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# North Wales on the Move

‘small steps that make a big difference’

An annual report from the Director of Public Health at Betsi Cadwaladr University Health Board

This document was written by **Betsi Cadwaladr University Health Board**. It is an easy read version of ‘North Wales on the Move’.

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# How to use this document



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# About this report



Many people do not get enough exercise.



Exercise is very important for our physical and mental health.



There are lots of ways you can be more active in North Wales. It should be easy and enjoyable to be active.



There are many reasons why people do not get enough exercise. From not having enough money to a lack of safe spaces.



These and other reasons affect why some groups of people are less active than others.

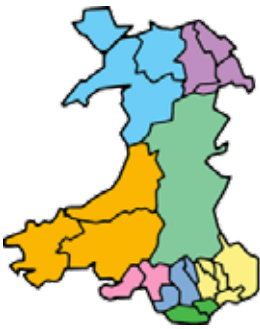




We must make sure there are fair chances for everyone to be active enough.



We have made a video about what we want to do. Please view it <https://vimeo.com/811226908>



People in North Wales are often less active than people from other parts of Wales.



But exercise improves the chances of living longer, healthier, happier lives.



This report talks about what is available for people in North Wales. And making sure there is something for everyone.

# Why moving matters



There are many ways we can move more. It can be different for everyone.



It might be walking, stretching, gardening, sport or something else.



Small changes can make a big difference over time.



Moving more helps us to:

- Feel good
- Improve mental health
- Reduce loneliness
- Meet people
- Sleep better
- Improve health





It can also be something to enjoy and it can be free.



Using our cars less is much better for the planet as we use less fuel.



# What makes us move more



There are lots of reasons why people are not active.



We need to understand the things that stop people from being active. And look at how we can make it easier.



We are working with health teams in Cardiff and Manchester. They are helping us learn how we can improve things.



We have learnt that we need to:

- work with others
- understand people better
- and think about the long-term changes needed.



# How active is North Wales



There are guidelines in place for how much exercise people need each week:



- Children and young people aged 5 to 18 should be active for at least 60 minutes per day.



- Adults should get 150 minutes per week of **moderate** exercise. For example, a brisk walk or bike ride. Or 75 minutes per week of more **intense** exercise. For example, running. It could be a mix of the 2 types.



**Less** than half of adults in North Wales get enough exercise.



Most teenagers do not get enough exercise either.

# What we need to do



**Public services** need to work together to improve activity levels. And work with the public.

**Public services** are organisations like councils, schools, health services, housing providers and others. They are services run for the public.



We need to think about other parts of life and how they may stop us from being more active. For example, when we are at work or school.



We need to work with people and communities and make sure they are involved in improving things.



**Actif North Wales** is the name of organisations working together to improve activity levels.

# Active people



It is important people are active through their whole lives.



We need to think about what people need to do this. And make sure there are chances for being active at all ages.



For example, being active during pregnancy is important.



When parents are active, their children learn to be active too. Or they learn to be active in school.



It can be harder for adults to be active. For example, if they have a busy job sitting down a lot.



It can be harder to be active as we get older. But it is really important for our health. It can also help us stay independent. And make friends.



The Health Board works with other organisations to make sure there are lots of chances to be active.



For example, the [Babi Actif](#) sessions for parents and babies or toddlers. And the [National Exercise Referral Scheme \(NERS\)](#).





# Active societies



We want to work with people to make sure being active is something everyone can do. For example, the [Nature for Health](#) programme in Denbighshire. This is about people being active in nature in their local area.



We have worked with [Actif North Wales](#) to help workplaces think more about being active. We have put information together for them to support them with this.



Through [Active Soles](#) we are supporting people to wear comfortable shoes to work like trainers. They help them move more and sit less.



Health staff are being trained to talk to people more about healthy living and being active.



We are also involved in a trial working with communities to think about their areas. And using the areas to be more active.



For example, the [Llangefni Nant y Pandy parkrun](#). This is a weekly running event. It helps bring the community together to improve health.



Another example is [Age Friendly Communities](#). This is about making sure older people have chances to be active.



For example, Flintshire County Council have a plan about this. You can read it here: [www.flintshire.gov.uk//Age-Friendly-Flintshire/Plan-for-developing-age-friendly-communities-in-Flintshire.pdf](http://www.flintshire.gov.uk//Age-Friendly-Flintshire/Plan-for-developing-age-friendly-communities-in-Flintshire.pdf)



# Active environments



This is about being active in nature. It is good for physical and mental health. It also helps bring people together.



Being active in nature also helps people to feel calm.



Work is being done in schools to help children learn more about being in nature.



**'Green Groups'** are also run at 3 District General Hospitals. They have a range of activities. For example, planting trees.



**Small Woods/Coed Lleol** offer activities in woodlands. To find out more watch this video: [www.youtube.com/watch?feature=shared&v=MnLQXPGQB-s](http://www.youtube.com/watch?feature=shared&v=MnLQXPGQB-s)



# Active systems



This means organisations working together and putting in place what's needed. And making sure people and communities are equally involved.



For example, there is a plan called the [Actif North Wales Strategy](#). It talks about goals for making North Wales a place for leading more active lives.



To get more involved with **Actif North Wales** please click here: [gogleddcymruactif.cymru/get-involved](http://gogleddcymruactif.cymru/get-involved)





# What's next



Everyone can be involved and should have the chance to be active.



Organisations need to support people to be more active. And have fair chances to be active.



We need to learn more about the things that stop people being more active.



We should all make more use of the beautiful green spaces we have in North Wales. We should all do this now!



If you would like to tell us your views or if you want to be involved please contact us at:

**Email:** [BCU.PHAdmin@wales.nhs.uk](mailto:BCU.PHAdmin@wales.nhs.uk)