

Walking for Health:

‘The wonder drug’

- save money and reduce pressures on your surgery





Our vision is for everyone to have access to a short, free and friendly walk within easy reach of where they live, to help them get active and stay active



Walking for Health in brief*

- 600 schemes across England
- 3,000 weekly walks
- 70,000 regular walkers



[Hambleton Strollers] in brief*

- Running since 2002
- 24 walks each month across Hambleton
- 100+ regular walkers
- 40 new walkers a year
- 50% of walkers have a health condition:
 - 7% with diabetes
 - 3% with COPD
 - 7% with heart disease
 - 5% with cancer
 - 20% with high blood pressure
 - 6% with asthma



Safe hands

We are England's largest network of health walk schemes with 12 years' experience helping all kinds of people lead a more active lifestyle.

- Schemes are accredited* and part of a recognised England-wide programme
- Short and over easy terrain, walks are open to everyone on a drop in basis but are especially aimed at those who are least active, with lower physical ability or long term conditions.



*Process underway. All schemes will pass accreditation by 1st March 2015



What is a health walk?

- All walks are in sociable groups, led by trained walk leaders, and each meets the definition of a health walk:
 - Free, regular walks that are easily accessible by walking or taking local public transport.
 - Always over easy terrain so walkers don't need any costly special equipment.
 - Suitable for all, lasting for a minimum of 15-30 minutes but no longer than 90.

By keeping walks short and never longer than 90 minutes, new walkers, or those with health conditions, feel more confident getting started.



Why group walks vs other walking opportunities?

- A recognised barrier to physical activity is not having someone to get active with.
 - Group walks, with the opportunity to socialise and meet new people, are key way of overcoming this.^{1, 2}
- Social support relationships offered by group-based walking schemes are proven to help maintain increased levels of physical activity in the longer term.³

1. Joint Health Surveys Unit. *Health Survey for England 2007: Healthy Lifestyles, Knowledge, Attitudes and Behaviour*. (Health & Social Care Information Centre, 2008).
2. O'Brien L, Morris J. *Active England: The Woodland Projects* (Forest Research, 2009).
3. Kassavou A, Turner A, French DP. Do interventions to promote walking in groups increase physical activity? A systematic literature review with meta-analysis. *Int J Behav Nutr Phys Act* 2013, **10**:18.



The expertise behind us

- Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping people get and stay active.
- The Ramblers is the charity for walkers, helping everyone to enjoy the outdoors on foot, while Macmillan strongly believes in the health benefits of activity for people living with or beyond cancer.
- Walking for Health supports hundreds of local schemes across England to offer short, free walks with the aim to help more people – including those affected by cancer – discover the joys and health benefits of walking.



Why physical activity matters

- Physical inactivity is responsible for 17% of early deaths in the UK
- At least one in three of your adult patients is likely to be insufficiently active for good health.

Health Survey for England, 2012

Lee *et al.* Lancet, 2012

Condition	Proportion attributable to inactivity
All-cause mortality	16.9%
Coronary heart disease	10.5%
Type 2 diabetes	13%
Colon cancer	18.7%
Breast cancer	17.9%

Lee *et al.* Lancet, 2012



Why it matters

- Active people have a significantly reduced risk of a number of serious conditions

Condition	Risk reduction	Strength of evidence
All-cause mortality	20–35%	Strong
Coronary heart disease and stroke	20–35%	Strong
Type 2 diabetes	35–50%	Strong
Colon cancer	30–50%	Strong
Breast cancer	20%	Strong
Hip fracture	36–68%	Moderate
Depression	20–30%	Strong
Alzheimer's disease	40–45%	Moderate

“More attention is needed to the benefits that increasing physical activity in health care settings has for the prevention and management of health problems, especially in the case of chronic conditions.”

Institute of Social and Preventative Medicine - HEPA Europe 2014



Why it matters

- Being more active can **increase high density lipoprotein (HDL) levels and reduce triglycerides.**¹
- Moderate and vigorous aerobic physical activity (including brisk walking) **reduces both systolic and diastolic blood pressure.**^{2, 3}
- Even a small reduction in blood pressure across the population could **reduce the risk of stroke by 6% and coronary heart disease by 5%.**⁴
- Staying active **keeps older people healthy** and independent for longer, strengthens bones and reduces the risk of falls. Active older adults are 30–50% less likely to develop functional limitations than inactive people, and can reduce their risk of hip fractures by up to 68%.⁵



- An inactive person visits the doctor 5.5% more often¹
- If all patients were active enough, the number of consultations in the average practice would reduce by 1,881²
- Using WHO HEAT, if everyone in a town of 150,000 people walked an extra 10 minutes a day, an estimated 31 lives would be saved, with benefits of £30 million per year.³



1. Sari N, *Health Econ* 2009

2. Trends in Consultation Rates in General Practice - 1995-2009. Publication date: September 02, 2009

3. Calculation made using the WHO Health Economic Assessment Tool (HEAT) for walking that provides a conservative estimate of the value of increased amounts of walking based on averting premature death. Using this model, if everyone in a town of 150,000 people walked an extra 10 minutes a day, an estimated 31 lives would be saved, with benefits of £30 million per year.



