Inputs

National and local resource: capacity, expertise and budget

Partners and stakeholders: Scottish Government, the NHS, local authorities, community planning partnerships, health and social care integrated joint boards, national bodies (e.g. Public Health Scotland, Sportscotland, Transport Scotland, Education Scotland, NatureScot), third sector organisations (e.g. Paths for All, Sustrans, Cycling Scotland, Community Leisure Scotland, The Health and Social Care Alliance, Greenspace Scotland, Movement for Health Coalition, Governing Bodies of Sport), academia and professional bodies.

Evidence sources:
- 8 Investments that Work for Physical Activity
- WHO Global Action Plan for Physical Activity
- NICE Pathways, Guidance and Standards
- UK CMOs Physical Activity Guidelines

Assumptions:
- This approach is underpinned by the principles of the WHO Global Action Plan for Physical Activity (2018) and forms a systems based approach to physical activity.
- These are evidence based strategic actions that will increase population levels of physical activity, not individual projects or initiatives.
- These actions will influence change within and across the system.

Delivery actions

Implementation plans: how positive changes in behaviour, practice or environment will be achieved

- Active system enablers; leadership, governance, accountability, data and intelligence, evidence, research evaluation, national and local strategic planning, finance mechanisms, public health advocacy, movement as a human rights, capacity across policy and practice.
- Create active places for learning by applying a whole of school approach in nurseries, schools, colleges and universities; health and wellbeing, PE, active classrooms, outdoor learning, active campuses, extra curricula activities, active travel to and from, design of places of learning.
- Prioritisation of active travel; infrastructure maintenance, behaviour change, road safety, community engagement, workforce development, walking data.
- Integration of urban design, transport and land use policies, guidance to accompany NPF4, access to quality green/blue open spaces, sport and active recreation spaces and design guidance for public amenities.
- Integrate physical activity into routine care and clinical pathways, apply learning from Care About Physical Activity, preservice and in-service training off medica, nurses, allied health professionals and social care workers, partnerships between NHS and physical activity providers.
- Integrate communications and public education into the Active Scotland Delivery Plan, adopt best practice principles for communications and public messaging.
- Prioritise public funds to target the least active, as well to retain existing and returning participants; strengthen access to sport and active recreation; define the 'adequate' provision of active recreation and sport; maximise the public health contribution of community sport clubs; workforce development.
- Strengthen leadership for workplace physical activity through Health Board workplace teams to support the development of workplace policies; develop national standards for workplace physical activity.

Delivery outcomes

Positive changes in behaviour, practice or environment

- Collaborative actions established, enabling a whole systems approach to physical activity in Scotland.
- Whole school approach to physical activity adopted by all places of learning.
- Active travel behaviour influenced and infrastructure for walking, wheeling, and cycling prioritised across Scotland.
- Places and spaces are appropriately designed, created, and maintained to enable people to be physically active in their community.
- Physical activity embedded into routine NHS health care and social care services in Scotland.
- Communications and public education established as an integral component of a systems-based approach to physical activity in Scotland.
- Active participation in sport and active recreation increased across the life course through equitable and inclusive access to appropriate places, spaces, and services.
- Everyday incidental physical activity enhanced through the workplace.

Long-term outcomes (Positive changes in population health status)

Active Scotland outcomes | **Place and wellbeing outcomes** | **Active travel framework** | **Scotland's public health priorities** | **National performance framework**

- We improve our active infrastructure – people and places
- We support wellbeing and resilience in communities through physical activity and sport
- We improve opportunities to participate, progress and achieve in sport
- We develop physical confidence and competence from the earliest age
- Place and wellbeing outcomes
- Active travel outcomes
- We encourage and enable the inactive to become active
- We encourage and enable the active to remain active throughout life
- Priority 6 A Scotland where we eat well, have a healthy weight and are physically active
- Priority 1 A Scotland where we live in vibrant, healthy and safe places and communities
- Priority 3 A Scotland where we have good mental wellbeing
- Priority 2 A Scotland where we flourish in our early years

Global and Scottish Government target: 15% reduction in the prevalence of physical inactivity in adults and in adolescents by 2030.

- We are healthy and active.
- We are well educated, skilled and able to contribute to society.
- We grow up safe, loved and respected so that we realise our full potential.
- We live in communities that are inclusive, empowered, resilient and safe.
- We value, enjoy, protect and enhance our environment.
- We respect, protect and fulfil human rights and live free from discrimination.

Sustainable development goals:
2. Zero hunger 3. Good health and wellbeing 4. Quality education 5. Gender equality 8. Decent work and economic growth 9. Industry, innovation and infrastructure 10. Reduced inequalities 11. Sustainable cities and communities 12. Responsible consumption and production 13. Climate action 15. Life and land 16. Peace, justice, and strong institutions 17. Partnerships for the goals.

Outputs and process indicators

National surveillance indicators