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?

The stated priorities within the National Performance Framework, the LDP standards and the National health and wellbeing outcomes do not reference enough the importance of sport and physical activity as a mechanism of tackling inactivity, addressing health inequalities and creating social change.

The importance of sport and physical activity was recognised at national level in 2014 with the publication of the implementation plan “A More Active Scotland”\(^1\). This identified settings for action that reflect the 2010 International Toronto Charter for physical activity, which calls for “greater political commitment and community action to achieve physical activity for all”\(^2\). To support this call a summary of the “7 best investments for physical activity” was published, based on a review of the available evidence.

1. Whole school programmes
2. Transport policies and systems that prioritise walking, cycling and public transport
3. Urban design that provides for equitable and safe access for recreational physical activity
4. Physical activity and NCD prevention integrated into primary healthcare systems
5. Public education, including mass media to raise awareness and change social norms on physical activity
6. Community-wide programmes that mobilise and integrate community engagement and resources
7. Sports systems and programmes that promote ‘sport for all’ and encourage participation across the life span

Glasgow Life recognises the important role it plays in contributing to all 7 best investments either directly or in collaboration with partners.

Creating and protecting health is a challenge. Many aspects of our lives combine to create our health and wellbeing throughout the course of our lives. Our start in life, healthy schools, active and safe travel, access to green and open spaces and the role of leisure services all impact on our health. It is these social and economic factors which mean men living in Cathcart, Glasgow will have an average life expectancy of 81 years, yet the average male life expectancy for men living in the Govan, area of Glasgow is 66.

Glasgow Life would welcome an adjustment of the Health and Sport budget that recognises the importance of sport and physical activity to support the wider shift from a system that treats ill-health to one that promotes well-being. A programme in


\(^2\) International Society for Physical Activity and Health. The Toronto Charter for Physical Activity TOWARD POLITICAL COMMITMENT, POLICY ACTION AND SYSTEMS SUPPORT. 2012;1–6.
Glasgow that is working towards this model is Good Move. Good Move is a range of programmes that incorporates best practice in terms of the promotion of physical activity for health.

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?

Glasgow Life would suggest a stronger emphasis be placed on deploying additional resources that supports the delivery of sport and physical activity. It is evident that our health and social care systems are struggling under the pressure of poor health and an aging population. Too many people are falling into a spiral of declining health, creating pressures on the NHS and reinforcing health inequalities in our society. Avoidable conditions are a strain on already limited resources which could be eased. Typical costs include: £38 per GP visit, £112 per A&E visit, £283 per ambulance journey to hospital, and £2,746 per inpatient stay in hospital. Prolonged inactivity is recognised as a significant risk-factor for a number of health conditions, including ischaemic heart disease, Type 2 Diabetes and some cancers.

Sport and physical activity is important because:

- The sustainability of the NHS depends on improving our ageing population’s health
- A healthy working age population is necessary to maximise productivity, maximise tax revenues and reduce social security costs. The healthy life expectancy of a Glaswegian male is 55 compared to the Scottish average of 65.
- The benefits of physical activity on health and wellbeing are also linked to improving poor mental health through social inclusion, citizenship and social health
- A significant burden of disease and suffering is avoidable, especially among the poorer population
- Future generation’s health and prospects depend upon those of their parents and the sustainability of the environment and services we leave for them

Epidemiologist Professor Jerry Morris said, “exercise is the best buy in Public Health”. This is echoed by the former Chief Medical Officer for England, Professor Sir Liam Donaldson, who said, “if a medication existed which had a similar effect, it would be regarded as a ‘wonder drug’ or ‘miracle cure’". National statistics now place physical inactivity just behind blood pressure as the biggest cause of mortality, joint-second alongside smoking. It is estimated that improving the physical activity rates of Scotland’s population would increase life expectancy by more than a year - and would help to prevent and treat more than 20 chronic diseases. With Glasgow’s long-term health issues, improving physical activity has the potential to be truly transformational, not just in terms of health but also for the consequential impacts on ability to learn, work and contribute more effectively to the city. NHS Scotland currently equates the economic cost of physical inactivity to around £91m per annum nationally. With Glasgow’s significant population size, improving physical activity would also provide the city with a significant economic benefit.

The Scottish Government’s A Plan for Scotland (2016-17) makes a commitment to implement the Active Scotland Outcomes Framework. This seeks to ensure that:

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• We encourage and enable the inactive to be more active;
• We encourage and enable the active to stay active throughout life;
• We develop physical confidence and competence from the earliest age;
• We improve our active infrastructure – people and place;
• We support wellbeing and resilience in communities through physical activity and sport; and
• We improve opportunities to participate, progress and achieve in sport.

The Framework sets out ambitions for sport and physical activity to support the nation to become more active.

Glasgow Life’s commitment to working with the third sector, voluntary sector and community sectors to deliver effective, targeted and inclusive access to sport and physical activity is entirely in keeping with this approach. Our focus on supporting physical activity – in whatever form it takes, from delivering a programme of health walks to supporting community clubs and organisations reach those not engaging, ensures that ‘people are more active, more often’ across all of our communities. This, in turn will demonstrate how Glasgow will contribute to the specific commitments set out in the Active Scotland Outcomes Framework.

**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?**

There is not sufficient information available, in particular, how and where the sport and physical activity budgets are allocated.

**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?**

Glasgow City Health and Social Care Partnership is committed to ensuring that the people of get the health and social care services they need at the right time, the right place and from the right person. There is a desire to improve outcomes and reduce inequalities through the provision of easily accessible, relevant, effective and efficient services in local communities where possible and with key priorities including:

• early intervention, prevention and harm reduction
• providing greater self-determination and choice
• shifting the balance of care
• enabling independent living for longer and
• public protection.

Glasgow Life are working with partners to bring sport, physical activity, health, wellbeing and social care into closer co-operation and collaboration across Glasgow and we feel that consideration should be given to the development of a national framework for closer collaboration towards a preventative approach to Health and Wellbeing specifically to engage regional Public Health agencies with cultural and leisure services (through LAs and Trusts) to build on the good practice taking place in Glasgow (e.g. Good Move), the Highlands and elsewhere.