The patients who benefit the most:

- Diabetes UK advises that keeping active will help manage diabetes.¹
- Regular physical activity improves control of blood sugar in patients with **type 2 diabetes**, even in the absence of weight loss, and can also improve overall fitness.^{2, 3}

1. Diabetes UK. Keeping Active (Diabetes UK, 2009).
2. US Department of Health and Human Services. *Physical Activity Guidelines Advisory Committee Report* (US Department of Health and Human Services, 2008).
3. Miller YD, Dunstan DW. The effectiveness of physical activity interventions for the treatment of overweight and obesity and type 2 diabetes. *J Sci Med Sport* 2004, **7**:52–59.



The patients who benefit the most:

- Cancer survivors can reduce their risk of cancer-specific death and recurrence by up to 50% by staying active.¹
- Physical activity plays an important role in **cardiac rehabilitation** and can help people with **peripheral vascular disease** walk further before the onset of leg pain.^{2, 3}
- It is also beneficial in rehabilitation programmes for **stroke** and **chronic obstructive pulmonary disease** patients.⁴

1. Campbell A, Foster J, Stevinson C, Cavill N. *The Importance of Physical Activity for People Living With and Beyond Cancer: A Concise Evidence Review* (Macmillan Cancer Support, 2012).
2. Department of Health. *Coronary Heart Disease: National Service Framework for Coronary Heart Disease — Modern Standards and Service Models* (Department of Health, 2000).
3. Department of Health. *At Least Five a Week: Evidence on the Impact of Physical Activity and its Relationship to Health — A Report from the Chief Medical Officer* (Department of Health, 2004)
4. Cavill N, Foster C. *Health Benefits of Walking: The Evidence Base* (National Campaign for Walking, 2011).



The patients who benefit the most:

- Evidence shows that physical activity can help prevent the **bone loss** associated with ageing across the lifespan of individuals.¹
- Physical activity can counter the effect of rheumatoid cachexia in **rheumatoid arthritis** patients, two thirds of whom have significant muscle wasting and increased obesity.²



1. Vainionpau, A., Korpelainen, R., Leppaluoto, J., Jamsa, T. (2005) Effects of high-impact exercise on bone mineral density: A randomised controlled trial in premenopausal woman. *Osteoporosis International*; 16:191-197.
2. Walsmith J, Roubenoff R. Cachexia in rheumatoid arthritis. *Int J Cardiol* 2002, **85**(1):85-99



The patients who benefit the most:

- Physical activity can be as effective as antidepressants or psychotherapy in treating **mild or moderate depression**, particularly in the longer term.^{1, 2}
- The charity Mind recommends that ‘ecotherapy’ — outdoor physical activity — should be recognised as a clinically valid treatment for mental distress.³

1. Department of Health. *At Least Five a Week: Evidence on the Impact of Physical Activity and its Relationship to Health — A Report from the Chief Medical Officer* (Department of Health, 2004)
2. Halliwell E. *Up and Running? Exercise Therapy and the Treatment of Mild or Moderate Depression in Primary Care* (Mental Health Foundation, 2005).
3. Mind. *Ecotherapy: The Green Agenda for Mental Health* (Mind, 2007).



In the headlines:

“Walking one mile at a moderate pace (3mph), or for just 20 minutes a day, could reduce breast cancer patients’ risk of dying from the disease by 40% while those with prostate cancer could reduce their risk by 30%.”

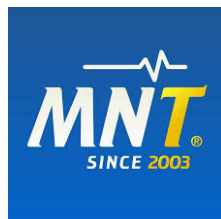




In the headlines:

“Results from [a recent] study show that group nature walks are linked with "significantly" lower depression, less stress and better mental health and well-being, both before and after controlling for covariates.”

- *Ecopsychology* journal, study followed 1,991 participants from a Walking for Health programme



THE ECONOMIC TIMES

NEW YORK





“The wonder drug”

- Walking has proven benefits for:
 - Mental well-being
 - Physical well-being
 - Combating social isolation
 - Managing depression

...and it's FREE!



