



Public Health and Leisure Services

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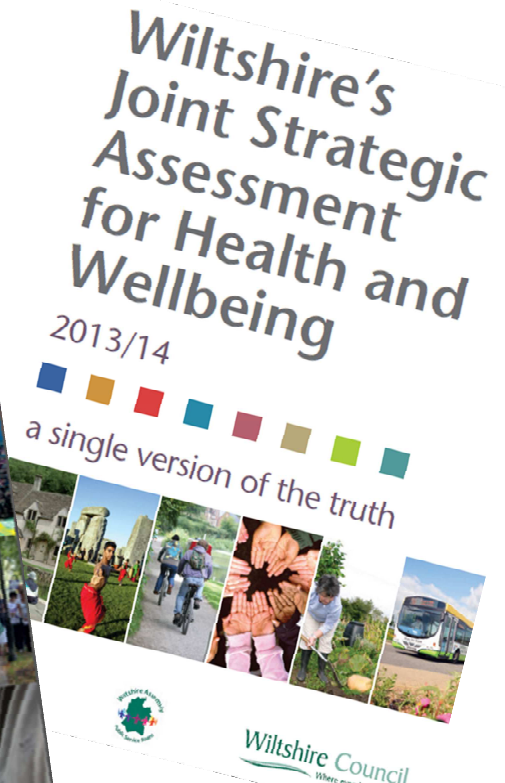
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Public Health

Health
Improvement

Health Protection

Healthcare services



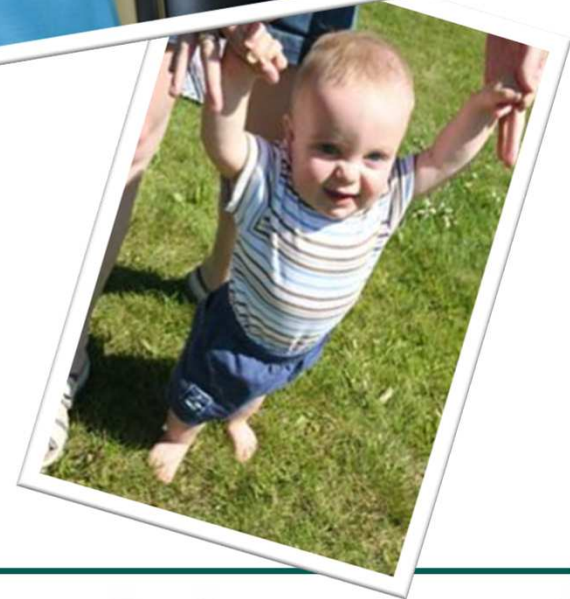
Public Health is the science and art of promoting and protecting health and well-being, preventing ill-health and prolonging life through the organised efforts of society.

Public Health Team includes:

- Health Protection
- Emergency Planning, Resilience and Response
- Occupational Health and Safety
- Leisure Services
- Licensing, trading standards, food safety
- Public Health Intelligence
- Community Safety and ASB
- Pest control
- Children health improvement
- Adult health improvement
- Environmental Health

In Wiltshire...

- Life expectancy has risen to 80.6 years for males and 83.9 years for females.
- Wiltshire's CVD mortality rates are below those of the South West and England nationally.
- The health of people in Wiltshire is generally better than England average.
- Deprivation is lower than average.



However, in Wiltshire...

- Male healthy life expectancy is 68.5 years
- Female healthy life expectancy is 66.7 years
- 63.6% of adults are overweight or obese
- 21.4 % of adults are inactive
- 17.6% of adults smoke
- About 260 early deaths from CHD & stroke a year.
- Over 15,800 people have Coronary Heart Disease.
- Over 9,900 people have had a stroke or TIA.
- Over 71,900 people have hypertension.
- Over 22,600 people have diabetes.

What can we do?

- A great deal of cardiovascular disease is caused by poor lifestyle choices:
 - Smoking
 - Diet
 - **Lack of physical activity**
 - Alcohol

Health Benefits of Physical Activity (1)

- Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and even happier life.
- The Chief Medical Officer recommends that adults undertake **150 minutes (2.5 hours) of moderate activity per week**, in bouts of 10 minutes or more. The overall amount of activity is more important than the type, intensity or frequency.
- **Physical activity includes everyday activity** such as walking and cycling to get from A to B, work-related activity, housework, DIY and gardening. It also includes recreational activities such as working out in a gym, dancing, or playing active games, as well as organised and competitive sport.

