

Meeting: Culture and Leisure Sub-Committee**Date: 25 July 2017****Title: Active North Tyneside, Annual Report 2016/17**

Author: Paul Youlden Tel: 0191 643 7430**Service: Environment, Housing and Leisure****Wards affected: All**

1 Purpose of Report

To present Culture and Leisure Sub-Committee with an outline of the 2016/17 Active North Tyneside annual report.

2 Recommendations

The committee is invited to receive a presentation, note the information included and offer comments and observations on the report.

3 Details

- 3.1 The primary purpose of Active North Tyneside is to improve the health and well being of residents and to impact on these health inequalities across the borough. Programmes are designed to increase levels of physical activity, increase levels of healthy weight in children and adults and support good mental health. The programme also aims to enable residents and staff to support their friends, peers and families to make lifestyle changes which will have a positive impact on their health.
- 3.2 The Director of Public Health's recent annual report, 'Fit for our own futures' recommends the upscaling of preventative efforts across the population not only linked to increasing physical activity and good diet and nutrition but also to support changing other unhealthy lifestyle behaviours.
- 3.3 This presentation on the 2016/17 annual report will give an overview of how Active North Tyneside has made an impact so far on these priorities and presents some initial thoughts on proposals for future development.