Local opportunities to walk

- Great Ayton Library Mondays
- Northallerton Tuesdays
- Easingwold Tuesdays Fortnightly
- Stokesley Wednesdays
- Thirsk Wednesdays /Thursdays
- Bedale Thursdays Fortnightly
- Northallerton long walk Fridays



Our walks in pictures



WE ARE
MACMILLAN.
CANCER SUPPORT

ramblers

Supporting you to
get active and stay active



Don't take our word for it...

"I recently compared the A&E admission rates for four practices locally for a whole host of diseases, in which I believed the outcomes could be improved by exercise. Our costs for admissions were £8,000 per patient compared with £13,000 at one of the others, even though its population is more affluent.

"I've got patients who have managed to avoid knee replacement surgery because they have taken up walking.

Dr John Morgan, GP in Wigan and Walking for Health champion



Find more at walkingforhealth.org.uk/hscp



Don't take our word for it...

"The group made it easy for me to settle in, everybody is really friendly and we have a good laugh."

Geoff, health walk participant

"It has been one of the best things I have ever done, I feel like I have found the real me again."

Sandra, cancer survivor and health walk participant

"I would encourage anyone who has health or mobility problems to join a Walking for Health group, the fresh air and companionship is wonderful therapy!"

Barbara, health walk participant

"Walking is the cheapest form of exercise. You don't need to join a gym or buy any equipment. You don't have to be fit to start. And you can do it whenever you want."

Michael, health Walk participant



Don't take our word for it...

"If it wasn't for walking with Hambleton Strollers I would be in a wheel chair by now"
Diane MS sufferer.



Find more at walkingforhealth.org.uk/get-walking/walkers-stories



Free resources: walk this way

- Four-page leaflets which explain all the benefits of walking to patients.
- Order free from be.Macmillan.org.uk/wfh.



Supporting you to
get active and stay active



Free resources: best foot forward

- This free poster is eye catching and simple to download, print and display.
- Download from walkingforhealth.org.uk/hscp

**best
foot
forward**



Want to get more active?
Then we're here to help!

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

Join one of our free and friendly short walks today.



Visit our website to find out more about your local health walks:
walkingforhealth.org.uk



Supporting you to
get active and stay active



Free resources: Walking Works

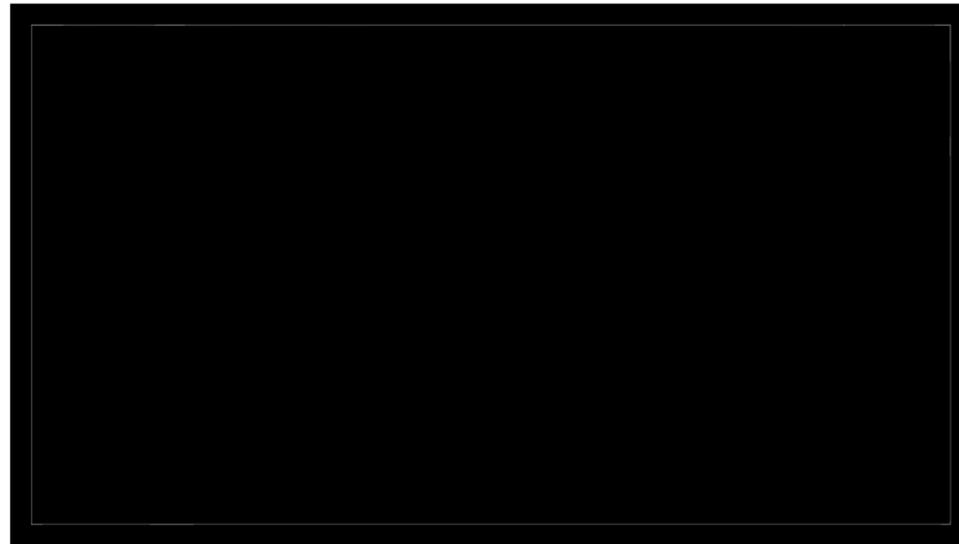
- Overviews the mounting research into the life threatening consequences of inactivity.
- Supported by the Chief Medical Officer for England, it shows that referring patients to Walking for Health can help save lives and money, and reduce clinic numbers
- Download from walkingforhealth.org.uk/hscp
- Order hard copies from be.Macmillan.org.uk/wfh.





Free resources: walkers' stories

- A video with stories from some of the walkers who have benefited from Walking for Health





- Find all these and more on walkingforhealth.org.uk/hscp



All you need to do...

As a trusted source of guidance, spending just 60 seconds recommending Walking for Health to your patients will encourage them to increase their levels of physical activity, ultimately saving lives and money, and reducing clinic numbers.



Thank you!

