

Integrated Impact Assessment Form

Promoting Equality, Human Rights and Sustainability



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Title of Policy/ Proposal	Midlothian Physical Activity, Sport and Health Strategy
Completion Date	15 / 09 / 2017 Reviewed 24 /04 /2018
Completed by	Tony Malone
Lead officer	Tony Malone

Type of Initiative:

- | | | | |
|-----------------|-------------------------------------|--------------------|-------------------------------------|
| Policy/Strategy | <input checked="" type="checkbox"/> | New or Proposed | <input type="checkbox"/> |
| Programme/Plan | <input type="checkbox"/> | Changing/Updated | <input checked="" type="checkbox"/> |
| Project | <input type="checkbox"/> | Review or existing | <input type="checkbox"/> |
| Service | <input type="checkbox"/> | | |
| Function | <input type="checkbox"/> | | |
| Other | Statement of Intent..... | | |

1. Briefly describe the policy/proposal you are assessing.

Set out a clear understanding of the purpose of the policy being developed or reviewed (e.g. objectives, aims) including the context within which it will operate.

The Physical Activity, Sport & Health Strategy has been refreshed to:

- Re-align priorities with Lets Make Scotland More Active: A strategy for physical activity first published in 2003, the **Toronto Charter for Physical Activity** (May 2010) and the complimentary document **Investments that work for Physical Activity** (February 2011)
- Tighten the focus to encouraging those least active to take part in regular physical activity while ensuring the active stay active
- Raise awareness of the enormous health benefits that taking part in physical activity and sport can offer individuals, families and communities
- Deliver our Vision:
 - **Physical Activity, Sport & Health – A Way of Life in Midlothian by 2023**

2. What will change as a result of this policy?

The strategy sets out a framework for promoting physical activity for all and the commitment to encouraging everyone in Midlothian regardless of age, disability, gender, gender re-assignment, marriage or civil partnership, pregnancy or maternity, race, religion or belief, sex, sexual orientation or poor economic status to be more active every day thereby gaining a healthier lifestyle.

The aim of the strategy is to focus support for those who are least active and to provide them with opportunities to access physical activities. Evidence shows that barriers to participation are greater for disabled people and that females' are less physically active than males. The strategy acknowledges the barriers faced by specific groups and the annual action plans will include interventions to meet the specific needs of these groups.

3. Do I need to undertake a Combined Impact Assessment?

High Relevance	Yes/no
The policy/ proposal has consequences for or affects people.	Y
The policy/proposal has potential to make a significant impact on equality.	Y
The policy/ proposal has the potential to make a significant impact on the economy and the delivery of economic outcomes.	N
The policy/proposal is likely to have a significant environmental impact.	N
Low Relevance	
The policy/proposal has little relevance to equality.	
The policy/proposal has negligible impact on the economy.	
The policy/proposal has no/ minimal impact on the environment.	
If you have identified low relevance please give a brief description of your reasoning here and send it to your Head of Service to record.	

If you have answered yes to high relevance above, please proceed to complete the Integrated Impact Assessment.

4. What information/data/ consultation have you used to inform the policy to date?

Evidence	Comments: what does the evidence tell you?
Data on populations in need	The Scottish Health Survey 2015 and the Scottish Household Survey 2015 provide statistics on the active and the inactive and show that just under two thirds of adults met the guideline for Moderate or Vigorous Physical Activity (MVPA), men are significantly more likely to meet the guidelines than women, children meeting the guidelines was significantly higher if their mother was active and that participation in sport and exercise including walking is lowest in those living in the most deprived areas (72% compared to 88% for those living in the least deprived areas) and declines with age and that (almost one third of adults over the age of 65 are inactive)
Data on service uptake/access	In 2017 we have recorded the following user statistics. Numbers of visitors to leisure Centres 648,159 Number of visitors to swimming pools 226,066 Number of Tonezone members 5,046 Number of visitors to the Snowsports Centre 132,111
Data on quality/outcomes	N/A
Research/literature evidence	The Scottish Health Survey 2015 and the Scottish Household Survey 2015
Service user experience information	Annual programme of viewpoint in place for facilities reported on a quarterly basis, satisfaction feedback from MAC and ageing well users
Consultation and involvement findings	Links to Alex report and the interactive workshop priority actions http://www.activemidlothian.org.uk/media/research_placement_report_(2).pdf http://www.activemidlothian.org.uk/media/interactive_workshops_combined.pdf

