



Physical Activity Clinical Champions Programme: Yorkshire and Humber Delivery

Public Health
England

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Background

Public Health England published the national physical activity framework Everybody Active, Every Day in 2014. It set out the need for action across four domains at national and local level to increase and sustain physical activity levels across England.

The 'Moving Healthcare Professionals' domain comprises a multi-component programme that has been developed through a partnership with Sport England to educate and up skill healthcare professionals to deliver physical activity advice to demonstrate a cross cutting approach to physical activity promotion in healthcare.

The Programme

A multidisciplinary team of healthcare professionals comprising 2 doctors, 2 nurses and 1 allied health professional are delivering the programme across Yorkshire and Humber.



Evaluation

Over 350 peer-to-peer sessions have been delivered by clinical champions between September 2015 and 2017 with over 4500 professionals trained across the UK.

Initial evaluation in 2016 reported that the programme was successful in meeting its learning objectives and the follow-up results showed that the training had a positive effect on participants' confidence to motivate patients to increase their physical activity levels. Clinical teams are engaging well with this programme and informal feedback has been excellent. A further, more comprehensive evaluation is now underway.

Physical activity benefits for adults and older adults



What should you do?



UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://bit.ly/startactive>

References

Public Health England (2014) Everybody active, every day: a framework to embed physical activity into daily life.

Contact details

For further information or to book a session please email:

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