

Advancing our Health: Prevention in the 2020s

Chartered Society of Physiotherapy
Consultation response

Type of business/organisation:

1.1 The CSP is the professional, educational and trade union body for the country's 58,000 chartered physiotherapists, physiotherapy students and support workers.

1.2 In addition to this consultation response, the CSP has responded to *Advancing our Health: Prevention in the 2020s* as a member of the ARMA MSK Alliance.

Have you got examples or ideas that would help people to do more strength and balance exercises?

2.1 Far fewer people meet the strengthening component of the Chief Medical Officer's physical activity guidelines than the better known 150 minutes of moderate aerobic activity each week, so it is excellent to see a focus on strength in the Green Paper.

2.2 The Chartered Society of Physiotherapy is currently partnered with Sports England and the Centre for Aging Better to carry out a 15-month research project: exploring perceptions, motivations and barriers around strengthening exercises; and identifying the messaging, concepts and methods of delivery that would encourage more people to do strengthening activities. Also represented, via a project advisory board, is Public Health England and the Richmond Group of charities.

2.3 The project has a specific focus on identifying barriers to participation in strength and balance activities faced by patients and public with one or more long-term health conditions. The initiative will also look at the role clinical staff can play in encouraging participation in strengthening activities.

2.4 To avoid the duplication of work and inefficient allocation of public finance, we would strongly encourage you to: await the results of this project – expected October 2020 – before launching the 'strength and balance digital design challenge' highlighted in *Advancing our Health: Prevention in the 2020s*; and support any practical recommendation that emerge from this evidence-based project.

2.5 The project should also provide evidence to inform Phase 2 of the 'Moving Healthcare Professionals partnership programme', and the CSP looks forward to working collaboratively with the Department of Health and Social Care on these work streams going forward.

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