

ACTIVE
HUMBER

We want the Humber to be a place where everyone, every day, is physically active for themselves, their community and the planet.

#GetHumberActive





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#GetHumberActive

“You can go outside and exercise “

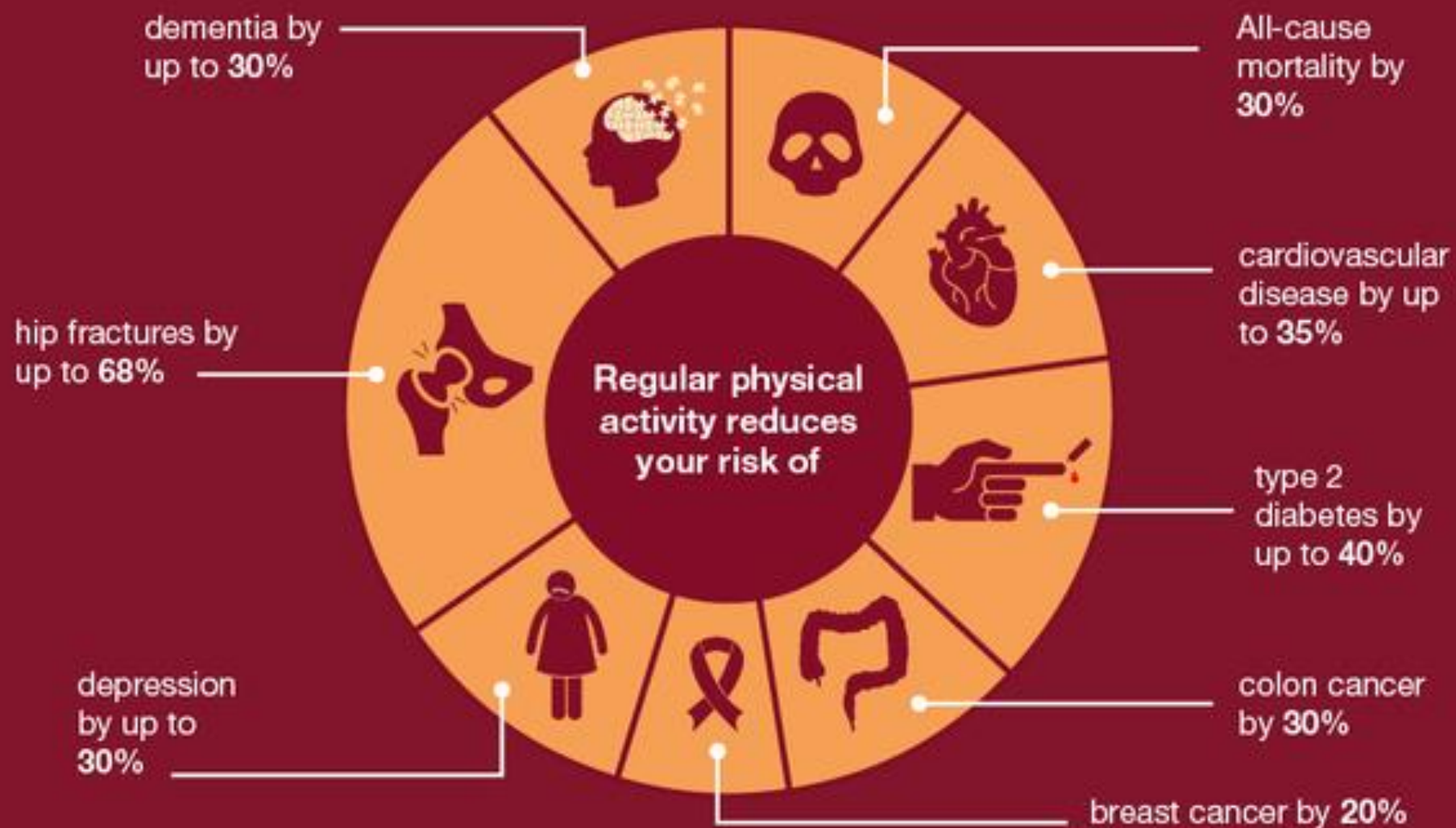
“If physical activity were a drug, we would refer to it as a miracle cure”

“There is no situation, there is no age and no condition where exercise is not a good thing”

Sir Chris Whitty,
Chief Medical Officer for England



What are the health benefits of physical activity?



Health and Work

Health of UK employees

1 in 4

of UK employees
reported having a

**physical
health
condition**

1 in 5

of those employees with
physical health conditions,

**also reported
having a mental
health condition**



1 in 3

of current UK
employees have a

**long-term
health condition**



1 in 8

of current employees
reported having a

mental health condition



1 in 10

employees
reported having

musculoskeletal conditions



42%

of employees with a health
condition felt their condition

**affected their work 'a great
deal' or 'to some extent'**



Employees with mental and physical
health comorbidity were much

**more likely to see
their health as
affecting work**

29%

were affected 'a great deal'
compared to

13%

of those with a
physical condition only
and

15%

of those with a mental health
condition only

How active are we?

1 In 4 women and 1 In 5 men in England are **classed as physically inactive** – doing less than 30 minutes of moderate physical activity per week.