Good practice guidelines	n/a
Other (please specify)	n/a
Is any further information required? How will you gather this?	No

5. How does the policy meet the different needs of and impact on groups in the community?

	Comments – positive/ negative impact
<p>Equality Groups</p> <ul style="list-style-type: none"> • Older people, people in the middle years, • Young people and children 	<p>Positive Impact</p> <p>Evidence shows that physical activity declines with age and this strategy supports expanding existing services e.g. Ageing Well to provide more opportunities for those in the 50+ age group to be more active</p> <p>Positive Impact</p> <p>Evidence shows that participation in sport and physical activity declines for girls at around 11 years of age. The Active Schools and Sports Development Teams will continue to work closely in partnership with schools to provide extracurricular opportunities for all pupils to take part in sport and physical activity. They will also promote and support national programmes targeting girls</p>

<ul style="list-style-type: none"> • Women, men and transgender people (includes issues relating to pregnancy and maternity) • Disabled people (includes physical disability, learning disability, sensory impairment, long-term medical conditions, mental health problems) • Minority ethnic people (includes Gypsy/Travellers, migrant workers, non-English speakers) • Refugees and asylum seekers • People with different religions or beliefs (includes people with no religion or belief) 	<p>only.</p> <p>Positive Impact</p> <p>National trends indicate that there is a significant risk of under representation in sport and physical activity participation by females and the strategy and annual action plan include a number of priorities and actions designed to rectify this</p> <p>There is a lack of available data on transgender people however the strategy and existing services /programmes are fully inclusive and support people who are transgender</p> <p>Positive Impact</p> <p>The evidence shows that participation in physical activity and sport is lower for people with a disability and the strategy will promote and develop existing examples of good practise and encourage inclusiveness and accessibility to accessible physical activity opportunities</p> <p>Positive Impact</p> <p>The strategy and action plan will highlight ways of working in partnership to address the physical activity needs of all underrepresented groups including Black and minority ethnic communities (BME). There is a lack of available data on participation in</p>
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<ul style="list-style-type: none"> • Lesbian, gay, bisexual and heterosexual people • People who are unmarried, married or in a civil partnership 	<p>physical activity by BME, Gypsy/travellers, migrant workers, refugees and asylum seekers, people with different / no religion, lesbian, gay, bisexual, heterosexual, married, unmarried or civil partnership.</p>
<p>Those vulnerable to falling into poverty</p> <ul style="list-style-type: none"> • Unemployed • People on benefits • Single Parents and vulnerable families • Pensioners • Looked after children • Those leaving care settings (including children and young people and those with illness) • Homeless people • Carers (including young carers) • Those involved in the criminal justice system • Those living in the most deprived communities (bottom 20% SIMD 	<p>.</p> <p>The current access to Midlothian scheme offers free or discounted access to sport and leisure facilities to individuals and families in receipt of benefits. Pensioners have unlimited access to facilities via the heavily discounted Golden Years card. Looked after children can access swimming and tone zone gym for £1 a session.</p> <p>There is insufficient information on these groups however people with disability access to services are allowed in with a carer (no evidence required) free of charge. Discount is available to Midlothian residents in receipt of benefit or students able to</p>

<p>areas)</p> <ul style="list-style-type: none"> • People misusing services • People with low literacy/numeracy • Others e.g. veterans, students 	<p>show a current matriculation card</p>
<p>Geographical communities</p> <ul style="list-style-type: none"> • Rural/ semi rural communities • Urban Communities • Coastal communities 	<p>There is good access to facilities and green spaces for all Midlothian communities.</p>

6. Are there any other factors which will affect the way this policy impacts on the community or staff groups?

No

7. Is any part of this policy/ service to be carried out wholly or partly by contractors?

If yes, how have you included equality and human rights considerations into the contract?