Health Benefits of Physical Activity

people who do regular physical activity have:

- up to 35% lower risk of coronary heart disease and stroke
- up to 50% lower risk of type 2 diabetes
- up to 50% lower risk of colon cancer
- up to 20% lower risk of breast cancer
- 30% lower risk of early death
- up to 83% lower risk of osteoarthritis
- up to 68% lower risk of hip fracture
- 30% lower risk of falls (among older adults)
- up to 30% lower risk of depression
- up to 30% lower risk of dementia

Source: NHS Choices:

Leisure Services

Vision for Leisure Services:


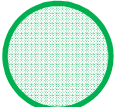

- Help people in Wiltshire to live longer, healthier lives, while addressing health inequalities

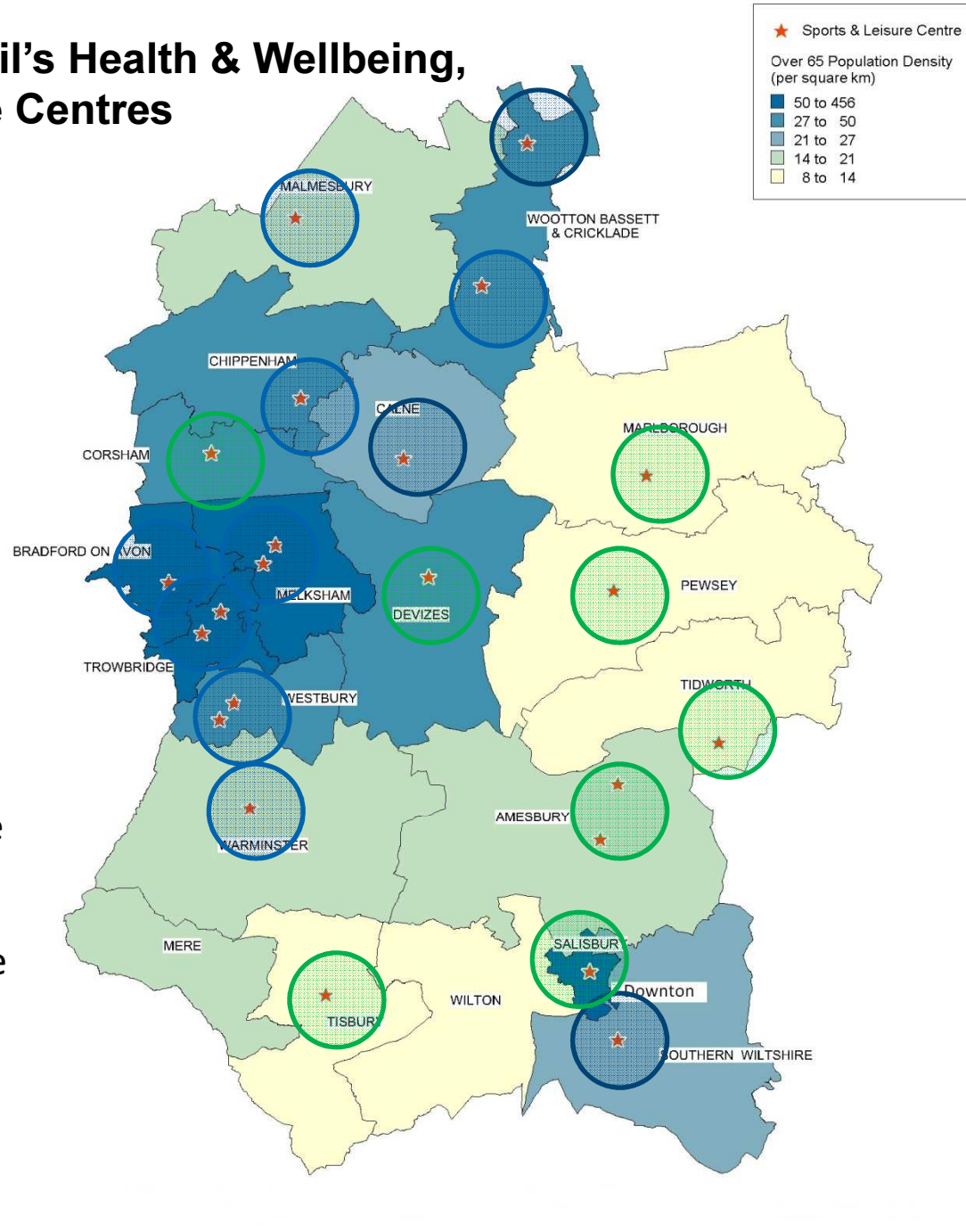
Objectives:

- Contribute to health improvement and reduction in health inequalities
- Increase participation in community sport and physical activity and reduce inactivity
- Develop a strong sporting infrastructure to improve the health, well-being and skills of people and communities
- Identify opportunities that will inspire people to take part in sport, active recreation and health related activities
- Identify opportunities to increase the volunteering workforce

Delivered through universal and targeted activities and services

Wiltshire Council's Health & Wellbeing, Sport, & Leisure Centres

-  PfP site
-  WC site
-  Indep



Some Wiltshire physical activity opportunities:





Questions

