



Southampton Health and Wellbeing
Board – 2nd March 2022

Proposal to adopt the ‘We Can Be Active’ Strategy as the new physical activity strategy for Southampton

Background

Percentage of physically active children and young people 2020/21

Proportion - %

Area	Count	Value	95% Lower CI	95% Upper CI
England	-	44.6	43.8	45.4
South East region	-	45.4	44.2	46.6
Portsmouth	-	55.7	48.4	62.7
Oxfordshire	-	51.2	46.6	55.8
Windsor and Maidenhead	-	50.3	45.2	55.3
Hampshire	-	48.0	45.5	50.5
West Sussex	-	47.3	43.4	51.3
Reading	-	47.2	38.5	56.0
West Berkshire	-	46.5	39.9	53.2
Surrey	-	46.5	44.1	48.9
Isle of Wight	-	44.8	39.3	50.4
Brighton and Hove	-	44.4	38.9	50.0
Milton Keynes	-	42.2	36.5	48.1
Kent	-	42.1	40.2	44.0
East Sussex	-	41.6	37.9	45.4
Buckinghamshire UA	-	39.7	33.4	46.4
Slough	-	39.7	30.4	49.8
Medway	-	39.3	34.8	44.0
Southampton	-	38.8	34.1	43.8
Bracknell Forest	-	*	-	-
Wokingham	-	*	-	-

Current (2017) strategy is due to end in 2022 and we need a new strategy to reflect post-COVID needs

We Can Be Active Strategy

- New physical activity strategy developed in 2021
- ‘We Can Be Active’ - led by Energise Me
- Insight, engagement and co-design phases
- Across Hampshire, IOW, Portsmouth, & Southampton
 - 30+ Southampton organisations including ... *SCC Public Health, SCC Stronger Communities Team, SCC Workplace Health; Southampton CCG; Solent NHS Trust; Solent University; Active Nation; SVS; Solent Mind; Saints Foundation, Testlands Hub, & Social Care in Action*
 - Public consultation with Southampton residents over Jan-Feb 2021
- Supported by ICS
- Adopted by H&W Boards in Hampshire, IOW & Portsmouth

We Can Be Active Strategy

1. Positive early experiences for our children and young people
2. Opportunity that meet our needs and interests, and are accessible and easy to find
3. Places and Travel Routes where we *all* feel safe and encouraged to be active
4. Support to help us get started or keep moving when we feel we can't do things alone
5. Bold Leaders working together to create happier healthier communities

Moving forward

Subject to HWB approval, the next step would be co-production of a Southampton action plan

