

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## QUALITY STANDARD TOPIC OVERVIEW

### 1 Quality standard title

Physical activity: encouraging activity within the general population

### 2 Introduction

#### 2.1 *NICE quality standards*

NICE quality standards are a concise set of prioritised statements designed to drive measurable quality improvements within a particular area of health or care.

The standards are derived from high-quality guidance, such as that from NICE or [accredited](#) by NICE. They are developed independently by NICE, in collaboration with health, public health and social care practitioners, their partners and service users. Information on priority areas, people's experience of using services, safety issues, equality and cost impact are considered during the development process.

NICE quality standards are central to supporting the government's vision for a health and social care system that is focused on delivering the best possible outcomes for people who use services, as detailed in the [Health and Social Care Act \(2012\)](#).

The quality standard development process is described in detail on the [NICE website](#).

#### 2.2 *This topic overview*

This topic overview describes core elements of the quality standard. These include the population and topic to be covered, key source guidance to be used to underpin potential quality statements, any related quality standards, published current practice information and national or routine indicators and performance measures.

If the source guidance is not NICE guidance, it should meet the minimum quality criteria defined in NICE's [accreditation programme](#).

### **3 This quality standard**

This quality standard is expected to publish in June 2019.

#### **3.1 Population and topic to be covered**

This quality standard will cover encouraging physical activity within the general population. It will not specifically cover encouraging physical activity in people who are in contact with the NHS, including staff, patients and carers. This is addressed by NICE quality standard 84 [Physical activity: for NHS staff, patients and carers](#).

#### **3.2 Key development sources (NICE and NICE-accredited sources)**

##### **Primary source**

- [Physical activity and the environment](#) (2018) NICE guideline NG90
- [Physical activity: walking and cycling](#) (2012) NICE guideline PH41
- [Physical activity for children and young people](#) (2009) NICE guideline PH17

##### **Other sources that may be used**

- [Physical activity: exercise referral schemes](#) (2014) NICE guideline PH54
- [Physical activity: brief advice for adults in primary care](#) (2013) NICE guideline PH44
- [Physical activity in the workplace](#) (2008) NICE guideline PH13

##### **Key policy documents, reports and national audits**

Relevant policy documents, reports and national audits will be used to inform the development of the quality standard.

- Mental Health Foundation (2018) [How to look after your mental health using exercise](#)
- NHS Digital (2018) [Statistics on Obesity, Physical Activity and Diet](#)
- Public Health England (2018) [Physical activity data tool: April 2018 update](#)
- British Heart Foundation (2017) [Physical Inactivity Report](#)
- NHS digital (2017) [Health Survey for England, 2016](#)
- Public Health England (2017) [Everybody active, every day: 2 year update](#)

- Department of Health and Social Care (2016) [Start active, stay active: report on physical activity in the UK](#)
- Public Health England (2016) [Health matters: getting every adult active every day](#)
- House of Commons Health Committee (2015) [Impact of physical activity and diet on health](#)
- Public Health England (2015) [Change4Life: evidence review on physical activity in children](#)
- Public Health England (2014) [Everybody active, every day: a framework to embed physical activity into daily life](#)

### **3.3 Related NICE quality standards**

In March 2012, the Department of Health and Social Care referred a library of quality standard topics for the NHS to NICE for development.

This quality standard will be developed in the context of all topics in the NICE [library of quality standards](#). Physical activity: encouraging activity within the general population is relevant to a wide range of conditions and diseases and a range of equality groups and general health and wellbeing.

#### **Published**

- [Community engagement: improving health and wellbeing](#) (2017) NICE quality standard QS148
- [Healthy workplaces: improving employee mental and physical health and wellbeing](#) (2017) NICE quality standard QS147
- [Obesity in adults: prevention and lifestyle weight management programmes](#) (2016) NICE quality standard QS111
- [Maternal and child nutrition](#) (2015) NICE quality standard QS98
- [Obesity in children and young people: prevention and lifestyle weight management programmes](#) (2015) NICE quality standard QS94
- [Physical activity: for NHS staff, patients and carers](#) (2015) NICE quality standard QS84

## **In development**

- Air pollution: outdoor air quality and health. Publication expected February 2019.
- School based interventions. Publication expected February 2019.

## **Future quality standards**

This quality standard will be developed in the context of all quality standards referred to NICE, including the following quality standards scheduled for future development:

- Natural environments
- Programme management: effective ways to run public health programmes to generate a change in behaviour
- Spatial planning and healthcare outcomes
- Transport and health

The full list of quality standard topics referred to NICE is available from the [quality standard topic library](#) on the NICE website.

## **4 Existing indicators**

- [Public Health Outcomes Framework for England 2016 to 2019](#): 1.16 Utilisation of outdoor space for exercise / health reasons; 2.13 Proportion of physically active and inactive adults

## **5 Further information**

See the NICE website for more information about [NICE quality standards](#) and the [progress of this quality standard](#).

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