No

8. Have you considered how you will communicate information about this policy or policy change to those affected e.g. to those with hearing loss, speech impairment or English as a second language?

A representative from Communications department will be part of the strategy implementation group and will ensure that all information, promotional and advertising materials are accessible.

9. Please consider how your policy will impact on each of the following?

Objectives	Comments
Equality and Human rights	
Promotes / advances equality of opportunity e.g. improves access to and quality of services, status	See benefits below
Promotes good relations within and between people with protected characteristics and tackles harassment	See benefits below
Promotes participation, inclusion, dignity and self control over decisions	See benefits below
Builds family support networks, resilience and community capacity	See benefits below
Reduces crime and fear of crime	See benefits below
<p>Promotes healthier lifestyles including</p> <ul style="list-style-type: none"> • diet and nutrition, • sexual health, • substance misuse • Exercise and physical activity. <p>Lifeskills</p>	<p>The main aim of this strategy is to promote healthier lifestyles for everyone in Midlothian. An active lifestyle can help us improve and maintain good physical health and well being. We know that regular physical activity plays an important part in maintaining a healthy weight, lowering the risk of lifestyle related conditions such as diabetes and heart disease. There is also significant evidence to prove that being more active can help in the prevention of depression and stress related illnesses stimulating positive mental health. Taking part in physical</p>

activities and sport also provides opportunities for social interaction and can be a fun and healthy way for people to spend their leisure time.

There is evidence to show that achieving the UK's Chief Medical Officers Moderate to Vigorous Physical Activity (MVPA) recommendations can also:

- contribute to a longer life
- increase well-being
- reduce symptoms of depression
- reduce rates of smoking and substance misuse
- improve the ability to function better at work and home
- improve mental well-being, contributing to improved self-esteem and confidence
- improve educational attainment
- contribute to building strong, vibrant and cohesive communities
- promote pride, respect and appreciation for the natural environment
- promote leadership and personal development
- build social capital by promoting volunteering

	opportunities
Environmental	
Reduce greenhouse gas (GHG) emissions in East Lothian (including carbon management)	<p>By promoting Active travel the strategy contributes to the reduction of greenhouse gas (GHG).</p> <p>The strategy also contributes to improving and promoting the use of public and green space in Midlothian. There is no other significant environmental impact.</p>
Plan for future climate change	
Pollution: air/ water/ soil/ noise	
Protect coastal and inland waters	
Enhance biodiversity	
Encourage resource efficiency (energy, water, materials and minerals)	
Public Safety: Minimise waste generation/ infection control/ accidental injury /fire risk	
Reduce need to travel / promote sustainable forms or transport	
Improves the physical environment e.g. housing quality, public and green space	
Economic	
Maximises income and /or reduces income inequality	<p>Leisure access in a small way contributes to reducing income inequality.</p> <p>Work placements / leadership training, Sport and Leisure's National Pool Lifeguard Training scheme and volunteering opportunities for secondary school pupils contribute to opportunities for positive destinations to be sought for members of our communities.</p>
Helps young people into positive destinations	
Supports local business	
Helps people to access jobs (both paid and unpaid)	
Improving literacy and numeracy	

Improves working conditions, including equal pay	
Improves local employment opportunities	Sport and leisure provides around 300 local paid jobs including full time, part time and volunteering

10. Is the policy a qualifying Policy, Programme or Strategy as defined by The Environmental Impact Assessment (Scotland) Act 2005?

No

11. Action Plan

Identified negative impact	Mitigating circumstances	Mitigating actions	Timeline	Responsible person

12. Sign off by Head of Service/ NHS Project Lead

Name - Garry Sheret

Signature -

Date -