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29 October 2014

Scottish Government draft budget 2013-14

Dear Shona

I am conscious that the Health and Sport Committee has not been able to invite you to give evidence on the sport aspects of the Scottish Government's draft budget 2014-15 as part of its annual budget scrutiny.

In order to help fulfil the Committee's budget scrutiny role as fully as possible, I would be very grateful if you would provide a written response to the eight questions set out below. The Committee would find this very helpful.

I am sorry for the short timescale for response, but I would very much appreciate a reply by close on Friday 7 November

Questions:

1. The budget states that "Physical inactivity results in around 2,500 premature deaths in Scotland each year and costs NHSScotland around £91 million annually." What is the basis for this calculation, and how does this cost feed into budget allocations?
2. The budget states that: "Getting Scotland more active is a central element of our legacy activity and progress has already been made in encouraging greater levels of activity. The Scottish Household Survey shows that 78 per cent of adults participated in sport and exercise in 2013, up from 74 per cent in 2012." Can you provide more information on this measure of physical activity - what does "taking part" mean in this context?
3. Why is this figure used in the Draft Budget, whereas in the NPF indicator on physical activity a different measure is used?

4. The NPF indicator on physical activity shows very little change since 2008 - how has the performance assessment of this indicator influenced budgetary decisions in the 2015-16 Draft Budget?
5. The NPF indicator states that: "A significantly higher proportion of men than women meet the physical activity recommendations. Physical activity is highly associated with age and deprivation, with activity levels declining as age and deprivation increase." How does the Draft Budget address these inequalities? How does the draft budget encourage higher participation levels in physical activity amongst older people?
6. The NPF information supplied to committees on this indicator states that "since the guidelines for physical activity changed in 2012 we cannot compare figures for earlier years." Can you provide more information on this change and the reasons for it?
7. In terms of the four priority areas for action, which has the highest priority, and how is this expressed in the budget?
8. The Sport and Legacy budget increases by over 75% in real terms - can you explain how the additional funding is broken down?

Duncan McNeil
Convener – Health and Sport Committee

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In 2014 Scotland Welcomes the World



7 November 2014

Dear Mr McNeil,

SCOTTISH GOVERNMENT DRAFT BUDGET 2015-16

Thank you for your letter of 29 October about the Sport and Physical Activity elements of the 2015-16 draft budget.

In the Annex attached I have provided answers to the eight questions which you put to me. I hope this is helpful, and would be very happy to deal with any follow up queries you may have.

Shona Robison

1. The budget states that “Physical inactivity results in around 2,500 premature deaths in Scotland each year and costs NHS Scotland around £91 million annually.” What is the basis for this calculation, and how does this cost feed into budget allocations?

The figures come from the report, *Costing the burden of ill health related to physical inactivity for Scotland*, which was commissioned by NHS Health Scotland and published in August 2012.

The report looks at a range of primary and secondary care costs for five diseases associated with physical inactivity, and estimates associated national costs at £94.1m. The figure quoted in the Draft Budget takes a conservative approach, reflecting the lower end of a sensitivity range quoted in the report of £91.8-96.4m.

The report also finds that there were just fewer than 16,000 deaths per year in physical inactivity disease categories, with physical inactivity contributing to 2,565 deaths per annum.

Further information on the methodology used is set out in the report which can be found at: <http://www.healthscotland.com/documents/6262.aspx>

2. The budget states that: “Getting Scotland more active is a central element of our legacy activity and progress has already been made in encouraging greater levels of activity. The Scottish Household Survey shows that 78 per cent of adults participated in sport and exercise in 2013, up from 74 per cent in 2012.” Can you provide more information on this measure of physical activity - what does “taking part” mean in this context?

The measure is the proportion of adults (age 16+ years) who have participated in a sporting activity in the last four weeks.

The survey asks “In the last four weeks, have you done any of the activities listed on this card?” The card lists a range of sporting activities, such as swimming, football, cycling, running, dancing, going to the gym and also includes walking (at least 30 minutes for recreational purposes). **A full list of the activities is included in the appendix.**

3. Why is this figure used in the Draft Budget, whereas in the NPF indicator on physical activity a different measure is used?

There are two reasons for this. First, the Scottish Health Survey data – the source for measurement of the NPF indicator – is normally published in September but has been delayed for technical reasons this year until December. The latest data therefore relate to 2013. The Scottish Household Survey also provides useful data on participation in sport and exercise as outlined in the answer to question 2 above, and this data was provided as the most recent insight into national physical activity.

