

# Active Lives Pathway



## Your Go to Guide on Physical Activity

A Health Professionals guide to physical activity programmes for people in Dumfries and Galloway aged 18 and over



## Physically Active People Have a Lower Health Risk



Department of Health and Human Sciences. 2018.  
 "2018 Physical Activity Guidelines Advisory Committee. 2018  
 Physical Activity Guidelines Advisory Committee Scientific Report"

For more information please contact [Active.communities@dumgal.gov.uk](mailto:Active.communities@dumgal.gov.uk)

This resource provides Health and Social Care professionals with a guide to local physical activity programmes. It will help you identify the programme best suited to your patients needs and interests.

### Why?

- Physical inactivity is the fourth leading risk factor for global mortality accounting for 6% of deaths
- Physical inactivity contributes to almost 1 in 6 premature deaths in the UK from any cause
- In Scotland almost two fifths (37%) of the adult population – that's around 1.6million people – are physically inactive
- The financial burden of physical inactivity to the NHS in Scotland is £77 million based on five chronic conditions alone

### Do you want to know more about getting active in Dumfries and Galloway?

- See our DG Doing More website
- Follow our facebook page, Active Communities Dumfries & Galloway



### D&G KEY FACTS

In the past week:

- Only 27% of adults met the weekly muscle strengthening guidelines.
- Around one in five adults were active for less than 30 minutes.

Share the health benefits with people and encourage them to become more active.



DG Doing More



### KEY FACT

On average health professionals will see around 19 people per day, the majority of which won't be doing enough physical activity to enjoy the health benefits.

That's over 2,000 people per year.

One in four people say that they would be more active if they were so advised by a doctor or nurse. However, physical activity is not discussed with up to 70-80% of patients.



### KEY FACT

On average, an inactive person

- spends 38% more days in hospital
- has 5.5% more GP visits
- uses 13% more specialist services
- has 12% more nurse visits than an active person

Think of the impact you could have by encouraging someone to become more active.



# Active Lives Pathways

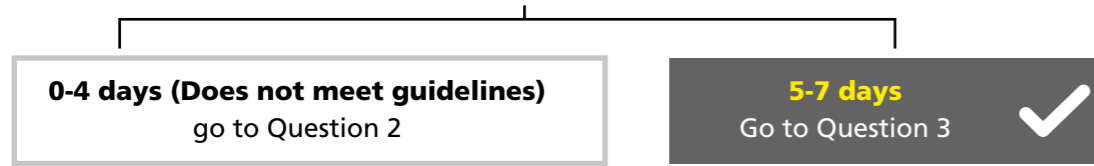


DG Doing More - Professionals

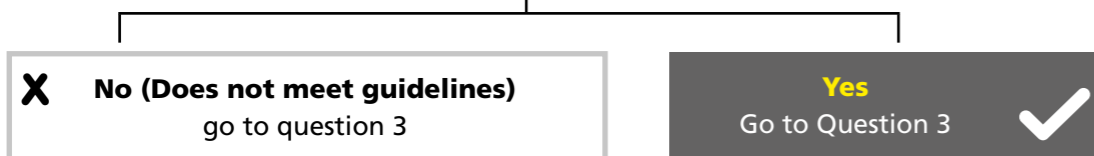
Referral From Healthcare Professional	Explicit Health Behaviour Change Component	1:1 Tailored Activity	Group Based Activity	Supported Journey from Inactive to Active (No LTC)	Supported Journey from Inactive to Active for People with LTC	Explicit Aerobic Component	Explicit Strength and Balance Component	Explicit Mental Health Component
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## Health and Social Care Professional Screening Questions

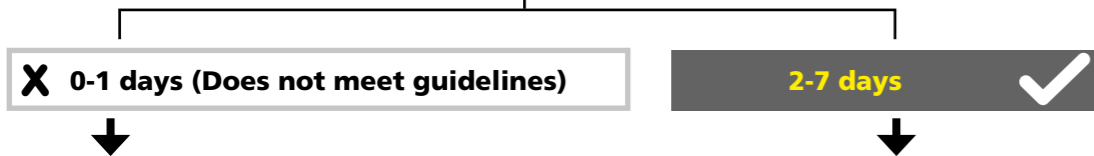
**Question 1: How many days in the past week have you been physically active for a total of 30 minutes or more?**