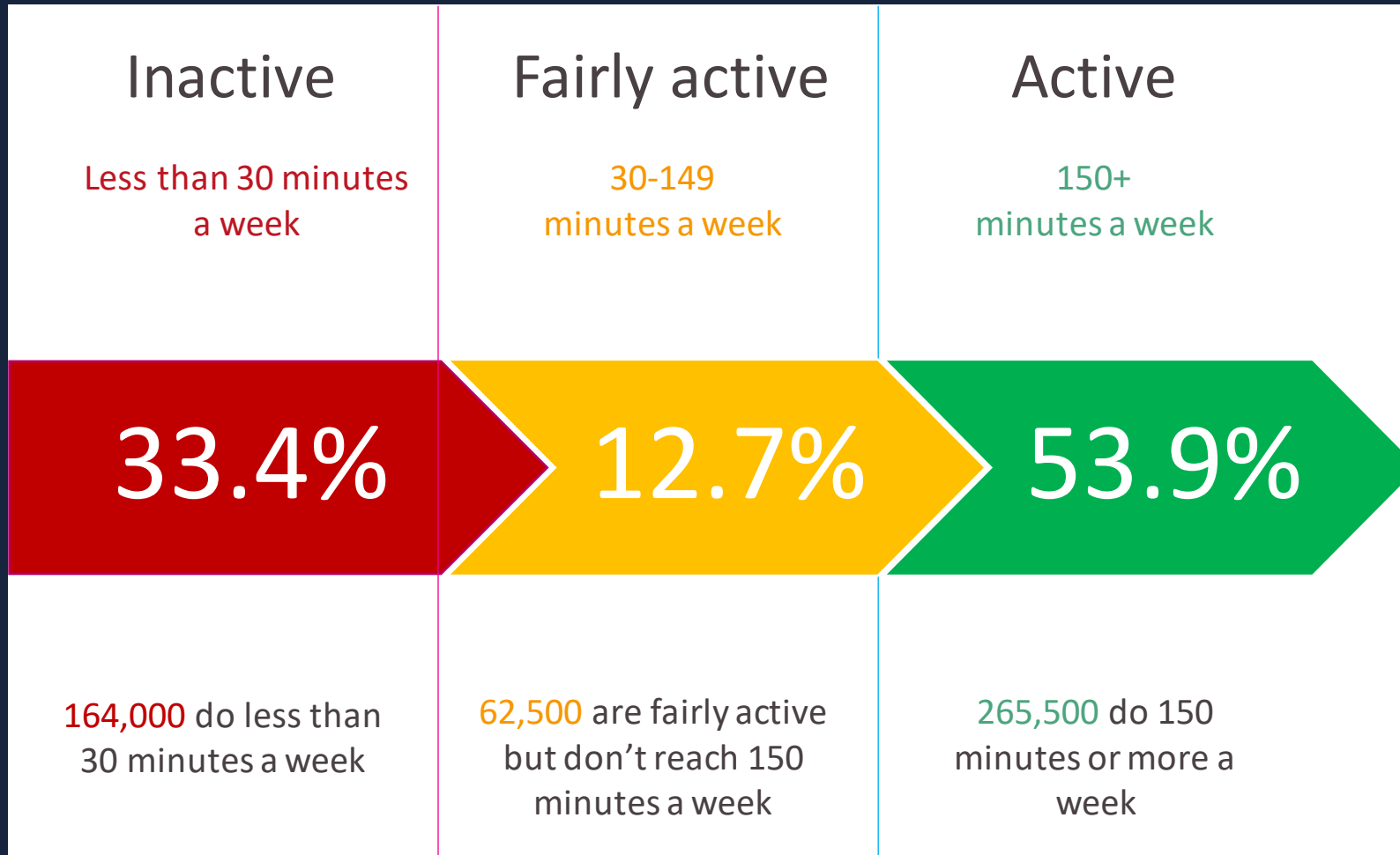
Only 31% of men and 24% of women undertake muscle-strengthening activities on two days a week



29% of people aged 16+ average 6 hours or more sedentary (sitting) on weekdays.
At weekends this increases to **40% of men and 35% of women.**



How active is Hull and East Yorkshire?





The Humber:

The 2nd most inactive
place in England

A Tale of two Kingston's - Hull and Richmond





**Physical Activity is
hugely valuable to
the national
economy**

BENEFITS OF AN ACTIVE WORKFORCE



Active employees take
27% fewer sick days



Regular exercise reduces
risk of depression by 30%



Unhealthy workforce costs
the UK Taxpayer £60bn a
year

GREEN RECOVERY

Putting **active environments at the heart of growth infrastructure**

An active place will support an active and more productive workforce; and contribute to the Hull & East Yorkshire's **carbon neutral agenda**.

Providing safe options for the workforce to **travel actively to work** will reduce the cars on the roads.

Healthy place shaping will add to the Hull & East Yorkshire's **appeal as a place to live, work and invest**.



Time to Move!



Five ways to build an active working culture

1. **Give permission** – employees are more likely to take time to move if they feel genuinely encouraged to
2. **Be a role model** – normalise active working by showing your teams this is something that senior leaders within your organisation genuinely embrace and practise themselves.
3. **Offer flexible working hours** – allowing staff to flex their hours to build in activity before, after or during the day can make a real difference, especially during the darker winter months.
4. **Involve and empower your employees** – ask your people what they want and need through a survey or informal conversation. Find out what their barriers are and what would help.
5. **Provide ideas and resources** – share some of the tools and ideas.

How to be active at work



Together we can:



Deliver sustainable economic growth in the sport, leisure and activity sectors



Contribute to the carbon neutral agenda through supporting modal shift and more active lifestyles.



Support employability and the skills priority through the sector and the health of the workforce



Take responsibility for your
own personal workplace
health

Let's have that
conversation

Create the most
energetic people and
workforce in the UK

Thank you

Any Questions?

