

EMERGING THEMES FROM THE COMMUNITY PROFILE

1. Health & Wellbeing: Obesity levels in children by year 6.
- 2. Health & Wellbeing: Obesity and activity levels in adults particularly with underlying health conditions.**
3. Children in Poverty: Particularly Food / Energy / Unemployed households.
4. Crime: Particularly Violence and Sexual Offences.
5. Employment: Particularly low paid work.
6. Education: Particularly key stage 3.

EVIDENCE & INTERVENTION:

2. Health & Wellbeing: Obesity and activity levels in adults particularly with underlying health conditions

Statistics: HAVA Area has a similar obesity levels in adults as Yorkshire and Humber. However, it is significantly higher than the national average. 67% of our community live in a health deprivation 'hot spot' as compared to 30.1% average across Yorkshire & Humber. We also have a statistically significant higher proportion of adults with a life limiting long term illness.

Health & wellbeing: Obesity			
Measure	HAVA %	Y&H %	England %
Adults	27.8	26.3	24.1

Health & wellbeing: General Health & limiting long term illness (census 2011)			
Measure	No. of people	HAVA %	Y&H %
No. of people living in health deprivation hotspots	2772	67.5	30.1
People with a limiting long-term illness	740	18.2	18.8
People aged 16-64 with a limiting long-term illness	430	15.7	13.7

Health & wellbeing: Physical activity Adults			
Measure	HAVA %	Y&H %	England %
Physically active (150 min exercise per week in the past month excluding gardening)	59	60	62
Physically active at least twice a month	74	76	78
Physically inactive (less than 30 min exercise in the past month excluding gardening)	29	26	24

Community Opportunities Currently available: There is a large green space opposite the Primary School on Cragside Walk. It has paths that lead around the park as well as into the wood for those who want a longer walk/jog. Goalposts for that kick around. There is a range of exercise equipment on the park for use by the general public. These all have instructions on how to use them with bar codes for your smartphone to record your progress.

Anecdotal Evidence: There is very little provision within the HAVA area for adult physical activity. There is the park area and exercise equipment but no other offer of supervised exercise support. Outside of the area close by is the Kirkstall Leisure Centre where different levels of membership are available some at a discounted cost to those on certain benefits.

Suggested targeted HAVA Intervention:

1. Sign posting of existing provision of public services such as local gym memberships and memberships of leisure centres in the area.
2. Set up a PTA with the School and Children's Centre and gather evidence of appetite for outdoor fitness classes in the Park. Advertise to a wider audience than those connected to the school.
3. Speak to Bike Banks about provision and access to bikes for our community.
4. Develop a mixed gender/ age walking football team asking for local expertise to help set up and involve the team in a league?
5. Link into existing dog walking groups or general walking groups to identify gaps in provision, if any.
6. Develop a sponsored run/ walk to buy something for the community??
7. Speak to Leeds City Council and 'This girl Can' to developing a new C25k group using the path around the park.
8. Speak to HOPs about the potential to offer gentle exercise classes such as beginners' yoga and tai-chi to their members.
9. Speak to the Doctor's Surgery to gauge appetite and ideas for a joint approach to patient led exercise options.
10. Utilise the community willingness through the Covid-19 restrictions to develop community vegetable gardens. Using eco-pods in people's garden. Teach our community how to grow fresh healthy vegetables at home.