"We want to move"

How national policymakers can support people with long-term conditions to move



People with long-term conditions want to move. The majority (96%) agree physical activity is important in managing or preventing long-term conditions, and two thirds (66%) want to be more active. But more than half (58%) would find this difficult, and only half (51%) feel in control of their health.

There is an opportunity for national policymakers to get millions more moving. But at present, systems are not currently designed to meet the needs of the least active and provide support to move in daily life. There are examples of what works and promising initiatives, but there is no coherent national approach.

We Want To Move, co-developed with our Lived Experience Network, charity partners and colleagues across health, physical activity and government, sets out what national policymakers need to do next, guided by what people with long-term conditions tell us they want and the barriers and enablers they face.

Movement is not a luxury; it is a necessity. We call on national policymakers to respond to what people tell us they want and together, we can get millions more moving.

We want...

1. The system to join the dots

- Implement a meaningful strategy for movement, accountable to a Minister for Movement
- Make movement a priority for devolution, local government and neighbourhood health
- Measure what matters to people, not just the system
- Turbocharge cross-sector collaboration

2. Healthcare and social care that knows what matters to us

- Commit to implementing NHS England's Four Ways Forward
- Embed movement and lived experience insights in training and education
- Create frictionless pathways
- Use person-centred data as a tool, incentive and feedback loop

3. Movement enabled in our daily life

- Make inclusion the default in sport and physical activity
- Drive an active wellbeing service
- Enable movement at home and in the local environment

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SPORT ENGLAND

WE ARE UNDEFEATABLE

The Richmond Group of Charities

"We want to move"



46% of adults in England live with one or more long-term condition



People with long-term conditions are **twice** as likely to be inactive (39.3%) as those without a condition (19.7%).



2 in 3 of people with a long-term condition want to be more active, but 3 in 5 would find this difficult.



Physical inactivity has huge impact on individuals and is estimated to cost the UK around **£7.4 billion** annually.

1 We want... the system to join the dots

only **51%** of people feel in control of their health and how it affects their lives.

"I wish that the systems we engaged with were joined up efficiently.

2 We want... healthcare and social care that knows what matters to us

only **34%** of conversations with healthcare professionals included physical activity, but 79% of those that did led to action.

"I want clinicians to understand that pain is the biggest barrier to me moving more.

3 We want... movement enabled in our daily life

only **39%** agreed that "people with long-term conditions like mine" have their needs taken into account when local physical activity opportunities are created.

"I wish there was more conversation with the local population and business owners, to help them better understand the importance of accessible facilities and exercises.

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