

# Unleashing the potential of physical activity

A perspective for the North and Yorkshire systems

20th April 2023

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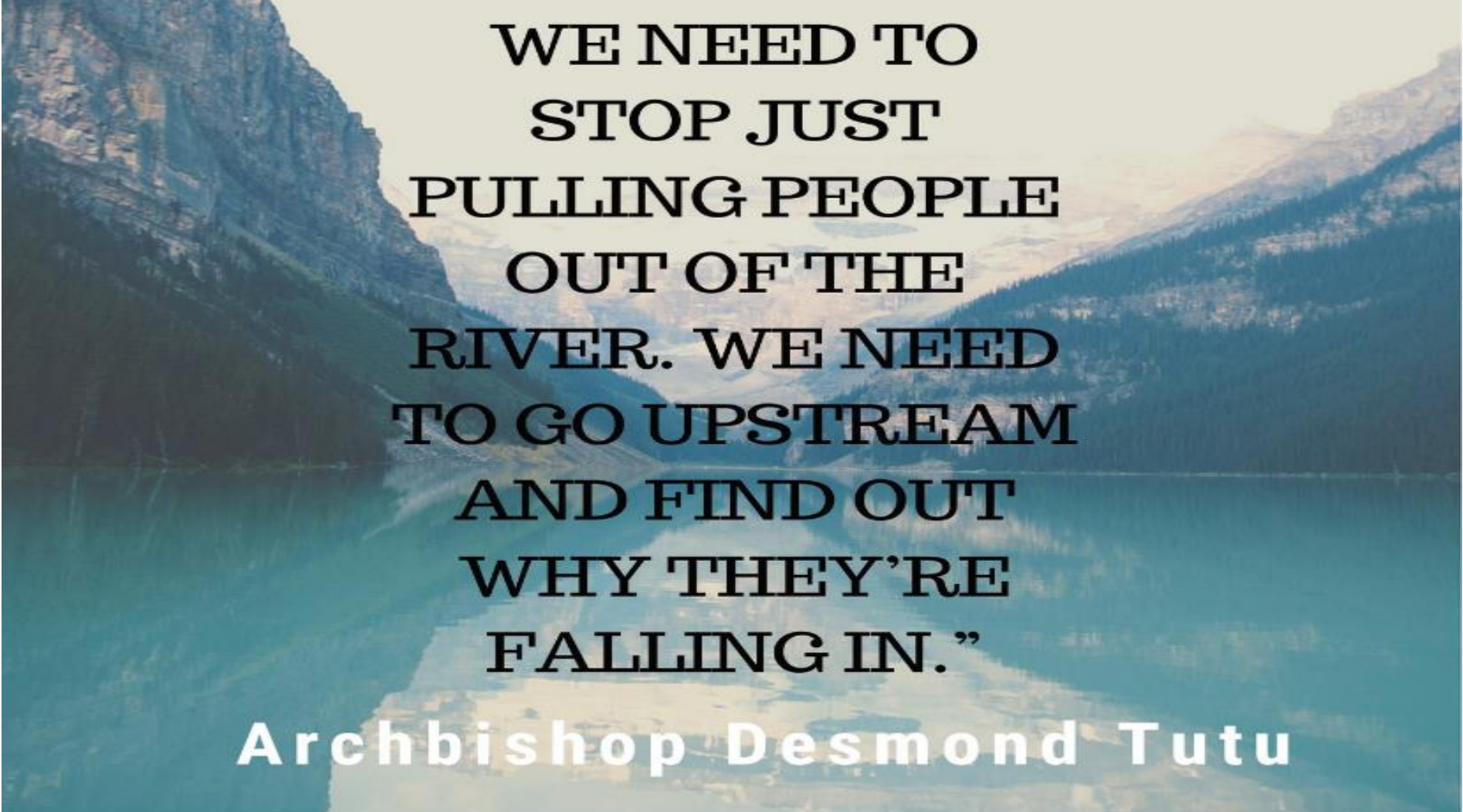
# Overview

NHS Horizons is supporting OHID and Sport England to increase physical activity across the NHS as part of the Moving Health Professionals Programme.

Increasing levels of physical activity will have a significant positive impact on public health.

We have been working with partners to find ways forward.

