



EAST STAFFORDSHIRE BOROUGH COUNCIL
REPORT COVER SHEET

Title of Report:	Scrutiny Review of exercise provision for young people (12-18)	To be marked with an 'X' by Democratic Services after report has been presented
Meeting of:	Scrutiny (Health & Well-being) Committee	
	Corporate Management Team	
	Leader and Cabinet Members	
	Cabinet	



Scrutiny Committee Review Final Report

Title: Review of exercise provision for young people (12-18)

Scrutiny Committee: Scrutiny (Health & Well-being) Committee

Committee Chair: Cllr T Hadley

Sub-group Members Leading Review:

- Cllr C Wileman (withdrew from the sub-group: 11/4/24)
- Cllr B Peters
- Cllr L Beech (withdrew from the sub-group: 27/2/24)

Is the Report Confidential? No

If so, please state relevant paragraph from Schedule 12A Local Government Act 1972: N/a

Scope for exercise opportunities for young people review in East Staffordshire

Scrutiny (Health & Well-Being) Committee

Sub Group Membership:

Cllr T Hadley (Chair)

Cllr B Peters

Cllr C Wileman (withdrew 11/4/24)

Cllr L Beech (withdrew 27/2/24)

Background / Context:

Regular, sustained and consistent exercise is an important part of a healthy lifestyle for all age groups. However, it is important that people get into the habit of taking regular exercise at an early age to help prevent future conditions later in life. Consequently, this review seeks to understand the health of East Staffordshire's young people (12-18) and the present service provision.

What are the core questions (no more than 3) the review is seeking to answer?

What is the current state of health for the young people of East Staffordshire? E.g. levels of obesity, prevalence of health conditions such as diabetes, differences amongst communities.

What current opportunities for exercise exist for young people? Either via Everyone Active or the voluntary sector? How does Everyone Active promote voluntary sector opportunities?

What exercise options would young people like to see provided in East Staffordshire? How does the Council engage with young people?

How does the provision compare with those provided by other local authorities?

What is the purpose of the Review (in one sentence)?

To explore the provision of exercise opportunities for young people.

Scrutiny approach

In scope

What will be included in the review?

A review of the service provision and to seek recommendations for potential enhancements

Out of scope

What will not be included?

A review of exercise elements that are aimed at Adults

Assessment of the Leisure Services contract.

What is the timescale?

January 24th 2024

What evidence / data do you need?

Joint Strategic Needs Assessment- East Staffs health data on young people.

Service provision at the three leisure centres.

Exercise opportunities in the voluntary sector- e.g. sports clubs.

Resources

Officer time

Stakeholders to interview

Everyone Active

Leisure Services Officer

SECTION 1: COMMITTEE'S REPORT

1. **What is the current state of health for the young people of East Staffordshire? E.g. levels of obesity, prevalence of health conditions such as diabetes, differences amongst communities.**
 - 1.1 Sourcing data for 12-18 age group has not been possible. However, as a proxy indicator the Year 6 (ages 10-11) has been used. As can be seen from figure 1 and 2, Obesity levels are showing a general upwards trajectory since 2006-7 with healthy weight declining. By extension, data on the health of minority/BAME has been difficult to gather. However, given the acknowledged health inequalities in some wards of East Staffordshire (particularly in Burton-on-Trent) it is a reasonable supposition to propose that minority/BAME communities are affected to a greater degree. Figure 3 provides some evidence for this theory with obesity rates for year 6 children illustrated by ward.
 - 1.2 Information provided by GP surgeries highlighted that just under 60 children in the 12-18 cohort have either type 1 or type 2 diabetes. This appears to be in line with national figures. Although figures researched from the Royal College of Paediatrics and Child Health indicates a higher ratio of type 2 diabetes to type 1 in East Staffordshire. Exercise rates (active for more than 60 minutes per day) for 5-16 year olds is currently at 44.9% which marks a 2.7% increase from 2020/21- according to figures provided by Staffordshire County Council.

