



**BEDFORD**  
BOROUGH COUNCIL

# Movement to Change

*Bedford Borough's Physical Activity  
vision to tackle inactivity and inequality  
to 2030*



## 1. Introduction: Rationale

The **Bedford Borough Physical Activity Vision** sets out a clear policy position, linked to evidence and need that will enable the Council to identify key cross cutting themes to support and complement its new Corporate Plan and the wider objectives it highlights.

The physical activity vision will help support the Council in clearly setting out local strategic outcomes for its leisure, sport, physical activity and wellbeing services. The document will build on the developing Corporate Plan, while also identifying cross-over and integration opportunities with other strategies and directorates' work programmes.

In development of a physical activity vision, the Council has an opportunity in its continuing commitment to overcome increasing inequalities and providing opportunities for local people. It also has an opportunity to consider its current leisure portfolio, provision of built leisure facilities and its strategic alignment with the future corporate direction of travel and other key local outcomes.



## 2. Something for everyone

By 2030 we want Bedford Borough to be a place, where everyone has a great start to life, people live healthy and fulfilling lives, are enabled to achieve their full potential and contribute to their community. We know being active is one of the single most effective and sustainable ways to achieve the 2030 Vision for Bedford Borough. From better mental and physical health to social cohesion and a greener future, movement benefits us from the day we are born through to old age.

## 3. Our Mission

For a long time, many people, with the most to gain from being active have often been the least able to take part. The pandemic has highlighted some of these inequalities – such as those around socio-economic status, disability, and ethnicity. This physical activity vision lays out Bedford Boroughs commitment to working with partners, schools, clubs and other community groups and confronting any inequalities head on. We want to create **Movement to Change** in Bedford Borough for everyone, but with a particular focus on those who need it most, can benefit from the advantages of being active, and contribute to the building of healthier, safer, more connected, happier and more resilient communities in the Borough of Bedford

## 4. How have we listened to our Community?

During 2020/21 Bedford Borough has worked with a range of key partners, groups and clubs and through a range of different initiatives and discussions has been able to listen to local feedback and identify a number of key themes to be addressed within this vision which will help create the conditions for a more active Bedford Borough for everyone.

The authority has widely consulted on and developed a raft of different community plans and strategies that have helped identify a number of outcomes that will link into to the stated mission of the physical activity vision to get more people moving. We have listened to these discussions and consultations which have helped provide robust and relevant evidence, reference and direction for the aims, actions and key themes within the physical activity vision.

It has been important to listen to what our community has said in existing strategies and through the various consultations and outcomes associated with these. The following documents have helped shape the new vision and have been aligned to it:

At the centre of our learning and listening were the two new key documents from Sport England and Team Beds & Luton which act as the “golden thread” at the heart of the Bedford Borough vision.

- **Sport England - [Uniting the Movement](#)**
- **Active Partnership Team Beds & Luton - [Moving Forwards Together](#)**
- [The Bedford Borough Corporate Plan 2022 - 2026](#)
- [JSNA \(Summary for Bedford\) – refreshed 2019](#)
- [Bedford Borough Joint Health & Wellbeing strategy 2018 - 2023](#)
- [Bedford Borough Council Playing Pitch and Outdoor Sport Strategy 2021](#)
- Local Plan 2040
- Active Bedford
- Active Lives research

### 4.1 The National Picture – Sport England

The key Sport England strategy 2021 “**Uniting the Movement**” reflects the direction that Bedford Borough will be aiming to take at a local authority level and offers a clear blueprint for the adoption and development of the identified key areas of focus within the local Bedford Physical Activity vision.

## 4.2 The County Picture: Team Beds & Luton

The Council's Sport Development team has worked closely with our local Active Partnership team Beds & Luton. This organisation has recently also updated its mission and strategic aims to mirror Sport England's '**Uniting the Movement**' and more closely reflect the new, more strategic influencing role that Sport England now require. The Bedford Borough vision will also aim to align to these key focus areas of priority.

The Beds & Luton Partnerships strategic priorities have recently been refreshed under the banner '**Moving Forwards Together**'. This seeks to raise the profile of physical activity as a tool to improve lives, create inclusive, safe opportunities and build community resilience across, Bedfordshire and Luton, supporting its mission to achieve and sustain 'A Happy, Healthier Bedfordshire'. The Bedford Borough vision will integrate these into its plan and align work areas to these priorities.

- **People driven:** Community orientated. Engage with leaders, influencers, and role models to identify a new workforce to champion physical activity as well as supporting the existing workforce.
- **Places:** Protect, enhance existing and develop new facilities that better meet the needs of our audiences.
- **New audiences:** Engaging and building relationships with communities who struggle the most to be physically active.
- **Sustainable communities:** Helping the sector to sustain itself, improve and flourish.



## 5. This is what we learnt – we should all move a bit more!

We have heard and learnt that partners, stakeholders and our community want a more equal, inclusive and connected Borough. A place where people live happier, healthier and more fulfilled lives. There's no quick way to make this vision become a reality. But we know being active is one of the most effective and sustainable ways to achieve it. The evidence is overwhelming, we have learnt that moving our bodies – through community sport, fitness and physical activity – improves our lives, individually and collectively. That is why this vision aims to support this life changing impact, and help try and ensure everyone across the Borough can benefit from it.

The COVID-19 pandemic has impacted on activity levels to varying degrees, not only in Bedford but across the whole country. Certain groups, such as those in more deprived deciles\*, have experienced this impact more than others and it's important that we use this understanding to inform our approach in using sport and physical activity as a vehicle for tackling inequalities in Bedford Borough.