In addition, the national indicator in the NPF is based on a measure from the Scottish Health Survey - the proportion of adults who achieve 30 minutes of moderate to vigorous physical activity on at least 5 days a week. As stated on the webpage for this national indicator, the Chief Medical Officers of each of the four UK countries introduced new guidelines in July 2011 that adults should be moderately active for a minimum of 150

minutes a week. The delay in the 2013 Scottish Health Survey means that there is only one data point with respect to the new guidelines, with no comparison between years possible until the 2013 data is published in December 2014.

Further detail on the change in the physical activity guidelines is outlined in the answer to question 6 below, and data on the previous and current guidelines are available at the following

link:
<http://www.scotland.gov.uk/About/Performance/scotPerforms/indicator/physicalactivity>

This shows that the proportion of adults meeting the guidelines decreased from 39% in 2011 to 38% in 2012. The proportion of adults meeting the new guidelines stood at 62% in 2012.

4. The NPF indicator on physical activity shows very little change since 2008 - how has the performance assessment of this indicator influenced budgetary decisions in the 2015-16 Draft Budget?

5. The NPF indicator states that: "A significantly higher proportion of men than women meet the physical activity recommendations. Physical activity is highly associated with age and deprivation, with activity levels declining as age and deprivation increase." How does the Draft Budget address these inequalities? How does the draft budget encourage higher participation levels in physical activity amongst older people?

The answer below addresses both question 4 and 5.

The Draft Budget chapter recognises the importance of physical activity and in particular the key challenge of getting those who are inactive to become more active. It notes that getting Scotland more active is a key part of our legacy activity and highlights the important role that community sport can play in addressing inactivity. I am clear that, while the budget has separate lines for sport and physical activity at level 3, these are not separate issues. Sport has a key role to play in achieving greater levels of physical activity, while encouraging participation in physical activity can ultimately support greater sporting success.

The Commonwealth Games, Sport, Equalities and Pensioners' Rights budget will play an important role in encouraging physical activity, particularly by those groups who currently participate less. The chapter, and the Draft budget Equalities Statement, outline a number of specific initiatives or programmes which aim to target groups who have low levels of physical activity, or face particular challenges, including:

- £6m towards development of a national para-sports centre
- Continued funding for Active Girls which aims to increase girls' and young women's participation in PE, sport and physical activity.
- On-going support for key organisations such as Paths for All and Living Streets to provide better places and opportunities to get active, including walking. A forthcoming Scottish Health Survey topic report on physical activity in adults will provide further detailed analysis showing that walking promotes physical activity equality, and is of particular relevance to older people, women and those from more deprived backgrounds. A commitment to promotion of walking within

Government is demonstrated by the publication of the National Walking Strategy earlier this year.

- Equality in sport is also being progressed by **sportscotland** and the Scottish Governing Bodies (SGBs) of sport. The 2015-16 budget includes a £14 million investment in more than 50 SGBs. The Equality Standard for Sport helps SGBs to consider equality in all their functions and services and as a minimum investment requirement, all sports are required to have an Equality Policy. **sportscotland** is currently working in partnership with the EHRC to accelerate the rate of progress in relation to workforce, governance and supporting inclusion and equality. In 2015-16, **sportscotland** will also launch an equality advisory panel for sport. This panel will advise on priorities for action to drive improvement in equality outcomes for sportscotland.

Work supported by this budget is, of course, only part of the picture. To take a specific example, NHS Health Scotland and the Joint Improvement Team have developed *“Somewhere to go and something to do” Active and Healthy Ageing: an action plan for Scotland 2014-16*. A number of related actions are already underway including extending the Go for Gold activity programme into more care homes, and distribution of a resource pack on physical activity to care homes. A range of actions are also being taken by local partnerships to support physical activity by older people.

Notwithstanding all of this valuable activity, I am clear that much more needs to be done to achieve greater equality of participation. At its most recent meeting the National Strategic Group for Sport and Physical Activity, which I chair, agreed an outcomes framework which recognises the need to encourage and enable the inactive to be more active, and to encourage and enable the active to stay active throughout life. I will ensure that a copy of the framework is sent to the Committee when it is published next month.

