

Bury Moving: A Physical Activity Strategy for Bury

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Bury Moving: Physical Activity Strategy for Bury (2020-25)

VISION...

More Active People for a Healthier Bury

Where physical activity is at the heart of...

OBJECTIVES...

AN INCLUSIVE ECONOMY

A QUALITY & SUSTAINABLE ENVIRONMENT

THRIVING COMMUNITIES

CREATE AN ACTIVE SOCIETY

CREATE ACTIVE ENVIRONMENTS

ENABLE ACTIVE PEOPLE

CREATE ACTIVE SYSTEMS

Creating positive social norms & attitudes towards physical activity

Equitable access to safe places & spaces in which to engage in regular physical activity

Create and promote access to opportunities across multiple settings to help people across the lifecourse to engage in regular physical activity

Strengthen the systems necessary to implement effective & coordinated action to increase physical activity & reduce sedentary behaviour

Enabled through
PRIORITIES...

- Marketing & Communication Campaigns
- Promote the social, economic, and environmental co-benefits of physical activity
- Build Workforce Capacity

- Strengthen transport & planning policies to enable physical activity
- Improve Walking and Cycling networks & infrastructure
- Maximise the potential of quality green open spaces, green networks, recreational spaces, & sports facilities

- Prioritise support for the least active
- Champion provision across multiple settings
- Incorporate physical activity at the heart of integrated health & public service provision
- Embed physical activity at the heart of young people's lives
- Enhance opportunities for older adults

- Strengthen policy, leadership & governance
- Build advocacy
- Embrace Open Data & digital technology
- Drive innovation in creating financial & human resource capacity

Supported by
GUIDING
PRINCIPLES...

INCLUSIVE

PLACE-BASED
FOCUS

EQUITY ACROSS THE
LIFECOURSE

PROPORTIONATE
UNIVERSALITY

EVIDENCE-BASED
PRACTICE

ENGAGEMENT & EMPOWERMENT
OF POLICY MAKERS, PEOPLE,
FAMILIES AND COMMUNITIES

To achieve
BENEFITS of...

All people of Bury live healthy & resilient lives

Bury residents have a clean & sustainable environment

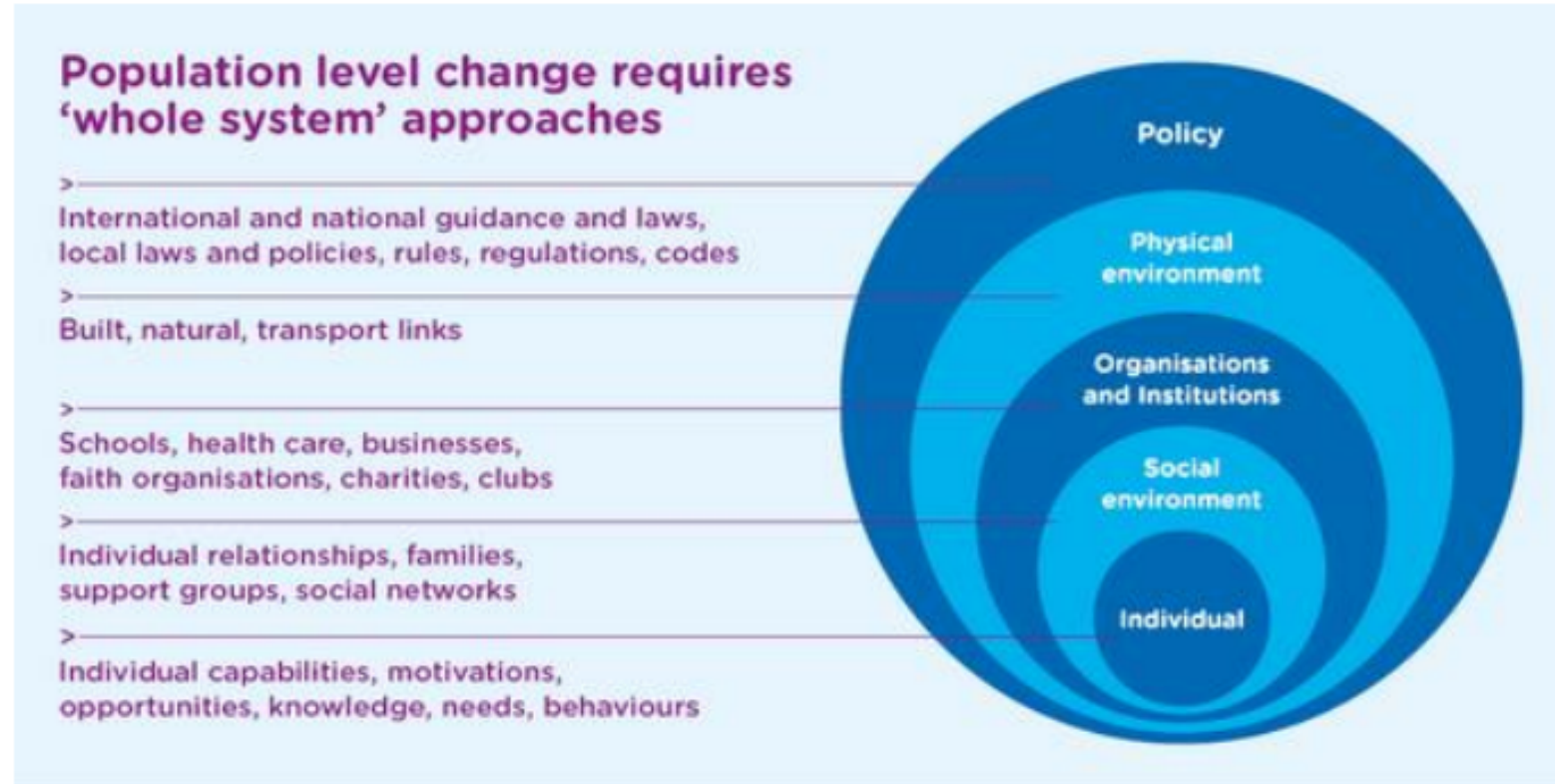
Residents of all ages have high level & appropriate skills