### 5.1 Active Lives Data

Looking at the whole population overall, we can see (Table 1) that there are more 'Active' people in Bedford Borough than there was prior to the pandemic and the percentage of 'Inactive' and 'Fairly Active' people has decreased post-pandemic. This is a positive outlook for Bedford Borough, but further investigation into the varying groups of people shows a different side to the impact of COVID-19 on activity levels in Bedford Borough.

**Table 1: Active Lives Data for participation in physical activity across the whole population**

Whole Population	May 18/19	Nov 18/19	May 19/20	Nov 19/20	May 20/21
<b>Inactive</b> (less than 30 mins a week)	28.9%	27.7%	26.9%	27.5%	24.8%
<b>Fairly Active</b> (30-149 mins a week)	12.1%	9.8%	9.6%	10.0%	9.8%
<b>Active</b> (150+ mins a week)	59.1%	62.5%	63.5%	62.5%	65.4%

When we look at the participation rates (from Active Lives Data) across the various groups in the community however we learn that there is a real inequality in participation and a focus is needed to target key groups to take part in more activity:

- Deprivation Areas
- Disability / Long Term health Conditions
- Gender
- Children and Young People

**Appendix A** shows full data sets and an overview of findings from the **“Active Lives”** study together that illustrate how physical activity habits have changed and how the pandemic may have influenced these changes across these groups. The findings from this will help drive the aims of the Bedford Borough physical activity vision.

\* Deprived deciles are based on Indices of Multiple Deprivation which is a measure of relative deprivation in areas/locations ([www.ons.gov.uk](http://www.ons.gov.uk))

## 6. Why movement matters

We know that the value of participation in physical activity to the health of individuals and that it can have real benefits. The development of a physical vision can be monitored in relation to some key data shown in **Appendix B**. An increase in physical activity across all groups in the community can have benefits in reducing obesity levels, reducing diabetes, reducing trips and falls and more generally mental health improvements

The Chief Medical Officers published their physical activity guidelines in 2019 which highlights the amount and type of physical activity people should be doing to improve their health. Headline activity levels across the population age ranges are as follows:

- Children and young people between 5-18 years should engage in moderate - vigorous intensity for an average of 60 minutes per day across the week to promote health and wellbeing.
- Adults between 19-64yrs should aim to complete 150 minutes physical activity per week and reduce their time spent sedentary (sitting) to maintain good physical and mental health
- Older adults should participate in daily physical activity to gain health benefits, including maintenance of good physical and mental health, wellbeing, and social functioning. They should maintain or improve their physical function by undertaking activities aimed at improving or maintaining muscle strength, balance, and flexibility on at least two days a week. Each week older adults should aim to accumulate 150 minutes (two and a half hours) of moderate intensity aerobic activity, building up gradually from current levels

**Appendix C, D & E** show the infographics covering the Chief Medical Officers guidelines in relation to recommended levels of Physical Activity for our population to provide some context to the active Lives Data and the commentary around Physical Activity levels.

## 7. Where there is inactivity you are more likely to find inequality

**Appendix F** gives a visual summary of the Active Lives data in Bedford Borough and illustrates the gap in participation between deprived areas/people with a disability/Long term health conditions and those who are not from deprivation areas and do not have a disability.

- 28% of people from lower socio-economic groups are inactive compared to only 13% of those in higher socio-economic groups.
- 1 in 4 children leave primary school overweight or obese and children from lower socio-economic groups are twice as likely to be obese or overweight
- 33% of people from Asian backgrounds are inactive compared to 19% of White British people
- 1 in 3 disabled people or people with long term health conditions are inactive.

## 8. Our commitment

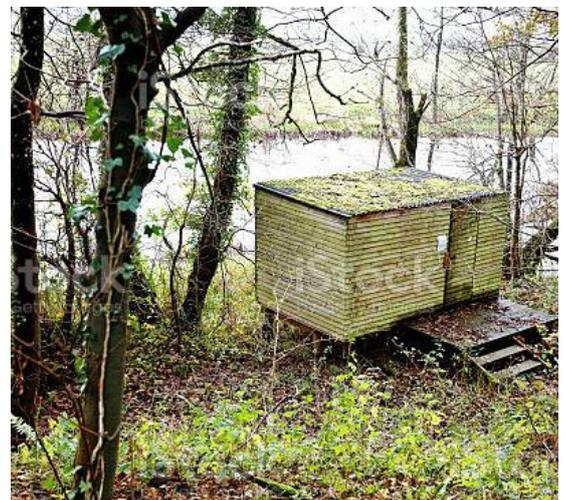
We want to Re-integrate Movement into Everyone's Life by offering more opportunities to participate in Physical activity and tackling sedentary habits and creating environments and facilities which make being active easier, with a focus on Inequalities focusing on those who will derive the most benefit from a more active lifestyle.



## 9. It doesn't matter what gets us moving more

***“My motivation to exercise is different as I get older and I am now interested in bird watching and the walking is a means to access the best spots.”***

***“I used to be in a ‘I hate running’ group. We jogged and then went for a coffee or a wine. It was great, you were with people like you, you did something and then got a reward.”***



## 10. How we should work to achieve more movement

**Together** United as a movement against inactivity and inequality – a whole system approach.

**Targeted** Place based focus tackle the starkest inequalities and help increase access in key areas to leisure facilities and open space.

**Community Led** Listen first.

**Connecting and Empowering** People like me' as role models and activators.



## 11. Where we should focus our work - Links to the BBC Corporate Plan

The key themes of this physical activity vision are closely linked to the priorities identified in the new 2022-2026 Bedford Borough Council Corporate Plan and align closely to the National “Uniting the Movement” report focus. The Borough Corporate Plan priorities that inform this vision:

**Enhance Places:** There is an ambition for an integration of open spaces and parks to a wellbeing agenda, while recognising impact on physical and mental health and tackling the climate emergency. The Council should consider the impact of leisure facilities to enhance place, and critically the decarbonisation of leisure facilities within the climate emergency agenda.