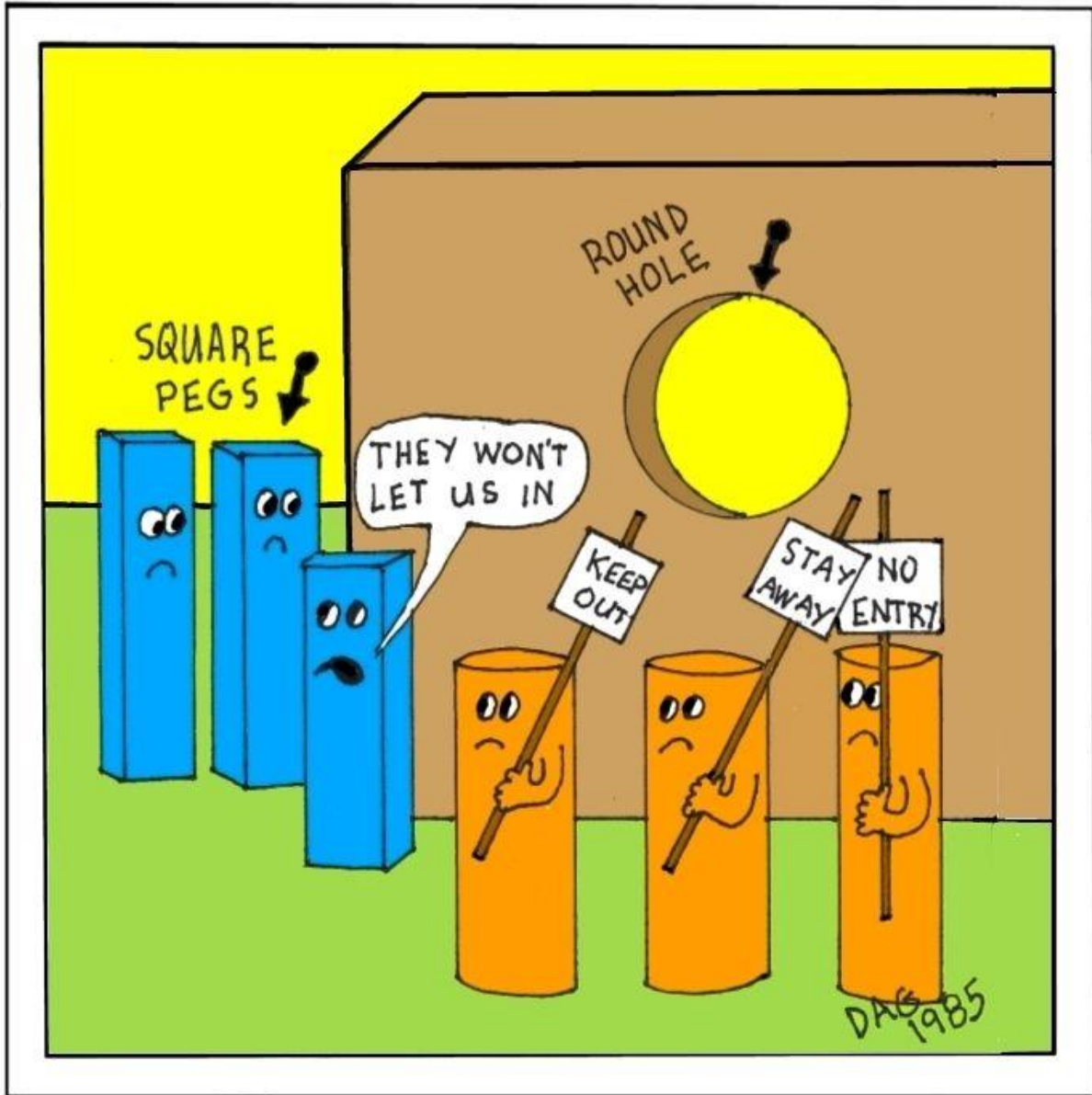
We would like to test our current approach with you to identify other assets and strengthen alignment with other programmes.



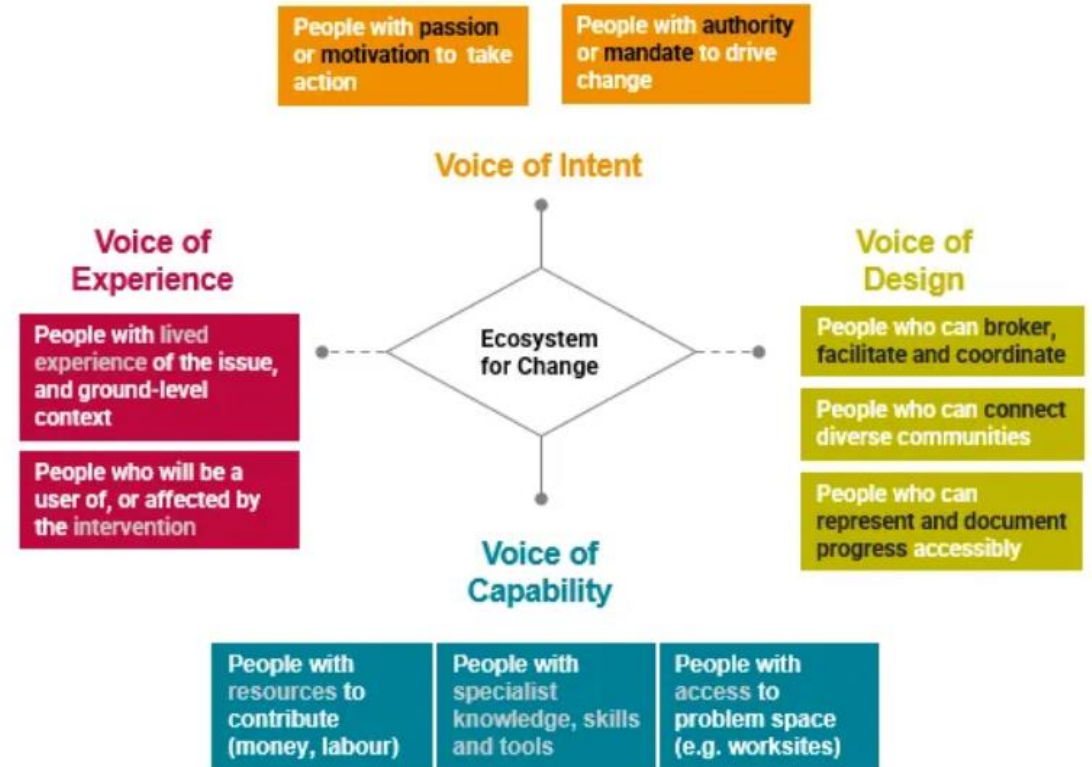
**WE NEED TO  
STOP JUST  
PULLING PEOPLE  
OUT OF THE  
RIVER. WE NEED  
TO GO UPSTREAM  
AND FIND OUT  
WHY THEY'RE  
FALLING IN."**

