

Active Lives Pathway

Improving health and wellbeing of people in my care through physical activity promotion



Briefing Note

Health and Social Care Professionals in Dumfries and Galloway can refer or signpost any physically inactive person in their care to a free programme of community based physical activity.

Community programmes been arranged into Tiered model called the Active Lives Pathway. The Active Lives Pathway enables Health and Social Professionals to quickly and effectively refer or signpost to a community programme that will support the person in their care to be physically active.



Do you see treat and/or support people with any of the following conditions?

A referral to the Active Lives Pathway could enhance the health and wellbeing of many people accessing the Health and Social Care system in Dumfries and Galloway including;

Physically inactive adults living with (or at risk of);

- a range of health condition(s) including cancer, diabetes, heart disease, stroke...
- a fall, frailty and de-conditioning including hospital acquired de-conditioning
- a mental health condition including symptoms of depression, anxiety and psychological distress
- a MSK condition including back pain and osteoarthritis
- a neurodegenerative disease including Parkinson's and dementia
- a respiratory disease (e.g. chronic obstructive pulmonary disease, asthma)

Physically inactive adults who are;

- waiting for pre-hab / orthopaedic surgery who could be benefit from keeping active and strong
- recovery ready from problem substance use
- feeling socially isolated and lonely
- requiring support with weight loss or weight maintenance
- who have become physically inactive overtime – no health condition

Being physically active provides a wide range of benefits to physical, mental and social health and can help prevent and manage over 20 long-term health conditions including:



heart disease



type 2 diabetes



depression



some cancers



Evidence shows that **40%** of long-term conditions could be prevented if everyone met the **physical activity recommendations**.

74% of adults and older adults in Dumfries and Galloway do not meet the **physical activity recommendations**.

Cycling for Health - Nithsdale and Stewartry

The Dumfries and Galloway Health and Social Care Partnership is working in partnership with Sustrans to test the embedding of 'Cycling for Health' within the Active Lives Pathway.

This means any Health Professional can now refer a physically inactive patient living in Nithsdale and Stewartry to a free programme of community cycling tuition in addition to the established Tier 2-4 programmes.

Cycling programmes will be delivered by local Sustrans I Bike Communities Officer Annick Laroque. Programmes are fun, accessible and inclusive and will be tailored to the person in your care.

To refer, please follow the **Active Lives Pathway**.

For more information



How do I refer my patient?

Referral to the Active Lives Pathway is a quick and easy 3 step process.

- 1 Undertake a short 6 question (max) screening and signposting questionnaire to support referral into the Active Lives Pathway
- 2 Complete a short Active Lives Pathway referral form
- 3 Email completed referral to Active.Communities@dumgal.gov.uk

A member of the Active Communities Team will then contact the person in your care and arrange their programme of activity.



Resources available to download from 'Health Professional Information' page on the 'DG Doing More' Website

The benefits of physical activity can be immediate

- Immediate** - Evidence shows that a single bout of physical activity can improve sleep quality and reduce blood pressure and feelings of anxiety
- Short Term** – Strength and balance programmes can improve strength and help regain lost function in 6-12 weeks
- Longer-Term** - chronic disease prevention (e.g. lower risk of heart disease, cancer, dementia...)

The Active Lives Pathway – Promoting Physical Activity for People with Health Conditions

A **consensus** statement published in the British Journal of Sports Medicine found the benefits outweigh the risks and that 'physical activity is safe, even for people living with symptoms of multiple long-term conditions'. Moving Medicine has created an **infographic** summarising what health professionals should know before giving advice about risk to people living with long term conditions.

Active Lives Pathway

Referral at a Glance

For Health and Social Care Professionals



	TIER	
	5	Community Wide General Activities People who are physically active
	4	Active Communities General Programmes People who are physically inactive
8 week free referral programme	3	Active Communities Specialist Programmes People who are physically inactive with or at risk of a health condition(s)
16 week free referral programme	2	Physical Activity Referral People who are physically inactive with or at risk of a health condition(s)
	1	Clinical Pathway Specialist evidenced based condition-specific rehabilitation programmes