**Enable Prosperity:** The Council acknowledge that good quality employment is important to health and wellbeing, with an ambition to support people to access education and training, and the continued sustainability of town centres. Using economic development to improve health and reduce inequalities is a powerful tool. An additional consideration for the Council is the impact of health and wellbeing workforce training within the skills development priority.

**Support People:** The Council has an ambition for people of all ages to be treated with respect and live a full life, collaborating with partners to reduce risks, while recognising the role health and wellbeing has to play within this. This goal could be developed further to consider the impact of active ageing, as well as implementation of prevention-based interventions.

**Empower Communities:** The Council aims to help develop communities to be the best they can be, stating that they will listen, support an empower communities. This can be developed by ensuring integration of sport and leisure facilities and services to support better health and wellbeing.

- Positive Experience of Being Active for Young People
- Connecting Communities
- Creating Active Environments
- Linking Physical Activity with Health and Wellbeing

## 12. Our actions and plans

We know that we must take actions to try and offer more opportunities to people in Bedford Borough to participate in physical activity, both now and in the future. In order to be as effective as possible we want stakeholders to work with us. This vision highlights four overarching high level themes that the council and all its stakeholders should aim to adopt in order to improve and increase movement in Bedford Borough.

The four overarching goals in the vision pull together the aims and objectives of a range of documents and are identified through local research and data together with the powerful recent National and County findings

### The four main themes in the vision are:

- **Connecting communities:** Focusing on sport and physical activity's ability to make better places to live and bring people together with a focus on reducing inequalities (Table 2)
- **Positive experiences for children and young people:** Focus on positive experiences for all children and young people as the foundations for a long and healthy life. (Table 3)
- **Connecting with health and wellbeing:** Strengthening the connections between sport, physical activity, health and wellbeing, so more people can feel the benefits of, and advocate for, an active life from young to old.. (Table 4)
- **Active environments:** Creating, planning and protecting the places, built facilities and spaces that make it easier for people to be active in their communities. (Table 5)



**Table 2**

<p><b>Theme: Connecting Communities</b> (TB&amp;L: New Audiences / BBC: empower communities)</p> <p><b>To better harness physical activity’s unique ability to make better places to live and bring people together, particularly targeting where inequalities are greatest.</b></p>
<p><b>Objectives</b></p>
<p>1. Work locally with disadvantaged communities to better understand local barriers and enablers.</p>
<p>2. Connect and enable local activators and community networks to inspire movement locally</p>
<p>3. Mobilise physical activity to reduce anti-social behaviour and improve community safety.</p>
<p>4. Focus on connecting underrepresented groups with local green spaces and built facilities and opportunities to be active.</p>

**“It is important to note that being around people who look like you provides a sense of ease and comfort.”** Resident

**Table 3**

<p><b>Theme: Positive Experience of Being Active for Young People</b> (TB&amp;L: New Audiences / BBC: Support People)</p> <p><b>We want young people to enjoy being active and create the right foundations for a long, active and healthy life.</b></p>
<p><b>Objectives</b></p>
<p>1. Work with less active young people and their families including those with SEND and young people from a deprived background, to make being active more ‘normal’ and ‘easy’ for their family.</p>
<p>2. Recognise the importance of a wide range of built leisure facilities that provide a wide range of opportunities for physical activity and offer easy access to opportunity to participate</p>
<p>3. Embed physical activity across all aspects of life including travel to school and within our open spaces ensuring that it is accessible, inclusive and enjoyable for all people from all gender identities and backgrounds.</p>
<p>4. Focus on the role of an active lifestyle to support young people’s wellbeing.</p>
<p>5. To increase physical activity levels amongst children and young people living in the least active and deprived areas of the borough</p>

**“Working out is so good for your mental health, I don’t know why they don’t teach you that at school.”** Looked after child

**Table 4**

**Theme: Link Physical Activity with Health and Wellbeing**

(TB&L: All / BBC: All)

**Have more and better conversations about the connection between health and physical activity.**

**Objectives**

1. Build on the awareness of physical activity’s connectivity with wellbeing to support increased self-care.
2. Increase specific and targeted provision for people with long term health conditions or disabilities.
3. Continue to focus on keeping active as you age and preventing falls.
4. Continue to integrate physical activity into social prescribing and recognise the importance that local facilities can have in supporting this
5. To increase physical activity levels amongst adults living in the least active and deprived areas of the borough
6. To increase physical activity levels amongst groups of people where inactivity inequalities are the greatest e.g. those with a disability, older people and women and girls

***“There are lots of activities out there for the fit and well, but less for people that need a bit more time and tailoring to their needs.” Resident***

**Table 5**

<b>Theme: Creating Active Communities and Environments</b> (TB&L: Places / BBC: Places and Communities)
<b>We need to create and protect the places and spaces that make it easier for people to be active.</b>
<b>Objectives</b>
1. Focus on active travel – encourage and enable a shift from cars being the mode of transport of choice for local journeys.
2. Make it easier to be more active and less sedentary in the places we live and work by developing leisure facilities and programmes that are attractive, accessible and sustainable
3. Ensure sport and physical activity provision is accessible to inactive groups by developing opportunities at local facilities and within communities
4. To increase physical activity in all parks and open spaces
5. To positively influence planning developments to support increased physical activity
6. To better connect low socio-economic groups (LSEG) to accessible and affordable facilities
7. To ensure leisure facilities are sustainable, efficient and effective at increasing participation by inactive people from the least active areas of Bedford Borough

### 13. Uniting the Movement in Bedford Borough – How do we deliver

Only by working together – with residents, volunteers, professionals, existing community networks and a range of partners, behind a shared purpose to tackle inactivity, can everyone in Bedford start to enjoy the benefits of a more active Borough, because when we move, we are stronger.

