

The Operating Framework for the NHS in England 2010/11

The NHS Operating framework was published in December 2009 and included a specific reference to the implementation of Let's Get Moving as an intervention to improve the health and well-being of the population and reduce health inequalities. This is the relevant section:

Areas to support local prioritisation: Improving the health and well-being of the population

“The NHS can make significant improvements to meeting and improving the immediate and future health needs of communities and equality target groups. Prevention work can help people to stay healthy, support those most at risk of ill health and provide a rapid diagnosis when symptoms of ill health present.

Implementing the *Let's Get Moving* physical activity pathway will enable PCTs to identify adults who do not currently meet recommended activity levels and support them in being more active. PCTs, working with local authorities, are encouraged to promote activities that improve the health of all sections of the populations they serve, such as schemes to promote physical activity ...” (P 21)

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_110107

NHS Northwest gave the following guidance and their local operating plans will be assessed on this criteria

PCTs should note the national guidance on this matter and ensure that an adequate response is included in your local plan.

Plans will need to be consistent with strategic plans and always include:

- effectively engage target population(s) to assess physical inactivity systematically;
- targeting services appropriately to reduce health inequalities;
- improving access to high-quality physical activity services in primary care and the local community;
- complementing and reinforce other prevention and management services where physical activity has an impact;
- providing a seamless, integrated protocol that supports patients in accessing local physical activity opportunities, delivered by a variety of partners

NHS 2010-2015: From good to great. Preventative, people-centred, productive.

This document sets out the vision for the NHS over the next 5 years and makes a number of references to the prevention agenda and physical activity specifically:

- we will ask people to take personal responsibility for improving their own health – taking advantage of new opportunities to become more physically active

- personalised support – the Let's Get Moving physical activity behaviour change programme can be used by GPs to identify adults who do not currently meet recommended activity levels and support them to be more active.
- Every PCT to commission comprehensive well-being and prevention services, with the services offered personalised to meet the specific needs of their local populations.
- DH will consider what high-impact changes could be made for patients with cancer. This could include:
 - supporting survivors (those with active disease and those in remission) to lead a healthy lifestyle e.g. taking exercise and eating healthily. This is proven to reduce recurrence of disease and to help the overall well-being of survivors. – and therefore to reduce the burden on the NHS.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_109876

In relation to the above point about cancer care you may find the following useful:

Exercise programmes reduces fatigue in cancer patients

Supervised exercise programmes that include high and low intense cardiovascular and resistance training can help reduce fatigue in patients with cancer who are undergoing chemotherapy or treatment for advanced disease. The exercise training also improves patients' vitality, muscular strength, aerobic capacity and emotional well-being, according to research. Participants in the study group received nine hours of weekly training for six weeks in addition to conventional care.

Surveys show that fatigue is one of the most frequent and burdensome side-effects for cancer patients.

British Medical Journal 2009;339:63410 (13 October)

Exercise boosts those with breast cancer

A study has shown that women diagnosed with breast cancer, who do regular exercise report better physical, mental and social well-being than those reporting no exercise.

The study among Chinese women found those who exercised at levels recommended by US Department of Health and Human Services fared best. They reported highest capacity for daily living and work or study, less distress, better body image, and higher quality relationships. In addition, the benefits of exercise were still evident more than 36 months after breast cancer diagnosis.

American Journal of Epidemiology 2009:170:854-862

The Clatterbridge Survivorship Project

The pathway to enter sport for people with disabilities is sometimes fragmented. This project provides direct link to a quality sporting set up, Greenbank Sports Academy, providing the ideal environment for people with newly acquired disabilities to start their sporting journey, a journey which for some may culminate with the Paralympic Games" (Marc Woods, Cancer patient 1987, Paralympic Medalist 1988,1992, 1996, 2000, 2004)

This project has received the 2012 Inspire Mark