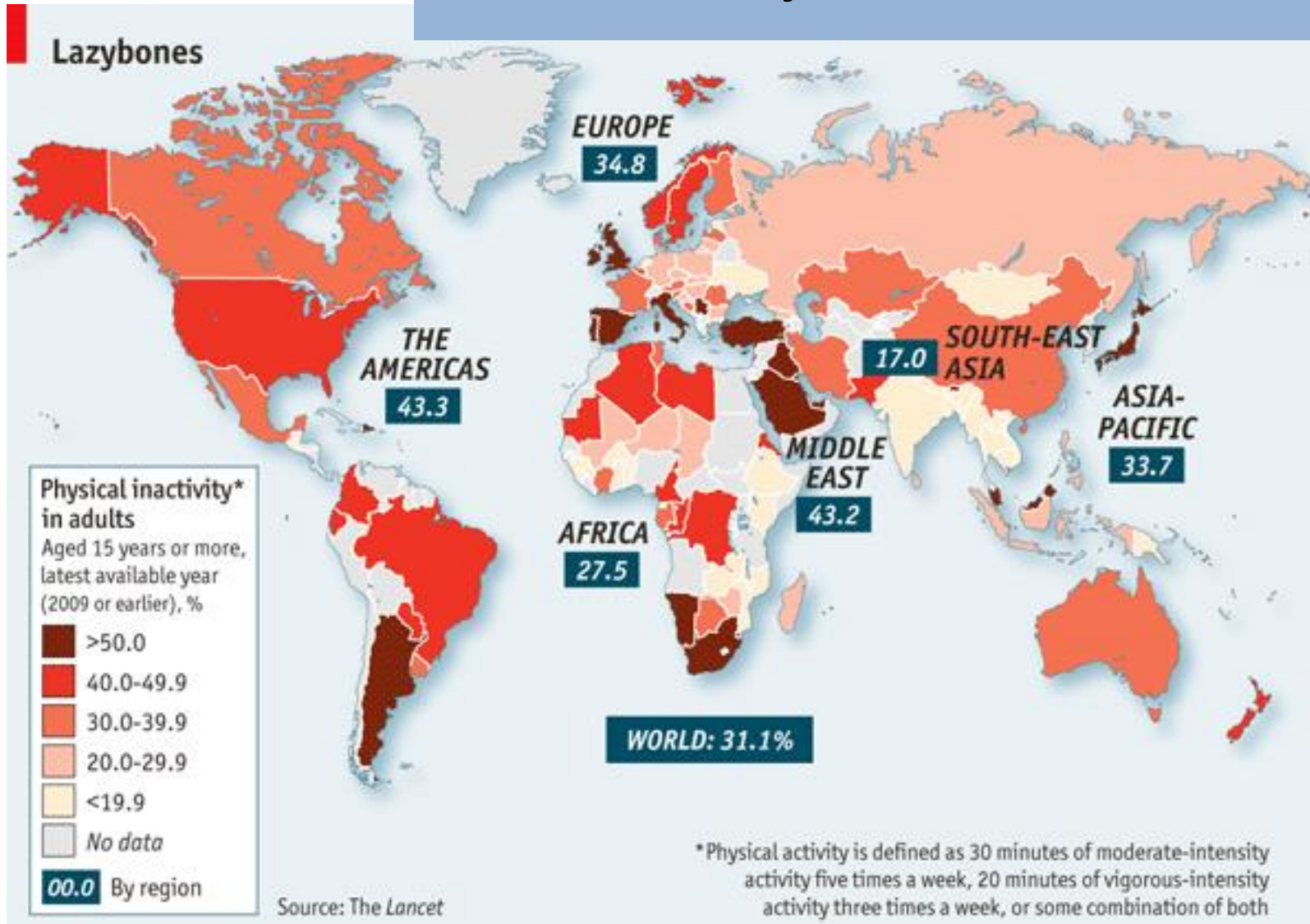


Physical Activity The Miracle Cure

UK is very inactive



Health Benefits of Physical Activity

Disease	Risk reduction	Strength of evidence
Death	20-35%	Strong
CHD and Stroke	20-35%	Strong
Type 2 Diabetes	35-50%	Strong
Colon Cancer	30-50%	Strong
Breast Cancer	20%	Strong
Hip Fracture	36-68%	Moderate
Depression	20-30%	Strong
Alzheimer's Disease	40%	Moderate

REF: Department of Health, Start
Active Stay Active 2011

Inactivity in Somerset by Age (2011)

Your selection:

Dataset

Age 16+

Measure

Inactive

Insufficiently active

Active

Geography

Somerset

Demographic

16 - 25

16 - 19

20 - 25

26 - 34

35 - 44

45 - 54

55 - 64

65 and over

16 - 19

20 - 25

16 - 25

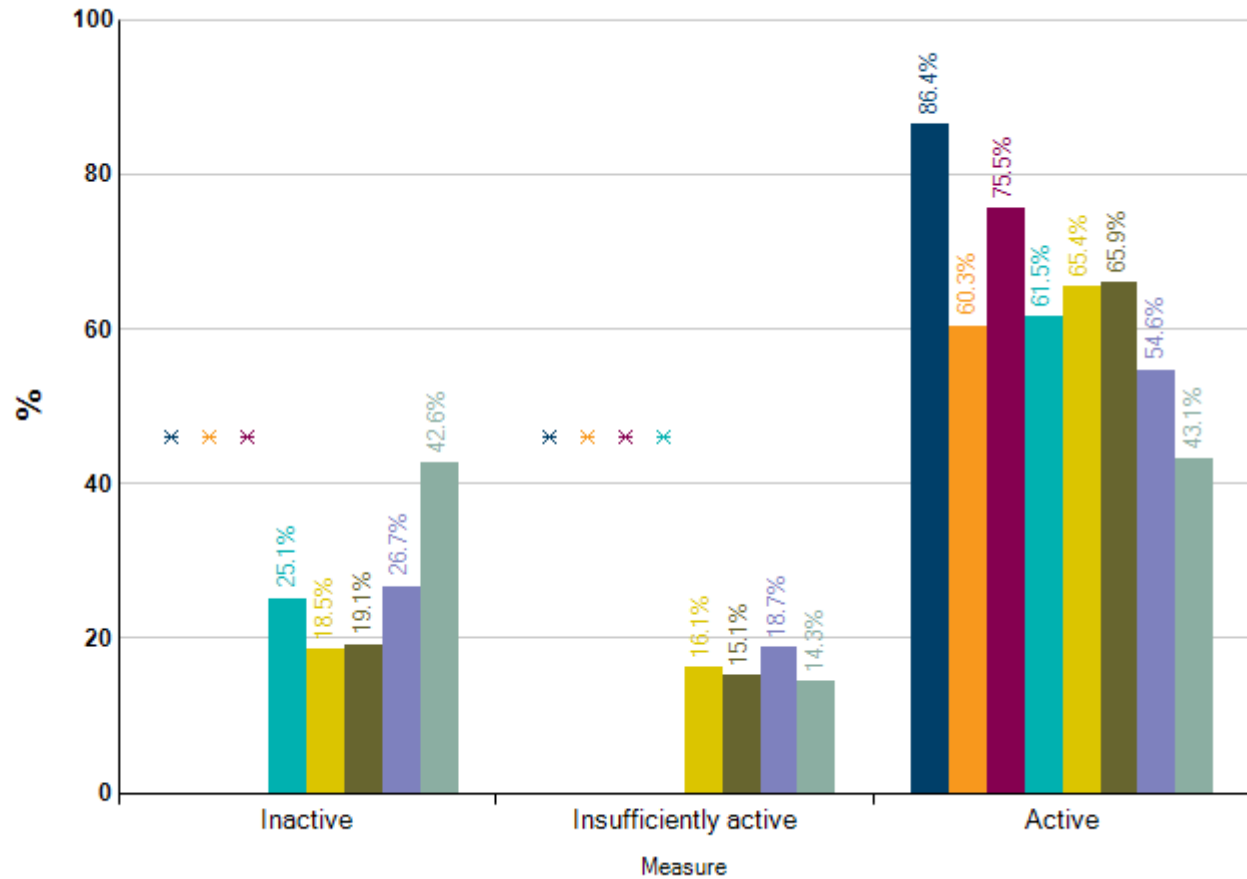
26 - 34

35 - 44

45 - 54

55 - 64

65 and over



SASPs Key Purpose and Vision

- Embedding physical activity (including sport) as a way of life in Somerset through:
 - Supporting inactive people to become more active to improve their health and happiness
 - Making it easier for those who are already active to maintain or improve their activity levels

Can we work together to turn the tide of inactivity?

- Spreading the word – gaining insight
- Partnership working and connecting physical activity across non activity organisations
- Workplace activity promotion
- Focusing support in areas of inactivity
 - * Place based
 - * Demographic based
 - * Conditions based
 - * Education and Training