The high level themes in this document highlight key areas for action in order to help get more people moving, more often. We should all work together to include and integrate the findings of this vision into our regular work programmes and future strategies

The continued liaison and joint working between all stake holders is essential if we are to deliver in this vision of shared purpose.

The document provides an important framework for everyone and offers important direction to planning facilities, activities, transport and offering more opportunities to all sections of our community.

The vision will be reviewed and monitored on an annual basis and will become an integral part of all our future work which can effectively be measured through important Active Lives data and public Health outcomes.

***The one thing that has stayed true despite ups and downs is the feeling I get after being active. You feel good. You just feel good that you've done something.” Resident***

## Appendix A

### Bedford Borough Stats

#### Active Lives Adults

##### Bedford

Whole Population	May 18/19	Nov 18/19	May 19/20	Nov 19/20	May 20/21
<b>Inactive (less than 30 mins a week)</b>	28.9%	27.7%	26.9%	27.5%	24.8%
<b>Fairly Active (30-149 mins a week)</b>	12.1%	9.8%	9.6%	10.0%	9.8%
<b>Active (150+ mins a week)</b>	59.1%	62.5%	63.5%	62.5%	65.4%

Looking at the whole population overall, we can see that there are more 'Active' people in Bedford than there was prior to the pandemic and the percentage of 'Inactive' and 'Fairly Active' people has decreased post-pandemic. This is a positive outlook for Bedford, but a further deep dive into varying groups of people shows a different side to the impact of COVID-19 on activity levels in Bedford.

##### Deprivation

Decile 1 (Most Deprived)	May 18/19	Nov 18/19	May 19/20	Nov 19/20	May 20/21
<b>Inactive (less than 30 mins a week)</b>	33.0%	33.7%	35.2%	38.4%	39.3%
<b>Fairly Active (30-149 mins a week)</b>	12.0%	11.6%	10.9%	10.9%	11.5%
<b>Active (150+ mins a week)</b>	55.0%	54.7%	53.9%	50.7%	49.3%

Looking at those individuals in Bedford who fall into Decile 1, the most deprived decile, we can see that the percentage of 'inactive people has significantly increased from 33% in May 18/19 to 39.3% in May 20/21. This could be reflective of the challenges that those most deprived in our communities have faced during the pandemic and highlights a deep-rooted inequality amongst those who are more deprived. The percentage of 'Active' people in Bedford has significantly decreased from 55% to 49.3%, showing just how easily those in the most deprived decile can be impacted, regardless of how active they are.

Decile 2	May 18/19	Nov 18/19	May 19/20	Nov 19/20	May 20/21
<b>Inactive (less than 30 mins a week)</b>	28.6%	28.9%	30.9%	32.9%	32.2%
<b>Fairly Active (30-149 mins a week)</b>	12.1%	12.1%	11.8%	12.0%	12.3%
<b>Active (150+ mins a week)</b>	59.3%	59.0%	57.3%	55.2%	55.5%

In Decile 2, one of the most deprived deciles, this decile has followed a similar trend to Decile 1, with significant increases in 'Inactive' people from 28.6% in May 18/19 to 32.2% in May 2020/21. The percentage of the 'Active' people has significantly decreased from 59.3% in May 18/19 to 55.5% in May 2020/21. As aforementioned for Decile 1, this could be reflective on the challenges faced by those deprived in our communities throughout COVID.

Decile 3	May 18/19	Nov 18/19	May 19/20	Nov 19/20	May 20/21
<b>Inactive (less than 30 mins a week)</b>	25.9%	25.8%	27.2%	29.2%	29.9%
<b>Fairly Active (30-149 mins a week)</b>	11.5%	12.1%	11.6%	11.9%	12.0%
<b>Active (150+ mins a week)</b>	62.6%	62.1%	61.2%	59.0%	58.1%

Decile 3 tells a similar story to Decile 1 and 2, in that the percentage of 'Inactive' people has increased and the percentage of 'Active' people has decreased. Although it is important to note that the percentage of 'Active' people across the entire time-band is higher and the percentage of 'Inactive' people is higher than Decile 1 and 2, and this trend could show the beginnings of higher activity levels amongst those less deprived and higher inactivity levels amongst those more deprived.

Decile 4	May 18/19	Nov 18/19	May 19/20	Nov 19/20	May 20/21
<b>Inactive (less than 30 mins a week)</b>	23.8%	24.2%	25.1%	26.4%	27.2%
<b>Fairly Active (30-149 mins a week)</b>	11.8%	11.9%	11.5%	11.4%	11.7%
<b>Active (150+ mins a week)</b>	64.3%	64.0%	63.4%	62.2%	61.1%

Decile 4 shows an elevated rate of 'Active' people than Decile 3, further showing how those in the most deprived deciles are less likely to be active. We can also see that the percentage of 'Inactive' people has increased from 23.8% in May 18/19 to 27.2% in May 20/21 and the percentage of 'Active' people decreased from 64.3% in May 18/19 to 61.6% in May 20/21. This could be reflective of the impact COVID has had on activity levels.

<b>Decile 5</b>	<b>May 18/19</b>	<b>Nov 18/19</b>	<b>May 19/20</b>	<b>Nov 19/20</b>	<b>May 20/21</b>
<b>Inactive (less than 30 mins a week)</b>	24.1%	23.1%	24.7%	25.6%	25.7%
<b>Fairly Active (30-149 mins a week)</b>	12.9%	13.0%	11.8%	11.2%	11.0%
<b>Active (150+ mins a week)</b>	63.0%	63.9%	63.4%	63.3%	63.3%

In Decile 5, we can see that the levels of ‘Active’ people remained stable, despite the pandemic. The percentage of ‘Inactive’ people saw a slight increase from 24.1% in May 18/19 to 25.7% in May 20/21 and this could further show how the less deprived the decile is, the less likely there is to be inequality in participation.

