

Active Lives Pathway



Enabling a more physically active population in Dumfries and Galloway

Lead: Lynne Mann, Lead AHP - Community Health and Social Care
Contributors: Tina Lockhart, Lee Seton and Chris Topping

Introduction

Being physically active improves health and wellbeing¹ and can help prevent and treat many of the health conditions placing resource challenges on Health and Social Care (H&SC) systems². Despite these benefits, 75% of adults in Dumfries and Galloway³ (D&G) do not meet the combined physical activity and muscle strengthening guidelines¹.

The H&SC Partnership in collaboration with D&G Council launched the D&G Active Lives Pathway (ALP) in November 2023.

The ALP enables all H&SC professionals to identify adults who are physically inactive and refer or signpost them to a FREE local programme of community based physical activity. Referrals are open to people living with or at risk of a health condition(s).

Aims / Objectives

- 1 To implement a single adult and older adult physical activity referral pathway across the entire H&SC system in D&G**
- 2 To improve health and wellbeing of people referred to a community physical activity programme**



Methodology

A new 6-item ALP screening and signposting tool was developed to enable H&SC professionals to measure whether their patient meets physical activity and muscle strengthening guidelines and if inactive, determine the level and type of behavioural change programme they require to be more active.

ALP Tool	Evidence	Note
Screening questions	Incorporate the Public Health Scotland (PHS) 'Scottish Physical Activity Screening Questionnaire' ⁴ and muscle strengthening single item question developed by the University of Edinburgh	D&G the first area in Scotland to embed muscle strengthening into physical activity pathway.
Referral / Signposting	Community programmes have been structured into Tiers based on PHS Physical Activity Referral Standards ⁵	*The ALP provides a rolling programme of activities available across D&G

Patients referred to the ALP benefit from an initial 8 to 16 weeks of community physical activity delivered by D&G Council or H&SC Partnership.



Participant Outcomes

Early evidence for improved outcomes although sample size small (N=22)



- Increased Mental health (e.g. happiness*, life-satisfaction)
- Increased physical activity*



70% met new people



61% maintained/improved health and fitness



44% felt calmer and more relaxed



30% managed/reduced pain

"I had a stroke in 2023 which left me with left side weakness (arm and leg). In hospital I had physio and left being able to mobilise with a quad stick.

Since my referral to the Active Lives pathway and the wonderful support from my instructor, my whole physical (and mental) wellbeing has improved. I am stronger and my day to day functionality as improved as a result. I can better manage daily living tasks like putting the shopping away, moving and lifting items from room to room etc.

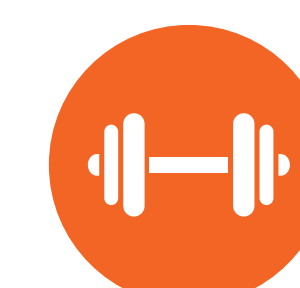
The support has been amazing! I cannot recommend this programme enough. Thank you!"

ALP Participant, May 2024

Participant Satisfaction



82% Liked their ALP instructors very much



73% Liked their ALP programmes very much

Results - Referral Data November 2023 to April 2024

330

Total number of referrals

53%
Referrals aged 65+

54.5*

Average ALP monthly referrals
(Compared with 16.9 prior to ALP launch)

14% referrals from most deprived communities

Compared with 10% for population

95% of referrals reported 1+ health condition

2 Average number of health conditions reported

Conclusion

The ALP provides a single referral pathway across the entire H&SC system in D&G. The ALP has significantly increased referral numbers with emerging evidence of physical, mental and social wellbeing benefits for participants, following completion of a community based programme.

References

- Physical activity guidelines: UK Chief Medical Officers' report, 2020.
- Santos AC, Wilumssen J, Meheus F, Ilbawi A, Bull FC. The cost of inaction on physical inactivity to public health-care systems: a population-attributable fraction analysis. The Lancet Global Health. 2023; Jan 1;11(1):e32-9.
- Scottish Government. Proportion of adults (16+) in Dumfries & Galloway meeting different physical activity recommendations. SHeS 2018/2019/2021/2022. Scottish Health Survey, 2022
- Public Health Scotland. National Physical Activity Pathway, 2021.
- Public Health Scotland. Physical Activity Referral Standards, 2022.

*Statistically significant finding