I will be expecting key funded partners to do more to address these and other key outcomes. **sportscotland** is currently consulting on its corporate plan and I expect the final plan to reflect on these issues, and for it to consider how it can use existing initiatives and programmes such as Community Sport Hubs and Active Schools to advance the equalities agenda.

6. The NPF information supplied to committees on this indicator states that “since the guidelines for physical activity changed in 2012 we cannot compare figures for earlier years.” Can you provide more information on this change and the reasons for it?

The revisions to the set of recommendations followed new guidance issued by the World Health Organisation and are in line with similar changes made to advice on activity levels in both the USA and Canada. It is the first time UK-wide physical activity guidelines have been produced and the first time that guidelines have been produced in the UK for the early years (under-fives) as well as sedentary behaviour, for which there is now evidence it is an independent risk factor for ill health.

There are two key changes which affect the national indicator. The first key change is that it is recommended to accumulate at least 150 minutes of moderate to vigorous physical activity (MVPA) over a period of a week. In the old guidelines it was stipulated that this should be accumulated as 30 minutes on at least 5 days a week. In the new guidelines there is no such stipulation and it is the total 150 minutes that counts, although there is the suggestion that 30 minutes on 5 days a week remains one way of achieving this. As an

illustration, an adult who undertook one hour of MVPA on two days of the week and half an hour on another would not have met the old guideline but now meets the new guideline.

A second key change is that vigorous activity (VPA) is now regarded separately from moderate physical activity (MPA) such that if a person undertakes 75 minutes of VPA in a week that is counted as 150 minutes of MPA. Previously, no distinction was made between moderate and vigorous. Thus, the guidelines could now be met through shorter periods of more intense bursts of physical activity.

7. In terms of the four priority areas for action, which has the highest priority, and how is this expressed in the budget?

All 4 priorities are equally important, and go hand in hand in delivering our vision for sport and physical activity. Examples of how they are expressed in the budget document include:

on **legacy**, £2 million of funding specifically to ensure that we capitalise on the inspiration generated by the Commonwealth Games; and £6 million to be invested in a National Para-sport Centre, which recognises the success of Scotland's para-athletes in the Games;

on **world-class system for sport**, over £4 million for the **sportscotland** institute of sport to continue to develop Scotland's world-class system for sport, and £14 million of investment in more than 50 Scottish governing bodies of sport, to the benefit of clubs and athletes in communities across Scotland;

on **equality of opportunity and enhancing the role of community sport**, as well as the £6 million described above to be invested in the National Para-sport Centre to help improve equality of opportunity, £12 million will be invested in the Active Schools programme to widen opportunities and improve the quality of sport for young people; and £2 million will be invested in the sporting infrastructure to ensure an accessible network of quality sports facilities;

on **investing in world class facilities**, £24 million will be invested in the National Performance Centre for Sport.

8. The Sport and Legacy budget increases by over 75% in real terms - can you explain how the additional funding is broken down?

Attached is a more detailed breakdown (to level 4) of the Commonwealth Games and Sport budget. In relation to the Sport and Legacy budget line, it shows that the £30 million increase from 2014-15 to 2015-16 results from:

£8 million increase in legacy funding, consisting of £6 million for the National Para Sport Centre and £2 million to ensure that we capitalise on the inspiration generated by the Commonwealth Games; and

£22 million increase in the capital investment budget, reflecting the investment in 2015-16 of £24 million in the National Performance Centre for Sport, and £2 million in Scotland's wider sporting infrastructure.

SCOTTISH HOUSEHOLD SURVEY 2013

Range of sporting activities included on Scottish Household Survey (2013) card (showcard M5) for sports participation question - SPRT3A

In the last four weeks, have you done any of the activities listed on this card?

Walking (at least 30 minutes for recreational purposes)

Swimming

Football

Cycling (at least 30 minutes for recreational, health, training or competition purposes)

Keep Fit /Aerobics

Multigym use / Weight Training

Golf

Running / jogging

Snooker / Billiards / Pool

Dancing

Bowls

Other - please specify (eg Angling, Badminton, Judo, Horse-riding, Skiing, Sailing, Yoga)

Angling, bird-watching

Racket/ball sports

Field sports (shooting, archery)

Water sports

Winter sports (curling, skating, skiing)

Boxing, martial arts

Riding

Pilates, Yoga, Tai-Chi

Climbing, hillwalking

(teaching, coaching or refereeing not included)

SCOTTISH GOVERNMENT

NOVEMBER 2014