<b>Decile 6</b>	<b>May 18/19</b>	<b>Nov 18/19</b>	<b>May 19/20</b>	<b>Nov 19/20</b>	<b>May 20/21</b>
<b>Inactive (less than 30 mins a week)</b>	22.9%	22.7%	22.8%	25.1%	25.5%
<b>Fairly Active (30-149 mins a week)</b>	12.3%	12.2%	12.2%	11.5%	12.1%
<b>Active (150+ mins a week)</b>	64.7%	65.1%	65.0%	63.4%	62.4%

Decile 6 shows a slight decrease in ‘Active’ people from 64.7% in May 18/19 to 62.4% in May 20/21 and a slightly larger increase in ‘Inactive’ people from 22.9% in May 18/19 to 25.5% in May 20/21. This is a slight anomaly from the trend we have seen thus far but could show how the pandemic has affected everyone in some way, regardless of the decile they fit into.

<b>Decile 7</b>	<b>May 18/19</b>	<b>Nov 18/19</b>	<b>May 19/20</b>	<b>Nov 19/20</b>	<b>May 20/21</b>
<b>Inactive (less than 30 mins a week)</b>	22.3%	21.4%	23.0%	24.8%	24.4%
<b>Fairly Active (30-149 mins a week)</b>	12.3%	12.4%	11.9%	11.3%	11.2%
<b>Active (150+ mins a week)</b>	65.4%	66.2%	65.2%	64%	64.4%

There was a slight increase in ‘Inactive’ people from 22.3% in May 18/19 to 24.4% in May 20/21 in Decile 7. This increase is significantly less than the increases in the more deprived deciles, showing how those in the less deprived deciles have been impacted less than those in more deprived deciles. The decrease in ‘Active’ people in Decile 7 is also significantly less than those in the more deprived deciles.

Decile 8	May 18/19	Nov 18/19	May 19/20	Nov 19/20	May 20/21
<b>Inactive (less than 30 mins a week)</b>	21.9%	21.4%	21.4%	22.9%	22.6%
<b>Fairly Active (30-149 mins a week)</b>	11.5%	11.7%	11.7%	11.7%	11.7%
<b>Active (150+ mins a week)</b>	66.6%	66.9%	66.9%	65.5%	65.7%

In Decile 8, there was a slight decrease in 'Active' people from 66.6% in May 18/19 to 65.7% in May 20/21 and a slight increase of 'Inactive' people from 21.9% in May 18/19 to 22.6% in May 20/21, but similarly to Decile 7, the decrease is significantly less than those in the more deprived deciles.

Decile 9	May 18/19	Nov 18/19	May 19/20	Nov 19/20	May 20/21
<b>Inactive (less than 30 mins a week)</b>	20.9%	20.8%	20.7%	21.9%	23.3%
<b>Fairly Active (30-149 mins a week)</b>	12.2%	12.9%	12.5%	12.0%	11.6%
<b>Active (150+ mins a week)</b>	66.8%	66.4%	66.8%	66.1%	65.2%

Decile 9 tells a similar story to Decile 8 and 7 in that there were slight increases in 'Inactive' people and a slight decrease in 'Active' people, but the changes are significantly less than the most deprived deciles.

Decile 10 (Least Deprived)	May 18/19	Nov 18/19	May 19/20	Nov 19/20	May 20/21
<b>Inactive (less than 30 mins a week)</b>	19.6%	18.6%	18.7%	20.1%	20.6%
<b>Fairly Active (30-149 mins a week)</b>	11.8%	12.0%	11.8%	11.3%	10.9%
<b>Active (150+ mins a week)</b>	68.6%	69.4%	69.4%	68.5%	68.5%

In Decile 10, which is the least deprived decile, the rates of 'Inactive' people are significantly lower than any of the other deciles and the rates of 'Active' people are significantly higher than any of the other deciles. The rate of 'Active' people remained stable throughout, showing how those in less deprived deciles have been less impacted by the pandemic.

**Gender**

<b>Inactive – Males and Females</b>	<b>May 18/19</b>	<b>Nov 18/19</b>	<b>May 19/20</b>	<b>Nov 19/20</b>	<b>May 20/21</b>
<b>Males</b>	29.1%	27.6%	22.7%	25.2%	26.3%
<b>Females</b>	28.3%	27.6%	30.4%	28.9%	22.5%

Looking at gender splits, we can see that the percentage of ‘Inactive’ males and females decreased in May 20/21 compared to May 18/19. The rate of ‘Inactive’ females experienced a significant decrease from 28.3% in May 18/19 to 22.5% in May 20/21 and the rate of ‘Inactive’ males experienced a slightly less significant, but still large decrease from 29.1% in May 18/19 to 26.3% in May 20/21.

<b>Active – Males and Females</b>	<b>May 18/19</b>	<b>Nov 18/19</b>	<b>May 19/20</b>	<b>Nov 19/20</b>	<b>May 20/21</b>
<b>Males</b>	59.8%	63.3%	65.8%	63.0%	66.0%
<b>Females</b>	59.6%	62.8%	61.6%	62.4%	65.7%

The rate of ‘Active’ males and females in Bedford significantly increased in the post-COVID period. This is a positive outlook for Bedford, although in the May 19/20 period, the rate of ‘Active’ females was less than ‘Active’ males, but this figure evened out in the May 20/21 period.