**Archbishop Desmond Tutu**





## Who do we need to bring together to create viable initiatives?



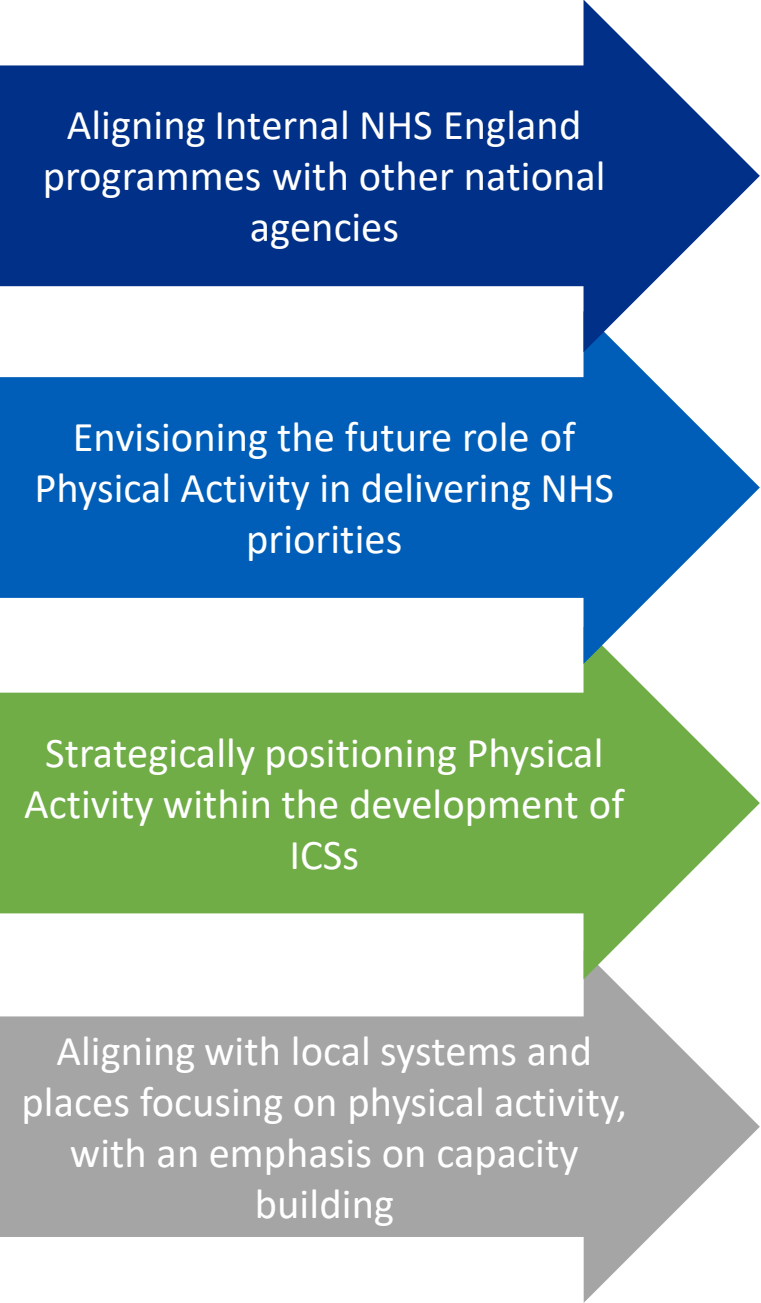
How do we connect people who want to do something, with people who can help them do it, while staying grounded in real-world need and context to ensure it works?

[The new zeitgeist: relationships and emergence | by Bill Bannear | Mar, 2023 | Medium](#)

# Place based work



# Our drivers of wider system change



Aligning Internal NHS England programmes with other national agencies

Envisioning the future role of Physical Activity in delivering NHS priorities

Strategically positioning Physical Activity within the development of ICSs

Aligning with local systems and places focusing on physical activity, with an emphasis on capacity building

MSK

CVD  
prevention

Falls and  
frailty

Pre-operative  
care



People, Places, Communities



# HORIZONS

We're keen to work with you.

Let us know what you are doing and where help would be useful.

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