All NHS bodies in Wales should...

- Support staff and the public to walk or cycle to NHS sites.
- Train staff to have the confidence and knowledge to talk about being active with patients and colleagues.
- Ensure enabling patients to be active is integrated into all chronic disease pathways.

All Health Care Professionals in Wales can help by...

- Learning more about the benefits of being active for a wide range of physical and mental health conditions.
- Talking about being active with patients and colleagues.
- Finding ways to build being active into their own everyday lives.

Being active has a wide range of protective benefits for our health, and the consequences to the NHS of not addressing inactivity levels are all too clear – rising levels of obesity, Type 2 diabetes, and reduced mobility.

The UK Chief Medical Officers’ guidelines recommend all adults aim to do at least 150 minutes per week of moderate to vigorous activity.

How active are people in Betsi Cadwaladr University Health Board?

- Physically active men: 65%
- Physically active women: 57%
- Adults who do very little regular physical activity: 28%
- All Wales: 63%

In 2015 BCU Health Board spent the following treating the consequences of physical inactivity in their population:

- Coronary Heart Disease: £4.25 (Cost per person, BCUHB) • £3 million (Total treatment cost, BCUHB)
- Cerebrovascular disease: £3.65 (Cost per person, BCUHB) • £2.5 million (Total treatment cost, BCUHB)
- Diabetes: £3.76 (Cost per person, BCUHB) • £2.6 million (Total treatment cost, BCUHB)


What is Physical Inactivity Costing Betsi Cadwaladr University Health Board (BCUHB)?

Produced by the Health Improvement Division, Public Health Wales, 2017.