**Disability & Long Term Health Condition (LTHC)**

<b>Disability/LTHC</b>	<b>May 19/20</b>	<b>Nov 19/20</b>	<b>May 20/21</b>
<b>Inactive (less than 30 mins a week)</b>	32.7%	33.1%	38.1%
<b>Active (150+ mins a week)</b>	59.6%	61.9%	50.6%

This dataset is particularly troubling, showing that those in Bedford with disabilities or long-term health conditions have become more ‘Inactive’ and less ‘Active’ from May 19/20 to May 20/21. This could suggest the extent to which the pandemic has negatively impacted on those with disabilities and long-term health conditions, many of whom may rely on public facilities to be active and were forced to close throughout the lockdown periods.

<b>No Disability/LTHC</b>	<b>May 19/20</b>	<b>Nov 19/20</b>	<b>May 20/21</b>
<b>Inactive (less than 30 mins a week)</b>	25.2%	25.6%	21.5%
<b>Active (150+ mins a week)</b>	64.7%	63.6%	69.5%

Looking at this dataset, we can see that there is a stark inequality between people with disabilities and long-term health conditions and those without. The rate of ‘Inactive’ people without disabilities decreased from 25.2% in May 19/20 to 21.5% in May 20/21, while the rate of ‘Inactive’ people with disabilities and long-term health conditions increased dramatically from 32.7% in May 19/20 to 38.1% in May 20/21. The percentage of ‘Active’ people without disabilities and long-term health conditions increased from 64.7% in May 19/20 to 69.5% in May 20/21, while the percentage of ‘Active’ people with disabilities and long-term health conditions decreased dramatically from 59.6% in May 19/20 to 50.6% in May 20/21.

## Active Lives Children & Young People (CYP)

### Bedford

Whole Population	Academic Year 19/20	Academic Year 20/21
<b>Less Active (less than average of 30 mins a day)</b>	32.8%	36.1%
<b>Fairly Active (average of 30-59 mins a day)</b>	25.9%	23.2%
<b>Active (average of 60+ mins a day)</b>	41.3%	40.7%

Looking at children and young people data, we can see that there has been a significant increase in 'Less Active' children and young people from the 32.8% in the 19/20 academic year to 36.1% in the 20/21 academic year. This could reflect the impact of school closures, where PE was often the only opportunity to be active. The rate of children and young people considered to be 'Active' experienced a slight decrease, but not on a worrying level.

### Deprivation

Most Deprived Decile	Academic Year 19/20	Academic Year 20/21
<b>Less Active (less than average of 30 mins a day)</b>	39.1%	40.9%
<b>Fairly Active (average of 30-59 mins a day)</b>	21.4%	21.5%
<b>Active (average of 60+ mins a day)</b>	39.5%	37.6%

'Less Active' children and young people who fit in the most deprived decile had a slightly increased rate from 39.1% in the 19/20 academic year to 40.9% in the 20/21 academic year. The rate of 'Active' children and young people decreased slightly from 39.5% in the 19/20 academic year to 37.6% in the 20/21 academic year.

Second Most Deprived Decile	Academic Year 19/20	Academic Year 20/21
<b>Less Active (less than average of 30 mins a day)</b>	33.8%	39.6%
<b>Fairly Active (average of 30-59 mins a day)</b>	22.8%	24.6%
<b>Active (average of 60+ mins a day)</b>	43.5%	35.9%

Children and young people in the second most deprived decile had become significantly more 'Less Active', from 33.8% in the 19/20 academic year to 39.6% in the 20/21 academic year. This highlights how important it is to get children and young people moving more on the back of the negative impact the pandemic has had on them. To further support this, the rate of 'Active' children decreased dramatically from 43.5% in the 19/20 academic year to 35.9% in the 20/21 academic year.

<b>Third Most Deprived Decile</b>	<b>Academic Year 19/20</b>	<b>Academic Year 20/21</b>
<b>Less Active (less than average of 30 mins a day)</b>	34.2%	31.3%
<b>Fairly Active (average of 30-59 mins a day)</b>	24.2%	23.1%
<b>Active (average of 60+ mins a day)</b>	41.5%	45.6%

The third most deprived decile tells a completely different story, in that the rate of 'Less Active' children and young people in this decile had decreased from 34.2% in the 19/20 academic to 31.3% in the 20/21 academic year. The rate of 'Active' children and young people had also increased by 4.1% from 41.5% in the 19/20 academic year to 45.6% in the 20/21 academic year.

<b>Fourth Most Deprived Decile</b>	<b>Academic Year 19/20</b>	<b>Academic Year 20/21</b>
<b>Less Active (less than average of 30 mins a day)</b>	32.7%	32.0%
<b>Fairly Active (average of 30-59 mins a day)</b>	23.3%	21.3%
<b>Active (average of 60+ mins a day)</b>	44.0%	46.7%

The fourth most deprived decile tells a similar story to the third most deprived decile in that the percentage of 'Active' children and young people had increased in the 20/21 academic from the 19/20 academic year. The rate of 'Less Active' children and young people remained relatively stable across the two academic years.

<b>Fifth Most Deprived Decile</b>	<b>Academic Year 19/20</b>	<b>Academic Year 20/21</b>
<b>Less Active (less than average of 30 mins a day)</b>	39.1%	40.9%
<b>Fairly Active (average of 30-59 mins a day)</b>	21.4%	21.5%
<b>Active (average of 60+ mins a day)</b>	39.5%	37.6%

The fifth most deprived decile shows a slight increase in 'Less Active' children and young people in the 20/21 academic year compared to the 19/20 academic year and a slight decrease in 'Active' children and young people, although not on the same level as those in the second most deprived decile.

