Sporta welcomes the opportunity to respond to this inquiry. Sporta Scotland represents the sport, leisure and culture charitable trusts around Scotland, which operate over 80 per cent of Scotland’s publicly-funded facilities and services. These trusts manage a combined turnover of more than £400m and employ close to 20,000 staff.

Through working in close partnership with their local authorities and with their increasing links to the NHS and other public bodies, the trustees and staff of the trusts enable flexibility, enterprise and diversity in the operation of these vital public services. Sporta Scotland believe strongly that the charitable trust model brings enhanced benefits for communities, individuals and trust employees, based on a deep commitment to social outcomes combined with a focus on efficiency and economy. The continuing positive development of the trusts crucially now means that the services rely significantly less on local authority funding than when they were originally formed.

1. 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?

Evidence supports the fact that Physical Activity and Sport can play a significant role in supporting a range of national priorities and outcomes, including:

**National Health and Wellbeing Outcomes**

- Outcome 1: People are able to look after and improve their own health and wellbeing and live in good health for longer
- Outcome 2: People, including those with disabilities or long term conditions, or who are frail, are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community
- Outcome 9. Resources are used effectively and efficiently in the provision of health and social care services

**National Performance Framework – Indicators**

- Increase the proportion of healthy weight children
- Increase physical activity
- Improve self-assessed general health
- Improve mental wellbeing
- Reduce premature mortality
- Reduce emergency admissions to hospital

There is a need to recognise the cross-cutting nature of the health and physical activity/sport agendas and the impact of the latter on improving physical and mental health outcomes, whilst also tackling health inequalities.

According to Scottish Government estimates, physical inactivity costs Scotland around £91 million per year. This would justify a significant shift in resources towards the preventative agenda, and developing an understanding of the wider community partners that can offer a significant contribution to this.
2. 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?

There should be an increase in preventative spend as a long-term approach to improving health outcomes for the population. There has been much discussion around the importance of prevention, but this has not translated into practice on any significant scale. Encouraging physical activity is important as a preventative approach and resources should be directed towards the ‘smart commissioning’ of leisure trusts to provide solutions that work at a local level.

There is also a need to understand what interventions are effective in getting people active, and to look at how to better support these interventions to become sustainable. Leisure trusts are ideally positioned to understand the needs of their local populations and deliver effective and cost-effective interventions. If additional resource was invested into leisure and culture trusts, this would enable a reduction in health inequalities and increased preventative work, ensuring that all members of the communities were able to access a range of appropriate physical activity and sport opportunities, services and facilities.

Finally, in order to address health inequalities, there must be recognition of the disparity in participation and engagement across different population groups particularly those who face barriers to engagement and participation. Additional resource should be available to support less-engaged segments of the population to access and, crucially, enjoy the benefits of sport, physical activity and an active lifestyle.

3. 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?

A detailed breakdown of the budget allocation and spending would be useful in enabling robust scrutiny.

There should also be a focus on providing robust evidence of impact from physical activity to ensure that spending is targeted effectively. It would also be helpful to look at the impact of physical activity and sport on other areas such as health, transport, community safety, education etc. and consider how closer collaboration and integration of budgets.

4. 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?

The integration of health and social care budgets undoubtedly offers an opportunity for far greater collaboration and co-production across partners to deliver quality care. It is evident that encouraging more people to become active leads to better health and relieves the burden on health and social care services. However, there still latent potential for far greater exploration and maximisation of the benefits of working with leisure and cultural trusts.

Health and Social Care Partnerships have been slow to see the potential of commissioning leisure trusts as a way of tackling health and inequality. Where progress has been made, there are excellent results and where local authorities are forward thinking, trusts have also been incorporated within the Community Planning Framework. Those who have speculated have accumulated.