

## Appendix A: Supporting information/evidence for Grant Scheme

Membership levels as reported by our Leisure Centres (in the main report) remain lower than pre-pandemic levels although there has been some improvement this past year. Across the leisure sector nationally there are 29.1 million people meeting the guideline of 150 minutes or more of moderate intensity physical activity each week, representing 63.1% of the population (1). In South Cambridgeshire 73.4% of the adult population are physically active, with 16.5% of the population reported as inactive (2).

### Health benefits of physical activity (3)

In the new [UK Chief Medical Officers' \(CMOs\) physical activity guidelines](#) launched in September 2019, the CMOs reiterated a clear message about physical activity:

“If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.”

Regular physical activity provides a range of physical and mental health, and social benefits, many of which are increasing issues for individuals, communities and society. These include:

- reducing the risk of many long-term conditions
- helping manage existing conditions
- ensuring good musculoskeletal health
- developing and maintaining physical and mental function and independence
- supporting social inclusion
- helping maintain a healthy weight
- reducing inequalities for people with long-term conditions

The government's [prevention green paper](#) (4) highlights that becoming more active is good for our mental and physical health, and reduces our risk of developing a number of health conditions. It also sets out the ambition of getting everybody active in the 2020s, including those of us who are already living with a health condition.

One in 3 adults in England live with a long-term health condition and they are twice as likely to be amongst the least physically active. However, evidence shows that regular physical activity can help prevent or manage many common conditions such as type 2 diabetes, cardiovascular disease and some cancers. It also helps keep symptoms under control, prevent additional conditions from developing, and reduce inequalities.

1. [Active Lives 2023](#)
2. [Fingertips Public Health Profiles \(South Cambridgeshire\)](#)
3. Health Matters: physical activity – prevention and management of long term conditions published 23 January 2020 (link to paper [here](#)).
4. Advancing our health: prevention in the 2020s- consultation document ([link](#))