Local Government and Communities Committee

Consultation of the Scottish Parliament on the Scottish Government’s Revised National Outcomes

Submission from Paths for All

Background

Paths for All is a Scottish charity founded in 1996. We champion everyday walking as the way to a happier, healthier Scotland. We want to get Scotland walking: everyone, every day, everywhere.

Our aim is to significantly increase the number of people who choose to walk in Scotland - whether that's for leisure or walking to work, school, the shops or to a nearby public transport hub. We want to create a happier, healthier Scotland where increased physical activity improves quality of life and wellbeing for all. We work to develop more opportunities and better environments not just for walking, but also for cycling and other activities, to help make Scotland a more active, more prosperous, greener country.


Our aims

- The number of people in Scotland walking everyday is increasing, improving well-being, reducing health inequalities and preventing ill health.
- Outdoor environments in Scotland are increasingly welcoming, safe, fit for purpose and encourage increased physical activity.
- More people are choosing to walk and cycle for everyday journeys, thereby reducing car use and environmental impacts.
- More people are aware of the benefits of physical activity and how to become more active. There is an increasing focus on physical activity within national and local policies and practice.

Comments

We use the National Performance Framework, and the Active Scotland Outcomes Framework that flow from it, as the context for much of our work. We have found it to be a good and useful fit.
We generally welcome the new proposals for National Outcomes and Indicators.

We participated in the consultation process and the main change to the outcomes that we recommended was to add wording to reflect the importance of physical activity.

This is covered by the new outcome “We are healthy and active” – which we very much welcome.

We also flagged up Obesity and Loneliness / Isolation – which we consider are both also covered by the new framework.

We welcome the simplified approach and graphic representation as this makes it easier to understand and to raise wider awareness of the NPF, which hopefully in turn will lead to a greater sense of ownership and commitment to delivering on the National Outcomes.

We welcome the attempt to align the National Performance Framework with the Sustainable Development Goals.

**Our work delivers across a number of the National Outcomes – for example (with relevant indicators):**

**We are healthy and active**
- Healthy life expectancy
- Mental well being
- Physical activity
- Healthy weight
- Journeys by active travel

**We value, enjoy, protect and enhance our environment**
- Visits to the outdoors

**We live in communities that are inclusive, empowered, resilient and safe**
- Perceptions of local area
- Access to green and blue space
- Journeys by active travel
- Loneliness
- Social capital

**We have a globally competitive, entrepreneurial, inclusive and sustainable economy**
- Carbon Footprint
- Greenhouse gas emissions

**We respect, protect and fulfil human rights and live free from discrimination**
- Premature mortality
- Healthy life expectancy
- Mental well being

**We grow up loved, safe and respected so that we realise our full potential**
Child social and physical development
Young peoples participation

We have thriving and innovative businesses, with quality jobs and fair work for everyone
Work related ill health

For more information or to discuss Paths for All’s comments above, please contact: policy@pathsforall.org.uk

Paths for All
April 2018
Paths for All
April 2018