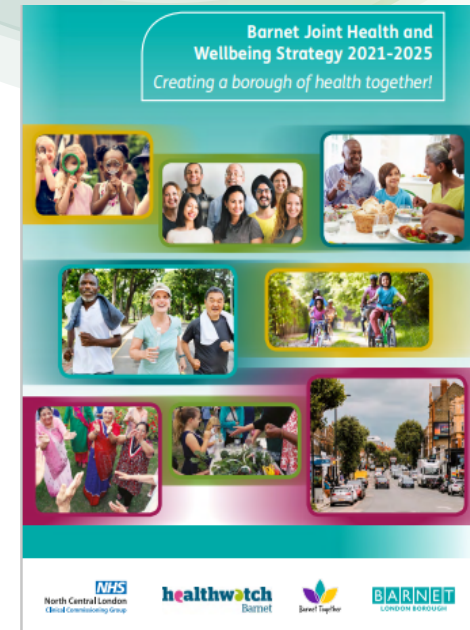
1-3 decile (most deprived)	4-7 decile	8-10 decile (least deprived)
16%	12%	13%

IMD deciles



Joint Health & Wellbeing Strategy alignment

- 40,000+ residents registered with a FAB Card; offering benefits to Barnet residents including discounted access to leisure facilities, free swimming for under 8's, and 8 – 15-year-olds swim for £1
- Enhanced FAB Card benefits for carers, foster carers, looked after children and children who are care experienced
- Delivery of physical activity interventions; Barnet Golden KM, London Youth Games, School Games, London Mini Marathon, Parkrun, Good Gym and Our Parks
- Targeted health interventions; XPLORE (child weight management), Adult Weight Management, Falls prevention, Diabetes Referral, Physical Activity on Referral and Cancer Rehabilitation
- FAB integrated within key policies, plans and workstreams e.g., CVD prevention programme, School Supezone EOI's, Workplace Wellbeing, and the emerging health impact assessment technical note
- Dementia Friendly leisure facilities and programming; all five leisure facilities have a designated Dementia Champion
- £37,610 secured to install a Changing Places facility at Finchley Lido Leisure Centre
- Working group established to deliver active travel priorities e.g., Clean Air Day event on 16 June



FAB campaign/comms update



- A FAB campaign timeline has been developed aligning with national awareness dates e.g., Carers Week, Diabetes Awareness Week, UK Day for Older People, Men’s Health Week , New Year, New You, and International Women’s Day
- Focused ‘Give it a Go’ campaign planned for September 2022 to support and encourage residents to move more – raising awareness of the importance of being physically active and opportunities available in the borough
- Residents will be signposted to the [FAB Hub](#) where they can sign up for their FAB Card, find an activity, locate information on health interventions and physical activity recommendations (Chief Medical Officer), and more...!



FAB Partnership Board

Implementation of the Framework is owned and driven by the FAB Partnership Board.

The importance of working collaboratively to maximise opportunities and ensure sustainability is vital.

Embracing the five guiding principles of the FAB Framework, the FAB Partnership Board intends to provide a foundation that supports maximum influence on deliberate and unintentional physical activity in the borough by;

- Ensuring strategic alignment
- Optimising investment opportunities
- Avoiding duplication of services
- Identifying and addressing gaps
- Sharing skills, knowledge, and resources to maximise efficiencies
- Promoting the value and benefit of physical activity
- Ensuring sustainable delivery and engagement
- Advocating accessible and affordable opportunities

