

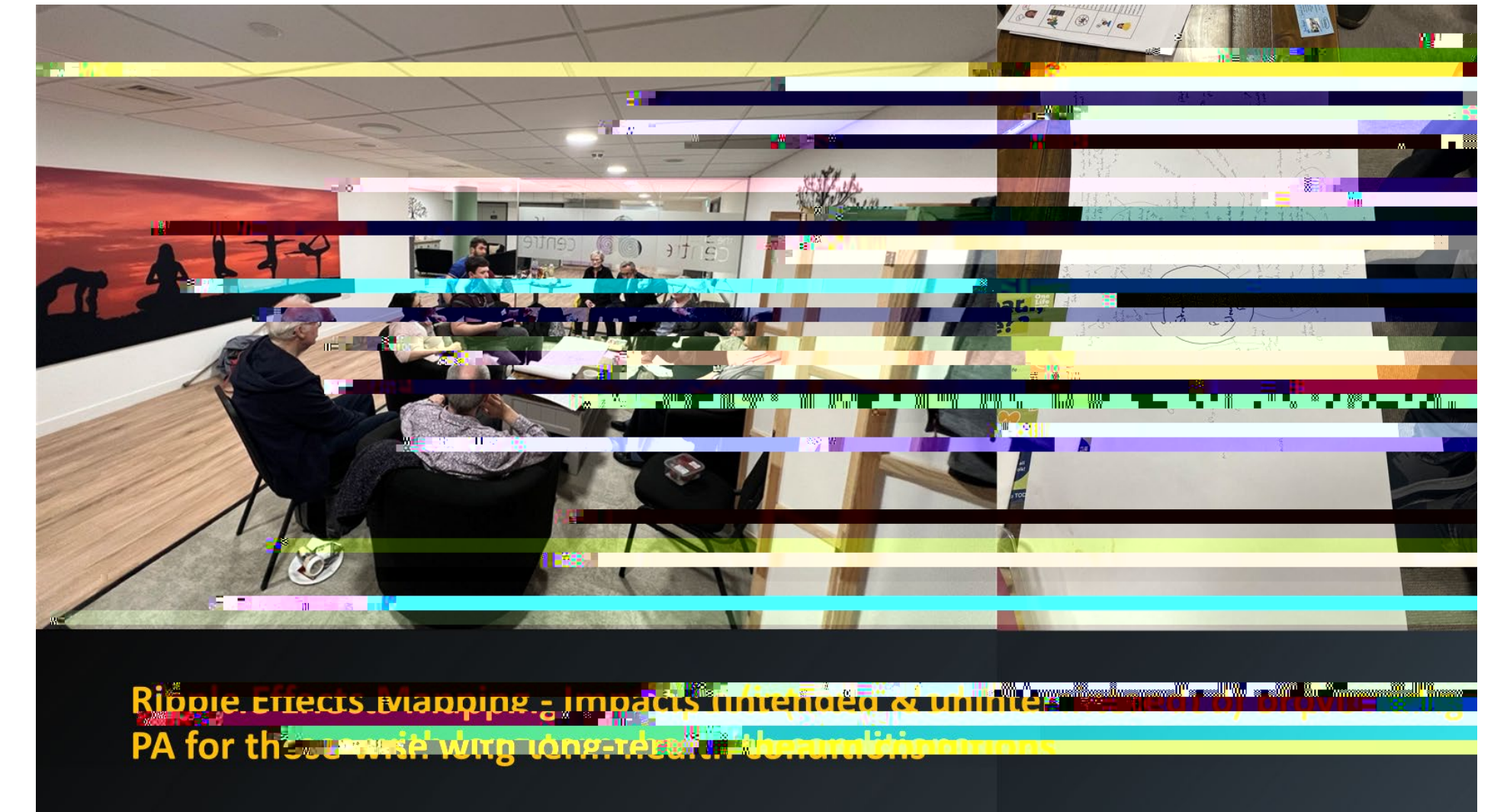
Informing Suffolk's Physical Activity Strategy

Aims

To map the current physical activity (PA) offer in Suffolk (policies, networks, assets, barriers) to understand and evidence: (1) Support for underrepresented members of the community to participate in PA, (2) How the workforce (coaches, healthcare professionals) support these community members, (3) Impacts from successful examples of providing support.

Why did we do this?

PA is vital for health and well-being but is decreasing, especially among those facing higher health inequalities. Traditional methods like providing facilities, are insufficient for those most in need of increased physical activity. A holistic approach, requiring minimal personal effort, is necessary to integrate PA into daily life. Collaboration between traditional PA providers, healthcare, and various community groups, including religious and housing associations, is essential to support those in need. Notable progress has been made in Suffolk, but it's not fully documented. This project's work can help shape Suffolk's PA policy and strategy, currently under redevelopment by Active Suffolk, the county's active partnership.



1. Murphy JJ, Mansergh F, Murphy MH, Murphy N, Cullen B, O'Brien S, et al. "Getting Ireland Active"-Application of a Systems Approach to Increase Physical Activity in Ireland Using the GAPPA Framework. *Journal of physical activity & health*. 2021;18(11):1427-36.
2. Michie S, van Stralen