All Bury residents achieve a decent standard of living

Bury is a safe place to live with everyone safe (& feeling safe) from harm

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A whole system approach – aligning all the influences on physical activity levels



So, what does look like on the ground?

*Bury Moving: A
Physical Activity
Strategy for Bury*

| "D" Designs | "U" Designs | "Y" Designs |
|---|---|---|
| D1  | U1  | Y1  |
| D2  | U2  | Y2  |
| D3  | U3  | Y3  |
| D4  | U4  | Y4  |
| D5  | U5  | Y5  |

- eating well and maintaining a healthy weight
- getting more active, more often
- family health and wellbeing

To self-refer your family for one-to-one consultation with a Health Trainer and Exercise Referral Officer please [click here](#)



Reception (Aged 4-5)

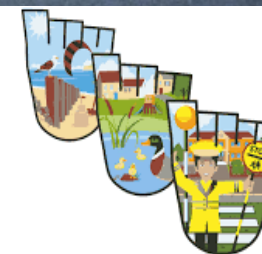


Older Children (Aged 10-11)

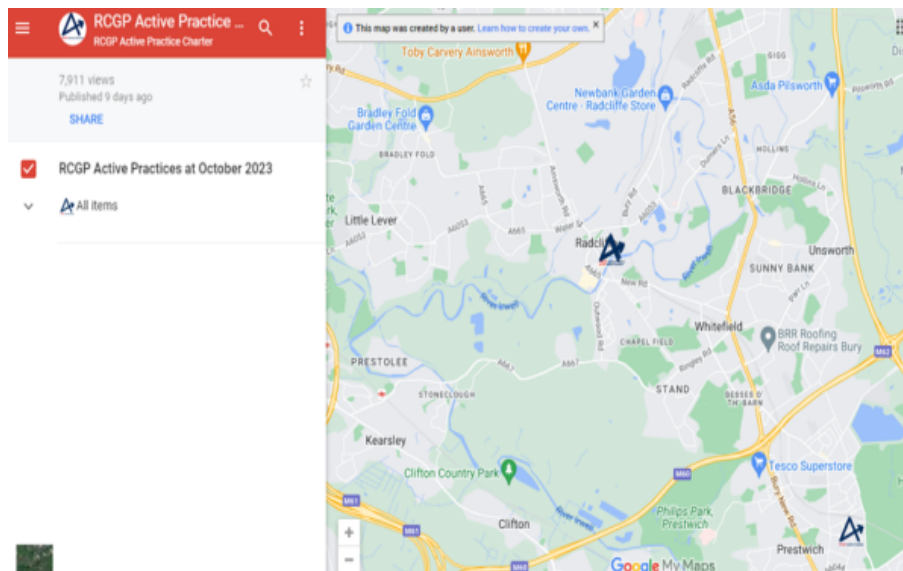


RCGP Active Practice

Proud to be an
#activepractice



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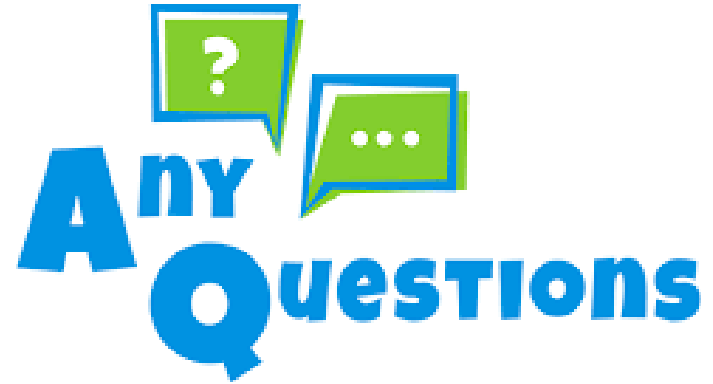
MAN V FAT FOOTBALL



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Next Steps

- Prioritise the Bury Moving Action Plan and refresh
- Engage with partners , stakeholders and **communities**
- Re-focus with greater effort on tackling inequalities
- Link to emerging cultural and wellness strategies
- Cllrs consider Centre for Mental Health
- Build on what we do well !



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