**Question 2: If four days or less, have you been physically active for at least two and a half hours (150 minutes) over the course of the past week?**

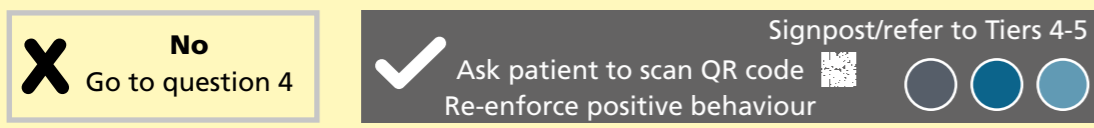


**Question 3: How many days in the past week have you done activities that develop or maintain strength in your muscles?**

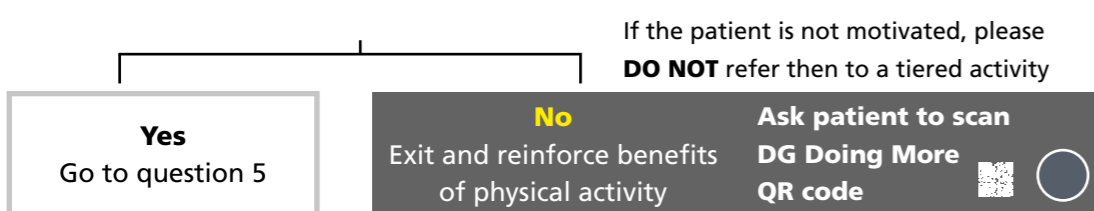


**Calculate if the person meets physical activity guidelines**

No to Question 2 and/or 3 Yes to Question 1 or 2 and 3



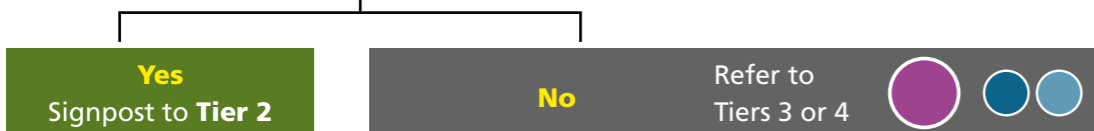
**Question 4: Are you interested in being more physically active?**



**Question 5: Do you have a long-term health condition or are you worried about developing one** (e.g. cardiovascular disease, diabetes, depression, chronic pain)?



**Question 6: Would you like one to one support to help you become more physically active?**



### TIER 5

#### COMMUNITY WIDE GENERAL ACTIVITIES

There are many physical activity opportunities available in your local community. Please visit DG Doing More for information and advise on how and where to be active locally <https://dgdoingmore.co.uk/>

### TIER 4

#### ACTIVE COMMUNITIES – GENERAL PROGRAMMES

A range of accessible physical activity programmes led by highly skilled Instructors, delivered in a safe and inclusive environment

For example [Community Activators](#), [Easiobics](#), [Aerobics](#)

### TIER 3/4

#### HEALTH WALKS

Free, short, social, fun, accessible, low level walks led by trained volunteers.

### TIER 3

#### ACTIVE COMMUNITIES – SPECIALIST PROGRAMMES

Designed for people living with a range of medical conditions. A range of class levels is available. Your patients can participate in safe, comfortable and fun environments at levels appropriate to their needs, with the support from highly trained specialist staff.

