



Scottish Allied Health Professions Directors Group

Our Pledge to Increase Physical Activity in Scotland

Background

We know that physical activity is essential for physical and mental health. We also know that the people of Scotland have significant health and social challenges that will not improve into the future without a drastic change.

The number of people with obesity and associated long term conditions continues to rise. The consequences and cost of this is staggering both for sufferers and the Scottish nation. In 2010, annual costs of £3 billion were identified and set to rise year on year.

Allied Health Professionals (AHPs) are a group of healthcare professionals, the majority of whom have rehabilitation, movement and enabling people to do more as the core of their daily work. They are unique in being the only healthcare professionals who graduate with this knowledge. The AHP Directors Scotland Group (ADSG) have been working with Dr Andrew Murray, Scottish Government Health Directorate's Physical Activity Champion and call on all AHPs to support a radical programme of action in every Health Board in Scotland. This AHP call to action supports the significant efforts being made by the Scottish Government and others to increase physical activity in the population of Scotland.

The Pledge

“We will work with a range of partners to increase the level of physical activity in Scotland”

Specifically, during 2012, collectively and individually, all AHP Directors pledge to work with the SGHD Physical Activity Champion, AHP National Leads and other key stakeholders to:

- *Agree a form of questioning and brief intervention for each patient, every time and embed this in all AHP services*
- *Establish in each Health Board at least one partnership with local authority leisure services and exercise co-ordinators promoting community physical activity*
- *Explore a national “physical activity” challenge for teams of NHS staff*
- *Establish ways to capitalise on the legacy of the forthcoming Olympic and Commonwealth Games*
- *Produce an evidence note on physical activity that summarises the most compelling evidence for the value of physical exercise and promote it for widespread use*
- *Use social media opportunities to promote the Pledge and physical activity*
- *Collaborate with Scottish AHP Academic Heads to ensure that the benefits and value of physical activity are reinforced within undergraduate training programmes*
- *Promote the excellent work of Dr Mike Evans which summarises the evidence so well <http://www.youtube.com/watch?v=aUaInS6HIGo>.*
- **Ensure that our ‘Pledge’ is a key recommendation within the AHP National Delivery Plan 2012-2015**