<b>Fifth Least Deprived Decile</b>	<b>Academic Year 19/20</b>	<b>Academic Year 20/21</b>
<b>Less Active (less than average of 30 mins a day)</b>	32.2%	30.8%
<b>Fairly Active (average of 30-59 mins a day)</b>	22.4%	22.8%
<b>Active (average of 60+ mins a day)</b>	45.3%	46.4%

The fifth least deprived decile saw a slight decrease in 'Less Active' children by 1.4% from 32.2% in the 19/20 academic year to 30.8% in the 20/21 academic year and slight increase of 1.1% from 45.3% in the 19/20 academic year to 46.7% in the 20/21 academic year.

Fourth Least Deprived Decile	Academic Year 19/20	Academic Year 20/21
Less Active (less than average of 30 mins a day)	30.8%	30.7%
Fairly Active (average of 30-59 mins a day)	22.9%	23.9%
Active (average of 60+ mins a day)	46.3%	45.4%

The rate of 'Less Active' children and young people in the fourth least deprived decile remained stable in both academic years while the rate of 'Active' children and young people decreased slightly from 46.3% in 19/20 academic year to 45.4% in the 20/21 academic year.

Third Least Deprived Decile	Academic Year 19/20	Academic Year 20/21
Less Active (less than average of 30 mins a day)	25.1%	29.3%
Fairly Active (average of 30-59 mins a day)	25.7%	24.0%
Active (average of 60+ mins a day)	49.3%	46.8%

The percentage of 'Less Active' children and young people experienced an increase from 25.1% in the 19/20 academic year to 29.3% in the 20/21 academic year and the percentage of 'Active' children and young people decreased by 2.5% in the 20/21 academic year compared to the 19/20 academic year. Thus far, the datasets for children and young people are not telling the story we perhaps predicted in terms of higher deprivation equating to high levels of inactivity, although there are pockets of higher inactivity amongst those in higher deprivation.

Second Least Deprived Decile	Academic Year 19/20	Academic Year 20/21
Less Active (less than average of 30 mins a day)	28.6%	28.2%
Fairly Active (average of 30-59 mins a day)	24.9%	23.8%
Active (average of 60+ mins a day)	46.6%	48.0%

The rates of inactivity in the second least deprived decile remained stable over the two academic years and there was a slight increase in 'Active' children and young people from 46.6% in the 19/20 academic year to 48% in the 20/21 academic year.

Least Deprived Decile	Academic Year 19/20	Academic Year 20/21
Less Active (less than average of 30 mins a day)	26.7%	29.2%
Fairly Active (average of 30-59 mins a day)	24.8%	24.4%
Active (average of 60+ mins a day)	48.5%	46.4%

In the least deprived decile, we would perhaps expect there to be low rates of ‘Less Active’ children and young people and higher rates of ‘Active’ children and young people, although this is not the case. The rate of ‘Less Active’ children increased by 2.5% to 29.2% in the 20/21 academic year from 26.7% in the 19/20 academic year and a reduction in ‘Active’ children and young people from 48.5% in the 19/20 academic year to 46.4% in the 20/21 academic year. This could show the complexity of the damage the pandemic has caused, and how this has potentially impacted on those we may not have expected. The datasets from the children and young people Active Lives Survey show the importance of having a well-rounded approach to encouraging children and young people to move more, regardless of their deprivation decile.

<b>Less Active (Year 7-11)</b>	<b>Academic Year 20/21</b>
<b>Receives Free School Meals</b>	23.9%
<b>Does Not Receive Free School Meals</b>	34.6%

Surprisingly, the rate of inactivity amongst children and young people who do not receive free school meals is significantly higher than those who do receive free school meals.

<b>Fairly Active (Year 7-11)</b>	<b>Academic Year 20/21</b>
<b>Receives Free School Meals</b>	28.3%
<b>Does Not Receive Free School Meals</b>	22.7%

The percentage of children and young people who are ‘Fairly Active’ is significantly higher for those who do receive free school meals rather than those who do not receive free school meals. It is important that this group are approached carefully as they are at danger at slipping into the ‘Less Active’ category if appropriate provision is not provided.

<b>Active (Year 7-11)</b>	<b>Academic Year 20/21</b>
<b>Receives Free School Meals</b>	47.8%
<b>Does Not Receive Free School Meals</b>	42.6%

The rate of ‘Active’ children and young people who receive free school meals are significantly higher than those who do not receive free school meals.

### Gender

<b>Active – Boys and Girls (Junior – Year 3-6)</b>	<b>Academic Year 20/21</b>
<b>Boys</b>	50.2%
<b>Girls</b>	31.7%

In Junior years, boys are far more ‘Active’ than girls. It is important that girls in Bedford are supported in their early experiences with moving, sport, and physical activity.

Active – Boys and Girls (Secondary – Year 7-11)	Academic Year 20/21
Boys	42.0%
Girls	42.7%

Girls and boys in the Secondary years are similar in their rates of being ‘Active’.

Less Active – Boys and Girls (Secondary – Year 7-11)	Academic Year 20/21
Boys	37.5%
Girls	30.1%

Boys are far more ‘Less Active’ than girls in their Secondary years, suggesting a need to support boys in being more active through their Secondary years.

### Outside School Hours

During/Outside School Hours (Whole Population)	Academic Year 19/20	Academic Year 20/21
During School Hours (average of 30+ mins a day)	46.0%	41.3%
Outside of school hours (average of 30+ mins a day)	49.6%	46.8%

Glancing at pre- and post-pandemic levels of activity during and outside of school hours, we can see that the rate of activity during school hours had significantly decreased in the 20/21 academic year compared to the 19/20 academic year. Similarly with the activity levels outside of school hours, the rate of activity had significantly decreased in the 20/21 academic year compared to the 19/20 academic year.