Figure 1

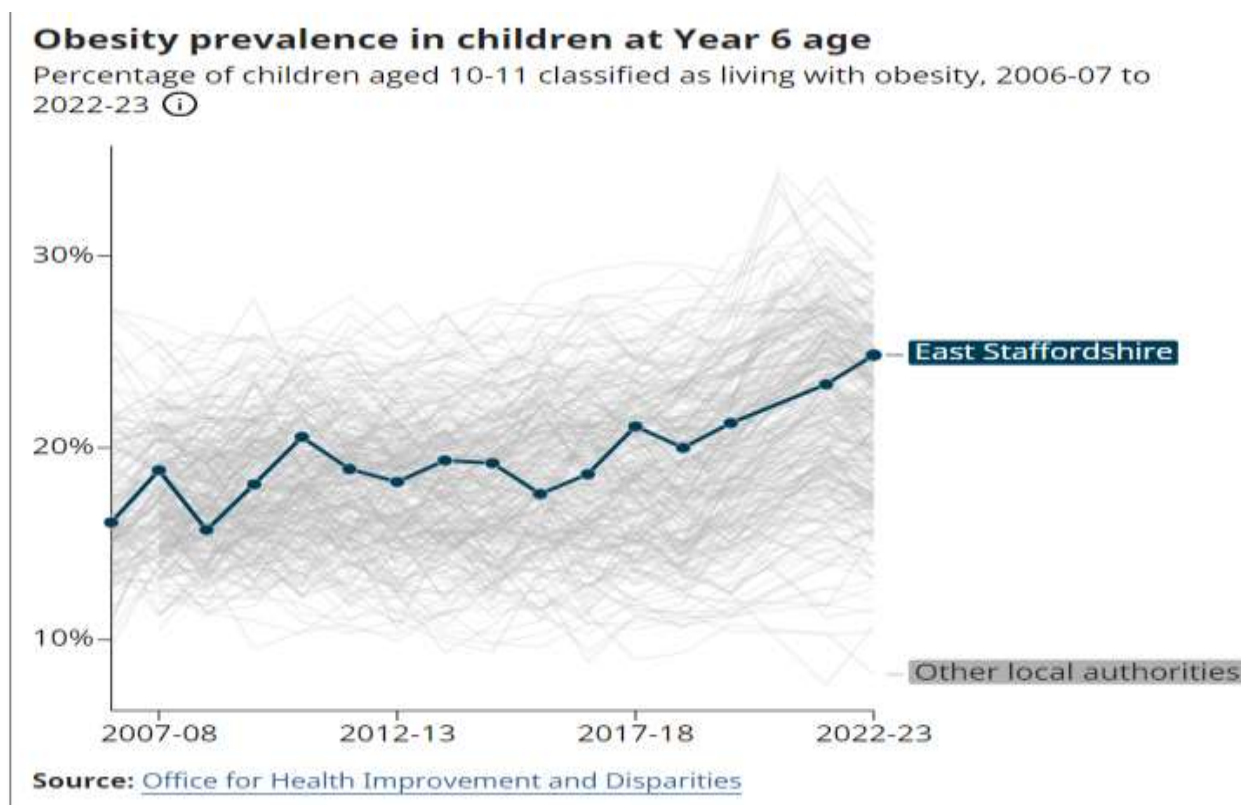


Figure 2

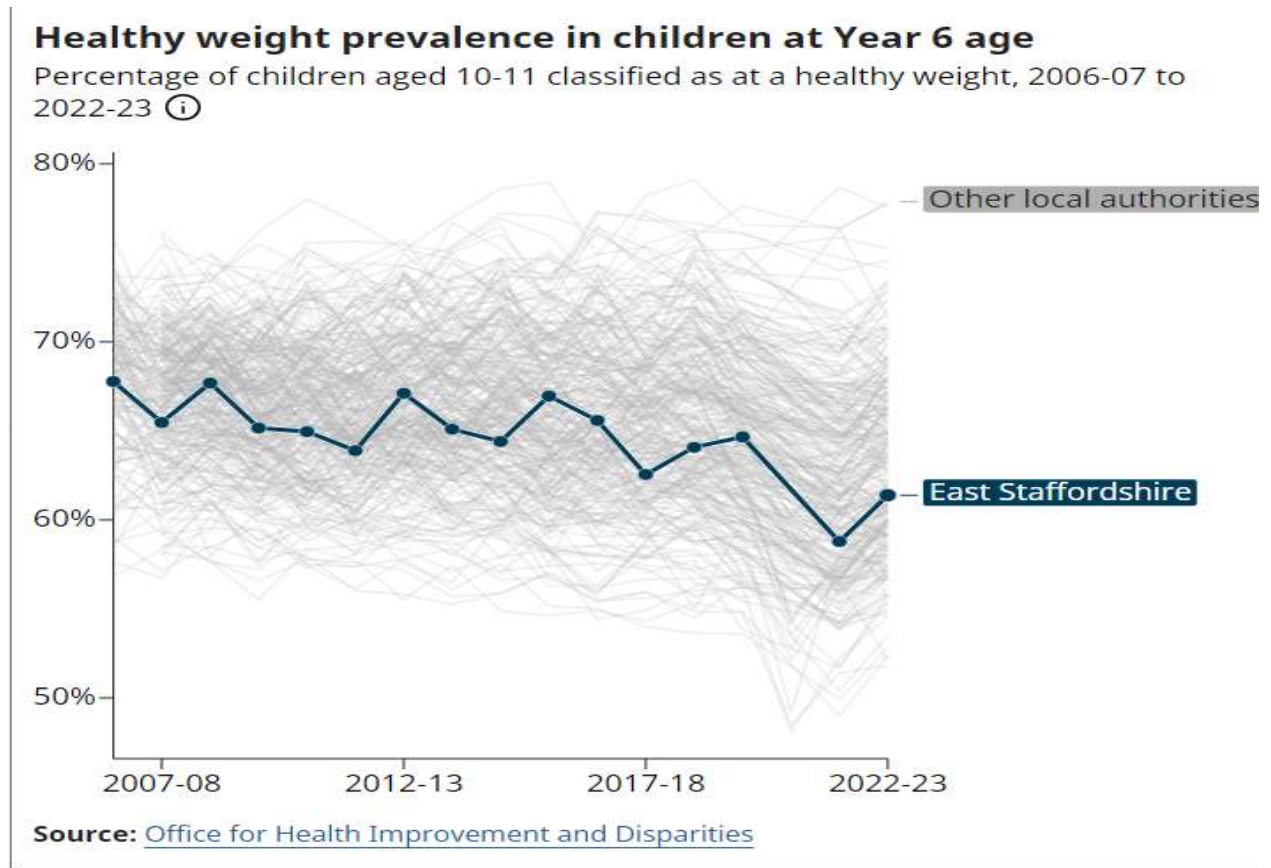
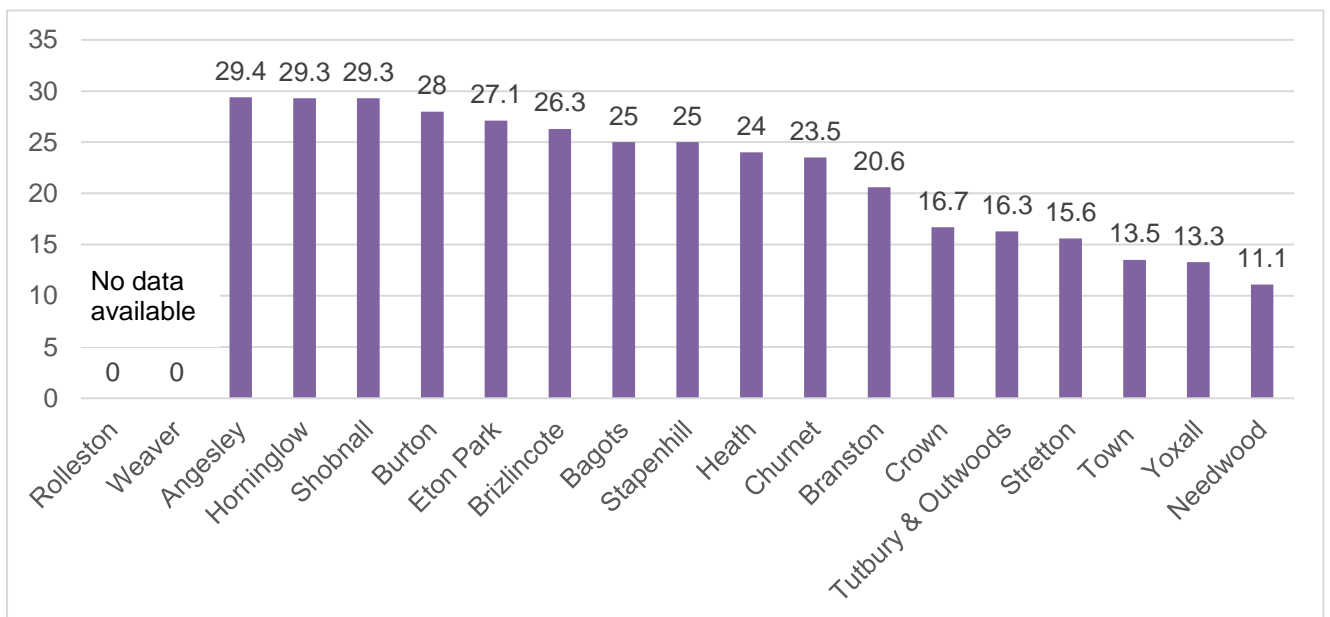


Figure 3 Child obesity rates for Year 6 children by ward (22/23)



2. What current opportunities for exercise exist for young people? Either via Everyone Active or the voluntary sector? How does Everyone Active promote voluntary sector opportunities?

