

## **Appendix 2 – Creating a Physically Active City Forum Highlight Report**

### **1.1 Context**

This report highlights the establishment of a Physically Active City Forum (CPAC), the intentions of the forum and next steps. This includes the recent award to Public Health of entry into the Partnership for Healthy Cities (PHC) Collaborative, funded by Bloomberg Philanthropies.

Appendix 2A contains a presentation (first presented at the inaugural CPAC forum meeting) that frames both the context and current circumstance in detail. Appendix 2B contains the Implementation plan for the PHC Collaborative.

### **1.2 Current Circumstance**

- 1.2.1 25% of trips by car in Birmingham are for journeys of one mile or less.
- 1.2.2 Only 6% of people walk to work
- 1.2.3 Only 1% of people cycle to work
- 1.2.4 24.5% of adults aren't even walking for 10 minutes per day or doing any activity in a month
- 1.2.5 25.4% of adults are completely inactive (less than 30 mins activity per week)
- 1.2.6 A sedentary lifestyle is one of the biggest contributors to preventable conditions (many of them life limiting) and premature death in Birmingham.

### **1.3 Next Steps and Delivery**

Appendix 2C contains the full Terms of Reference for the CPAC Forum. However, the crux of the forum is to achieve the following:

The Creating a Physically Active City (CPAC) Forum is a sub-committee of the Birmingham Health and Wellbeing Board. The purpose of the Forum is to work together to increase physical activity at a population level across Birmingham by ensuring that a joint action plan is developed and delivered.

Active environments, including making the most of the CWG infrastructure opportunities and active travel connections, Accessible provision, Community co-production and Social narrative about activity are at the heart of the objectives of the ToR, there are 10 objectives that underpin this. (Appendix 2C)

Immediate next steps include:

- The development of a CPAC action plan (this has started and is expected to be in draft format for the March meeting of the CPAC). Monitoring frameworks have already been developed and are ready for implementation.
- The development of a trajectory for achieving a car free city. Scoping sessions with transportation and Public Health Intelligence colleagues have taken place, a draft paper will be ready to present at the February CPAC meeting.

- The development of an action plan to implement the objectives of the PHC implementation plan, this is in draft format and is expected to be signed off in January 2020. The implementation plan can be found in appendix 2B.
- The Physical Activity Seldom Heard Voices call for tenders finished on the 24/12/19. Short-listing will take place wk commencing 06/01/20 with all successful providers being notified by 10/01/20. It is expected that the conversation process will start with user groups wk commencing 20/01/20. The specification can be found in appendix 2D.
- The Creating a Healthy Food City Forum has decided that a Food Strategy for Birmingham needs to be developed and adopted. Consideration will be given at the February CPAC Forum meeting with reference to whether a similar approach is needed with reference to Physical Activity.

<b>Appendices</b>
Appendix 2A – Overview of the Forum (ppt slides)
Appendix 2B – Partnership for Healthy Cities Implementation Plan
Appendix 2C - CPAC Forum Terms of Reference
Appendix 2D – Seldom Heard Voices PA tender specification