What is Health?

- A state of complete physical, mental and social well-being and not merely the absence of disease and infirmity’ (World Health Organisation)
## Benefits of Regular Exercise

<table>
<thead>
<tr>
<th>GAIN</th>
<th>IMPROVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>More Energy</td>
<td>Heart &amp; Lung fitness</td>
</tr>
<tr>
<td>Better Sleep Patterns</td>
<td>Bone &amp; joint strength</td>
</tr>
<tr>
<td>Improved Self Esteem</td>
<td>Concentration &amp; Focus</td>
</tr>
<tr>
<td>A sense of achievement</td>
<td>Muscle strength &amp; tone</td>
</tr>
<tr>
<td>A stronger immune system</td>
<td>Body Shape</td>
</tr>
<tr>
<td>New friends</td>
<td>Good Cholesterol (HDL’s)</td>
</tr>
<tr>
<td></td>
<td>Self Confidence</td>
</tr>
<tr>
<td></td>
<td>Balance &amp; Coordination</td>
</tr>
<tr>
<td></td>
<td>Flexibility &amp; Mobility</td>
</tr>
<tr>
<td></td>
<td>Quality of Life</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>REDUCE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood pressure</td>
<td>Body Fat percentage</td>
</tr>
<tr>
<td>Bad Cholesterol (LDL’s)</td>
<td>Everyday Struggles</td>
</tr>
<tr>
<td></td>
<td>Stress Levels</td>
</tr>
<tr>
<td></td>
<td>Risk of Falling</td>
</tr>
<tr>
<td></td>
<td>Quality of Life</td>
</tr>
</tbody>
</table>
The effect of activity on disease risk from childhood to old age

The red upper line represents risk for individuals with an inactive lifestyle

The green lower line represents risk for individuals with an active lifestyle

CMO Report ‘At least five a week’ - 2004
Trends in Physical Activity
## Barriers to Exercise

<table>
<thead>
<tr>
<th>Cost</th>
<th>Lack of confidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Travel</td>
<td>Need encouragement</td>
</tr>
<tr>
<td>No Facilities</td>
<td>No one to exercise with</td>
</tr>
<tr>
<td>Time</td>
<td>Belief that going to the gym is the</td>
</tr>
<tr>
<td></td>
<td>only exercise type</td>
</tr>
<tr>
<td>Don’t know how</td>
<td>Lack of motivation</td>
</tr>
<tr>
<td></td>
<td>Lack of support</td>
</tr>
</tbody>
</table>
Camden Active Health Team
Physical Activity Programmes

- Clinical Referral Programme
- Community Exercise Programme
- Additional Programmes:
  - Partnership for Older Peoples Project
  - Shape Up & shape-Shifters
  - Local Area Agreement Programmes
  - Staff Health
Clinical Referral Programme

- Referrals from GP’s, OT’s, Physiotherapists, Psychologists, Dieticians and other Health Professionals
- Each referral receives a condition specific exercise programme
- Patients must have a Camden Based GP and meet inclusion criteria…
Inclusion Criteria

- Obesity - BMI >30 & <40
- Diabetes - Type I & II
- Cardiovascular Disease - Post event
- COPD
- Mental Health - Controlled Neurotic & Psychotic conditions
- Osteoporosis - No history of a fracture
- Falls - History, fear of falling, postural instability
What the Patient Gets

- Individual Lifestyle Change Consultation at start of programme (approx. 30 mins)
  - Action plan, choose activity, set goals

- 8 weeks of FREE condition specific exercise

- Follow up support

- Long-term provision for continued activity
Testimonials

Elizabeth Mandara, 88, Bloomsbury:
“Since attending the classes here I have got my life back. I am able to go out by myself and do my own shopping.”

Sukomac Ghosh, 57, Kilburn:
“This course was extremely beneficial to my health and motivated me to take up exercise on a regular basis. I have now joined the gym for a year. By doing regular exercise, I hope to control my medical condition better. Without your help I probably would not have come this far.”

Lembisa Mobala:
“I liked this programme; it helped my blood pressure go down. I feel more confident than before and I lost some weight. I would like to continue because I feel happy.”
Community Exercise Programme

- Around 50 Exercise Classes designed to eliminate barriers:
- Cost - £1 or £2 per class, walks free
- Travel - Geographical spread
- Suitable for all fitness levels
- Qualified Specialist Instructors
- Variety of exercise types including:
Tai Chi

- A series of continuous movements that relaxes the body whilst improving internal strength, stamina and suppleness.
- Studies have shown Tai Chi helps stability & balance, reduces fear and helps gait

- Betty Crompton, 67, Belsize:
  “The Tai Chi class with Jane was a revelation. It helps my balance, my joint problems, stress and blood pressure. There is such a good camaraderie amongst class members, which is so supportive of us all. We finish the class with such a sense of well-being and self-esteem.”
Dance

- Ballet, Tap, Lindy Hop, Disco, Modern, Jazz, Line Dance

- Beginners & Improvers Classes

- Annual Dance Festival

- Jill Raven, NW3:
  “The dance classes I attend provide an excellent opportunity to stay fit and supple. The routines we learn promote mental alertness. The classes are great fun.”
Health Walks

- Lead by fully qualified Volunteer Walk Leaders
- Four weekly walks
- Hampstead Heath, Regent’s Park, Somers Town area
Additional Exercise Classes

- **Pilates**
  - Develops body awareness, improves postural alignment, and increases flexibility & ease of movement.

- **Yoga**

- **Water Exercise & Swimming**
  - Perfect for fitness novices, Water exercise burns calories and increases strength. The buoyancy of the water causes less strain on your joints.
Healthy Hearts, Healthy Bones & Seated Exercise

- Healthy Hearts - More active, aimed at improving cardiovascular health
- Healthy Bones - For frailer adults, aimed at improving bone and joint strength and improving balance and posture
- Seated Exercise - For those that have trouble walking unaided
Additional CAHT Programmes

- **Partnership for Older People’s Project (POPPS)**
  - 8 weeks of one-to-one exercise in the client's home
  - Training for carers in basic exercise
  - Signpost clients to community exercise programmes

- **Shape Up & Shape-Shifters**
  - Self-Help Healthy Eating Programme
  - Informal, with home exercise programme

- **LAA Projects**
  - In partnership with Community Organisations

- **Staff Health**
  - Fun Run, Joggers Group & Body MOT’s
The Future...

- Improve all services according to participants needs
- Develop borough wide exercise strategy for older people with other organizations
- Increase work with people with disabilities
- Mainstream funding for projects
Progress so far...

% Population doing at least 3 days a week x 30 minutes moderate participation (all adults)

Borough

<table>
<thead>
<tr>
<th>Borough</th>
<th>55 – 64 Years</th>
<th>65 – 74 Years</th>
<th>75 – 84 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barnet</td>
<td>19.1</td>
<td>14.8</td>
<td>29</td>
</tr>
<tr>
<td>Camden</td>
<td>27.5</td>
<td>11.1</td>
<td>5.7</td>
</tr>
<tr>
<td>Islington</td>
<td>17.8</td>
<td>7.9</td>
<td>3.4</td>
</tr>
<tr>
<td>Newham</td>
<td>12.7</td>
<td>3.3</td>
<td>1.9</td>
</tr>
<tr>
<td>National</td>
<td>16.0</td>
<td>11.3</td>
<td>6.0</td>
</tr>
</tbody>
</table>
Formula for Success

- Quality Staff & Team Work
- London Borough of Camden financial support
- Partnership work with other organisations
Marc Malone
Community Exercise Coordinator
Camden Active Health Team

Marc.malone@camden.gov.uk
020 7974 4186