- 2.1 Discussions with Everyone Active highlighted a number of options that are available to young people. Most prominent amongst these is the Junior Gym offer (ages 11-15) that allows young people to utilise the full range of gym equipment available onsite- although Shobnall Leisure Centre is restricted to over 18's only. All under 16's have face-to-face induction sessions and a QR code tells users what equipment is suitable for their age group. Everyone Active believe this to be unique offer that is currently not catered for in the private sector. In addition to this provision, Everyone Active partner with Dizzy Heights to provide activities for young people and are an integral part of the SPACE scheme (funded by the Police, Fire & Crime Commissioner) in East Staffordshire. SPACE provides certain young people with free junior pass for the duration of the summer holidays. Capital investment of £1.3m has seen Everyone Active introduce a soft play area and climbing wall.
- 2.2 Everyone Active are also well-equipped to respond to diversity needs. All staff are provided with ongoing professional development to ensure that they are suitably skilled to deal with young and those less able. Three changing places rooms are available as well to cater for users with disabilities. If English isn't a first language, Everyone Active's website can be adapted to users' needs. Another good example of a flexible diverse offer is the Able Too games and associated programme. Adults and Children with type 2 diabetes can be signposted to Everyone Active via a GP referral scheme. Although, as highlighted in paragraph 1.2, the numbers of children with type 2 diabetes are small in East Staffordshire.
- 2.3 Finally, Everyone Active act as a gateway to 40-50 clubs across many sporting genres. All enquires, whether from a child, teenager or parent are dealt with in the same way. If an individual expresses an interest in a particular sport, the clubs or relevant associations details are passed on to them. More recently, Covid Outbreak Management Funding (COMF) has enabled Everyone Active to put on holiday activities at Shobnall and Meadowside Leisure Centres that target 12-18 year olds from disadvantaged families.
- 2.4 Although Members did appreciate the information provided by Everyone Active, there was a consensus that health outputs and outcomes data, generated by the activities of Everyone Active, should be reported to the committee on a regular and consistent basis. Furthermore, that those wards with higher rates of obesity are incentivised to participate in the activities provided by Everyone Active.

3. How does the provision compare with those provided by other local authorities?

- 3.1 To assess the provision of exercise opportunities, sub groups members carried out a desk-top review of the services provided by the other Staffordshire authorities and nearest geographical neighbours such as South Derbyshire and North-West Leicestershire. In general, members were pleased to see that the East Staffs provision was as diverse and on par with those delivered by other authorities. Although it was noted that Everyone Active see their competitor market as locally privately ran establishments rather than other local authorities. Which indicates there is limited cross border travel and residents use public leisure facilities in their own borough/district.

4. Recommendations

- 4.1 Annual written and/or verbal updates are provided to the Health & Well-being Committee on the health outputs and outcomes being generated by Everyone Active.

- 4.2 Cabinet consider ways for the Council to further incentivise those from wards with a higher prevalence of obesity to participate in activities.

SECTION 2: OFFICER CONSIDERATIONS

2. Financial Considerations

*This section has been approved by the following member of the Financial Management Unit:
[PB/AB/James Hopwood*

- 2.1 There are no direct financial implications relating to this report.

3. Legal Considerations

This section has been approved by the following member of the Legal Team: Glen McCusker

- 3.1 There are no significant legal implications.

4. Risk Assessment and Management

- 4.1 The main risks arising from this Report and the Council achieving its objectives are as follows:

4.2 **Positive** (Opportunities/Benefits): n/a

4.3 **Negative** (Threats): n/a

- 4.4 The risks do not need to be entered in the Risk Register.

4.5 Any financial implications to mitigate against these risks are considered above.

5. Equalities and Health

5.1 **Equality Impacts:** The subject of this Report is not a policy, strategy, function or service that is new or being revised. An equality and health impact assessment is not required at this time.

5.2 **Health Impacts:** The outcome of the health screening question does not require a full Health Impact Assessment to be completed. An equality and health impact assessment is not required.

6. Human Rights

- 6.1 There are no Human Rights issues arising from this Report.

7. Sustainability (including climate change and change adaptation measures)

- 7.1 Does the proposal result in an overall positive effect in terms of sustainability (including climate change and change adaptation measures)