### Swimming

Whole Population	Academic Year 19/20	Academic Year 20/21
Can Swim	86.6%	87.6%
Can Swim 25m Unaided	77.6%	77.7%
Can Tread Water	80.3%	85.4%
Can Swim 200m (Year 7-11)	55.0%	58.5%

The data surrounding the swimming ability of children and young people in Bedford is pleasing, as there have been increases in every aspect of swimming capability. It is important that provision in aquatics is of the highest quality, to ensure that children and young people are leaving school with an essential life skill.

## Appendix B

### Public Health England

#### Injuries and Ill Health

##### Hip Fractures in People aged 65+ (2019/20)

Bedford		Region Value	England Value
Count	Value		
227	44.5	46.7	42.6

Bedford value similar to England value.

##### Estimated Diabetes Diagnosis Rate (2018)

Bedford		Region Value	England Value
Count	Value		
-	77.4	76.7	78.0

Bedford value similar to England value.

##### Estimated Dementia Diagnosis Rate (aged 65+) (2021)

Bedford		Region Value	England Value
Count	Value		
1,274	64.3	-	61.6

Bedford value similar to England value.

#### Behavioural Risk Factors

##### Percentage of Adults (aged 18+) Classified as Overweight or Obese (2019/20)

Bedford		Region Value	England Value
Count	Value		
-	61.6	62.3	62.8

Bedford value similar to England value.

#### Wider Determinants of Health

##### Percentage of People in Employment (2020/21)

Bedford		Region Value	England Value
Count	Value		
90,000	84.3	76.9	75.1

Bedford value better than England value.

## Child Health Profiles

### Children in Relative Low Income Families (2019/20)

Bedford		Region Value	England Value
Count	Value		
6,230	17.1	15.2	19.1

Bedford value better than England value.

### Reception: Prevalence of Obesity (Including Severe Obesity) (2019/20)

Bedford		Region Value	England Value
Count	Value		
85	8.9	9.0	9.9

Bedford value similar to England value.

### Year 6: Prevalence of Obesity (Including Severe Obesity) (2019/20)

Bedford		Region Value	England Value
Count	Value		
445	21.0	19.1	21.0

Bedford value similar to England value.

### Average Attainment 8 Score (2020/21)

Bedford		Region Value	England Value
Count	Value		
90,001	48.4	51.0	50.9

Bedford value worse than England value.

### School Readiness: Percentage of Children Achieving a Good Level of Development at the End of Reception (2018/19)

Bedford		Region Value	England Value
Count	Value		
1,598	69.1	72.3	71.8

Bedford value worse than England value.

### Hospital Admissions for Mental Health Conditions (under 18s) (2020/21)

Bedford		Region Value	England Value
Count	Value		
30	72.9	71.5	87.5

Bedford value similar to England value.

## Appendix C

# Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

Reduces your chance of

- Type II Diabetes -40%**
- Cardiovascular disease -35%**
- Falls, depression etc. -30%**
- Joint and back pain -25%**
- Cancers (colon and breast) -20%**

Some is good, more is better

Make a start today: it's never too late

Every minute counts

### Be active

at least

# 150

minutes moderate intensity per week

increased breathing able to talk

OR

or a combination of both

at least

# 75

minutes vigorous intensity per week

breathing fast difficulty talking

*to keep muscles, bones and joints strong*

## Build strength

on at least **2** days a week

### Minimise sedentary time

Break up periods of inactivity

### Improve balance

For older adults, to reduce the chance of frailty and falls

**2 days a week**

UK Chief Medical Officers' Physical Activity Guidelines 2019

## Appendix D

# Physical activity for children and young people (5 – 18 Years)

 <b>BUILDS CONFIDENCE &amp; SOCIAL SKILLS</b>	 <b>MAINTAINS HEALTHY WEIGHT</b>
 <b>DEVELOPS CO-ORDINATION</b>	 <b>STRENGTHENS MUSCLES &amp; BONES</b>
 <b>IMPROVES CONCENTRATION &amp; LEARNING</b>	 <b>MAKES YOU FEEL GOOD</b>
 <b>IMPROVES HEALTH &amp; FITNESS</b>	 <b>IMPROVES SLEEP</b>

## Be physically active

**Spread activity throughout the day**

**Aim for an average of at least 60 minutes per day across week**

**All activities should make you breathe faster & feel warmer**

 <b>PLAY</b>	 <b>RUN/WALK</b>	 <b>BIKE</b>	 <b>TASK AT HOME</b>
 <b>PROBLEM SOLVING</b>	 <b>SKATE</b>	 <b>SPORT</b>	 <b>MINDFULNESS</b>
 <b>SKIP</b>	 <b>CLIMB</b>	 <b>WORKOUT</b>	 <b>DANCE</b>

**Activities to develop movement skills, and muscle and bone strength ACROSS WEEK**

**Get strong**

 **INACTIVITY**

**Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

## Appendix E

# Physical Activity for Disabled Adults

Make it a daily habit

**Disabled adults**

Physical activity makes you feel good  
Give things a go and enjoy what you do

Don't be still for too long  
Even a little movement is better than nothing

Improves mental health and quality of life

Makes maintaining a healthy weight easier

Creates opportunities to meet new people and feel part of the community

Makes daily tasks easier and increases independence

Helps to prevent chronic disease

Strengthens muscles and bones

Improves mobility and balance

Improves fitness

Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:

Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: [www.bit.ly/startactive](http://www.bit.ly/startactive)

# Appendix D

## Bedford Borough Active Lives Survey



## Finding out more

If you would like further copies, a large-print copy or information about us and our services, please telephone or write to us at our address below.

Për Informacion

معلومات کے لئی

للمعلومات

ਜਾਣਕਾਰੀ ਲਈ

Informacja

برای اطلاع

Za Informacje

Per Informazione

তথ্যের জন্য



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