

GET HEALTHY, GET ACTIVE ROUND 2 PROJECT SUMMARIES

PROJECT TITLE

Click into Activity

LEAD ORGANISATION

South Somerset District Council

KEY PARTNERS

CLICK GP Federation

University of the West of England, Bristol

Somerset Health and Wellbeing Board

Somerset Activity and Sports Partnership (SASP)

BRIEF DESCRIPTION

Click into Activity will deliver a range of physical activity interventions in the CLICK GP Federation area (Chard, Ilminster and Crewkerne). The target audience will be inactive males and female patients pro-dominantly aged 50-60 who are diagnosed as either diabetic, pre-diabetic or hypertensive.

The programme will address an existing gap in a lack of intensive healthy lifestyle interventions for those diagnosed. Identified patients will be referred to Exercise Specialists working across all GP surgeries in the federation who will offer 1-1 support, signposting, and a 'buddy system' to encourage participation in exercise and sports sessions specifically designed for inactive patients with a long term health condition. Changes to exercise levels will be monitored through the use of the MyActivityTracker platform. Cards will be issued to all who take part in the programme, coded with the individuals NHS number, the MyActivityTracker platform will allow us to monitor changes to health and subsequent cost savings to the GP Federation.

TOTAL PROJECT COST

£334,140.00

KEY OUTCOMES

- To develop a culture of activity and exercise promoting surgeries by changing the attitudes of health professionals who do not consider physical activity or sport as a valid treatment method. Increasing surgery staff's knowledge of the benefits of activity to health and the activity and exercise opportunities that they can signpost residents to in their local area
- To improve the health of those diagnosed as diabetic, pre-diabetic and hypertensive and subsequently reduce the cost of CLICK's prescribing budget for diabetes and hypertension
- To increase the number of patients taking part in sport and exercise at least once a week for 30 minutes within the targeted area

- To provide a more supportive system aimed at helping those patients who have one or multiple health conditions that find becoming active difficult and who otherwise would remain inactive.
- To enable sport and physical activity to be regularly commissioned to help reduce health and social care costs, by providing robust evidence that sport and activity can play a part in contributing to improving the public health of communities

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