For example Move More including Gentle Movement, Bridging Plus, Strength and balance, Bridging the Gap

### TIER 2

#### PHYSICAL ACTIVITY REFERRAL

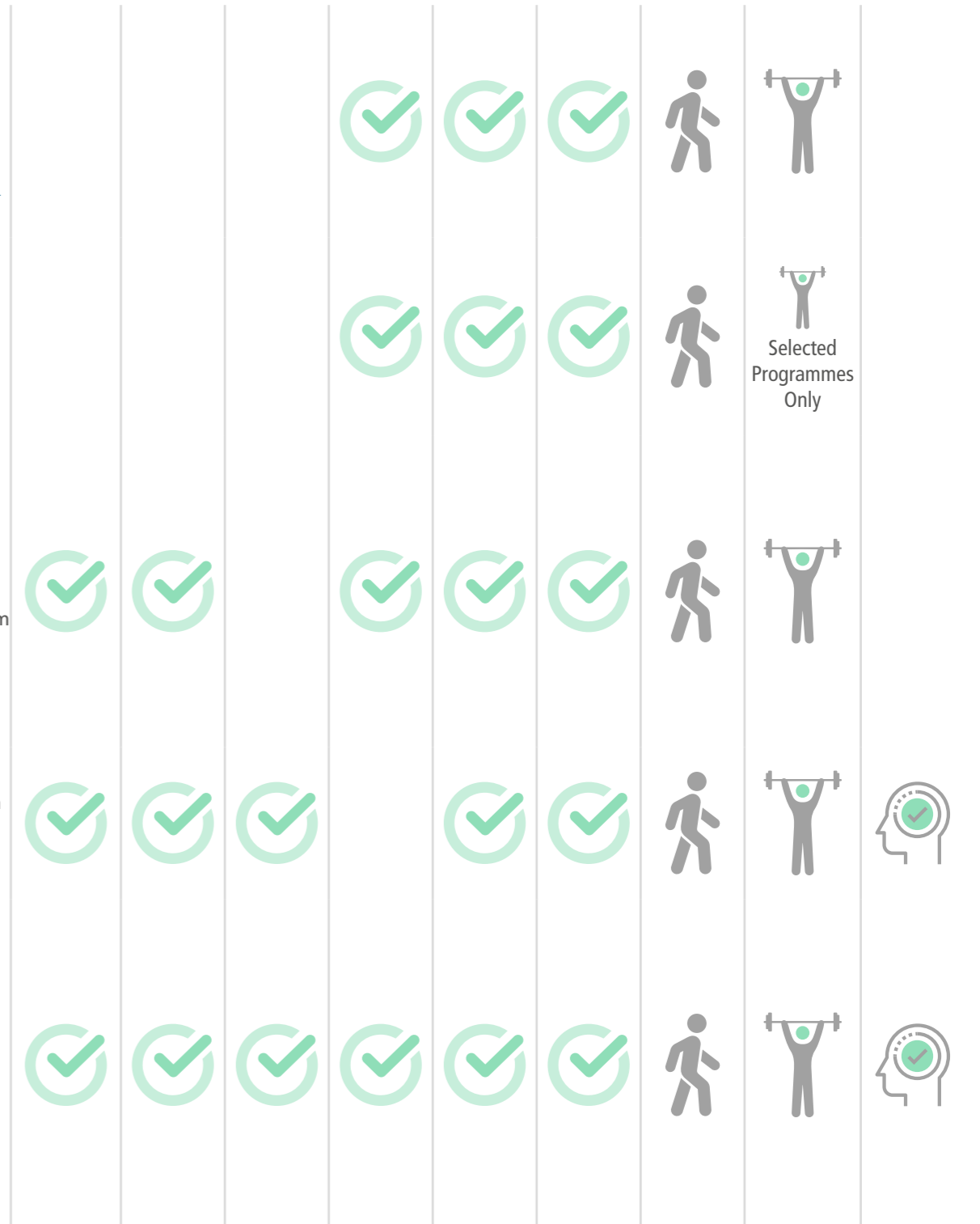
Trained Advisors support clients and help them meet their physical activity goals. Advisors will support participants, individually, over a 16 week programme of activity.

### TIER 1

#### Clinical Pathway

Specialist evidenced based condition-specific rehabilitation programmes delivered by a Health and Social Care professional (e.g. Cardiac Rehab). These programmes specifically target adults and include both movement activities and education sessions.

Referrals into Tier 1 are for Health and Social Care Professional to Professional. Referrals to Tier 1 are part of established Health and Social Care clinical pathways.



## Active Lives Pathway Referral Form

[Click here](#) to download the referral form for all Tiers or scan the QR Code

