Do you consider that the Scottish Government’s health and sport budget for 2017-18 reflects its stated priorities (as set out in the National Performance Framework, the LDP standards and the National health and wellbeing outcomes)? If not, how could the budget be adjusted to better reflect priorities?

There are no specific indicators for sport/legacy or physical activity, however it is known that with appropriate focus and direction, sport/legacy and physical activity can play a hugely important role in supporting specific indicators and stated priorities, such as:

- support people to look after and improve their own health and wellbeing
- support people to live longer and healthier lives
- support people to maintain their independence and wellbeing for as long as possible
- improve services and outcomes for people with health conditions such as heart disease, stroke, cancer, diabetes, risk of falling and other long term conditions
- support people to manage their own mental health
- support reduction in hospital admissions and length of stay
- reducing health inequalities
- support reducing staff sickness absence rates

If the budget was adjusted to redistribute the separate resource allocations for health, sport/legacy and physical activity to take account of the impact sport/legacy and physical activity can make in improving health outcomes this would represent a significant shift in the balance of spend towards preventing people from becoming ill and supporting people to manage their own conditions and stay well.

In terms of sport there is no indicator around the area of high performance sport and there is some argument that some of this budget could be diverted to increasing physical activity and use of the outdoors both of which do have indicators.

For the health and sport budget for 2018-19 where do you suggest any additional resources could be most effectively deployed and where could any further savings be found? What evidence supports your views?

Additional resources could be most effectively deployed by taking a focus on reducing health inequalities and shifting the focus from meeting the cost of dealing with health or social problems after they have developed to prevention and early
intervention.\textsuperscript{1} If focus and additional resource was deployed to culture and leisure services, significant gains could be made in both: reducing health inequalities and preventing ill health through ensuring fair and equitable access to good quality physical activity and sport opportunities, services and facilities.

Given the overwhelming evidence, it seems obvious that we should all be physically active and that investment in this crucial area is essential if we want people to live a healthy and fulfilling life into old age. The evidence is robust and it is medically proven that people who do regular physical activity have:

- up to a 35% lower risk of coronary heart disease and stroke
- up to a 50% lower risk of type 2 diabetes
- up to a 50% lower risk of colon cancer
- up to a 20% lower risk of breast cancer
- a 30% lower risk of early death
- up to an 83% lower risk of osteoarthritis
- up to a 68% lower risk of hip fracture
- a 30% lower risk of falls (among older adults)
- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia\textsuperscript{2}

Additional resource could be deployed to the areas of low participation; these include those communities facing poverty, both urban and rural deprivation. Many of our sparse rural communities have little access to facilities or clubs without significant travel. This additional travel means higher cost impact on areas where often work is seasonal and minimum wage. Highland also has some areas which demonstrate the same features of urban deprivation where even though the best facilities and clubs are within reach they are not utilised. Focused working through grass roots PE, Physical Activity and Sport partnerships brings synergy and focus on those parts of a community less active, this approach coupled with community sports hub and easily accessible school estate out with curriculum time has the power to bring behaviour change.

Resource to support use of the natural environment for outdoor recreation and sport could be locally based to develop locally based skills to allow communities to utilise what they have on their doorstep.

Young people’s volunteering – the structured programme in Highland has opened the door to many young people who wish to develop skills in sport or physical activity Leadership. Young volunteers from Primary 6 through to S6 and beyond are supported via the programme to develop their confidence in leading and coaching

\textsuperscript{1} Health Scotland

\textsuperscript{2} NHS
and are encouraged and supported to gain qualifications. The confidence and volunteer hours gained assist with work on their achievement awards, are attractive to employers and universities and ultimately, see an increased range of young people volunteering in local clubs. Evidence from the early pilot phase of the programme has demonstrated that these young people when becoming young adults are still volunteering often in local clubs but also as teachers and young parents in extra curricular sport. This programme is part funded by sport Scotland and if resourced across Scotland could have considerable impact as a key programme for locally based active schools staff.

Savings could be found from Sports Governing Bodies funding from regional development staff. Highland has a large number of these posts covering the area with limited impact. Efficiencies exist where a school estate can be fully accessible for groups and individuals. Good examples exist across Highland where the school estate is managed purposefully for community access.

Is sufficient information available to support scrutiny of the Scottish Government's health and sport budget? If not, what additional information would help support budget scrutiny?

More detail on how and where the sport/legacy and physical activity budgets are allocated would be helpful.

Looking at the budget to Sports Leisure Bodies from the Scottish Government it’s clear that the majority of that is identified for Sport and Legacy with only 3.3m of 42.4m identified for Physical Activity. This doesn’t however recognise that in areas such as Highland the Active Schools network (across Scotland a budget of around 12m) has a focus on both physical activity and sport. Changing the overarching focus of Active Schools away from just sport but to wider physical activity (including active travel etc) could maintain the work which we know is crucial in the fragile communities in Highland and further enhance the long term physical activity and health of the population.

What impact has the integration of health and social care budgets had on ensuring resources are directed at achieving the Scottish Government's desired outcomes?

If a there is a genuine desire to focus on community-based and preventative care it is essential to include the expertise and resource available within culture, community learning and leisure services. The potential for focussed outcomes could be further reaching and offer a more effective use of available/additional resources through increased collaboration.
Integration of health and social care budgets provides an opportunity to ensure services are well integrated and that people receive the care they need at the right time and in the right setting. Whilst the expectation is on integration authorities to shift resources, including the workforce, towards a more preventative and community-based approach and to demonstrate that this is making a positive impact on service users and improving outcomes, the opportunity to include culture, community learning and leisure services (and the impact they can have in supporting this agenda) has not yet been fully explored or maximised.