



Office for Health  
Improvement  
& Disparities



# Physical Activity for the Prevention and Management of Long-Term Conditions

## FREE training for healthcare professionals

Expert **Physical Activity Clinical Champions** are delivering **FREE**, peer to peer 1-3 hours online training sessions to groups of healthcare professionals at a date and time to suit local needs e.g. Vocational Training Schemes, Protected Learning Time, lunchtime learning, etc.



# Supporting healthcare professionals to improve patient care and outcomes

Around **1 in 3 men and half of women** are not achieving recommended levels of activity for good health, with people with long term conditions twice as likely to be amongst the least active. Physical activity is incorporated across NICE clinical guidance, with evidence suggesting **1 in 4 people** would be more active if advised by a GP or nurse.

However, **70-80% of GPs** do not speak about the benefits of physical activity to patients. This can be associated with knowledge, skills and confidence gaps across HCPs. For example, a survey of **1,000 GPs** found:

- **Less than half (44%)** of GPs are confident speaking about physical activity with patients
- **Over half (55%) of GPs** had had no specific training on physical activity in patient care
- **4 in 5 (80%) of GPs** not familiar with the UK Chief Medical Officers' guidelines



# Benefits of training

Attending this FREE online training provides the opportunity to:

- **Access evidence-based resources** proven to increase knowledge and confidence, and support clinical practice in line with guidance (e.g. NICE)
- **Improve management and care** of patients with 30+ long-term conditions (e.g. CVD, type 2 diabetes, depression, MSK issues, some cancers).
- **Help reduce service demand** and costs i.e. the ~£0.9bn annual cost to the NHS associated with insufficient physical activity

## The evidence

Over 25,000 HCPs have been trained so far. An independent evaluation demonstrated improvements in participant knowledge, confidence and frequency of patient physical activity conversations:

- **84% agreed** the training was useful in their work
- **91% would recommend** the training to their colleagues
- **40% of HCPs** were having more conversations with their patients about physical activity post-training



“I found the session to be really inspiring both professionally and personally. I have reflected on it a lot since and it has definitely changed my practice.”

“Engaging throughout really helped me to re-evaluate my views on physical activity and the benefits it has.”