

National Strategic Group (NSG)

Wednesday 15th November 2017 (10:00 – 12:00)

Conference Room D, St Andrews House, Edinburgh

Present:	
Aileen Campbell MSP	Minister for Public Health and Sport (Chair)
Barry Matthews	Active Scotland Division - Scottish Government (Minutes)
Derek Grieve	Active Scotland Division - Scottish Government
Caspian Richards	Active Scotland Division - Scottish Government
Niall Taylor	Active Scotland Division - Scottish Government
[redacted]	Senior Researcher, HSC Analysis -Scottish Government
Gavin Stevenson	CEO Dumfries and Galloway Council
Stewart Harris	CEO sportscotland
Mel Young	Chair sportscotland
Joanne Boyle	Head of Sustainable and Active travel – Scottish Government
Alan Armstrong	Education Scotland
John Howie	NHS Health Scotland
Kim Atkinson	CEO, Scottish Sports Association
Francesca Osowska	CEO, Scottish Natural Heritage
Gregor Smith	Deputy Chief Medical Officer – Scottish Government
George Dodds	Director of Health Equity, NHS Health Scotland
Graham Wark	Sporta

Apologies received from:-

- Graham Logan – Education Scotland
- Nanette Mutrie – University of Edinburgh
- Gerry McLaughlin – NHS Health Scotland

1.	<p>Welcome and Introductions.</p> <p>Minister for Public Health and Sport, welcomed everyone to the tenth meeting of the National Strategic Group for sport and Physical Activity.</p> <p>Introductions were delivered and apologies noted.</p>
2.	<p>Paper NSGSPA 10/2.</p> <p>The Minister introduced paper NSGSPA 10/2 on the new Active Scotland Delivery Plan. At the previous National Strategic Group in November 2016, it had been agreed that a new Delivery Plan should replace the Physical Activity Implementation Plan and officials had worked with stakeholders to develop a proposal.</p> <p>The Minister explained that the purpose of the paper was to provide a framework which could be used to develop specific actions through further consultation with NSG members. She stressed that she wants the new plan to have a cross-cutting approach, and sees it as an opportunity to be bold, ambitious and imaginative. The new Delivery Plan should also be informed by the recent draft World Health Organisation Global Physical Activity Delivery Plan.</p>

The Minister then invited discussion on the draft plan and asked members to provide an update on key activities which had been since the last NSG meeting, particularly involving partnership working.

A wide-ranging discussion followed which highlighted the extensive activity taking place in all sectors:

- NHS Health Scotland reported on the rollout of the Place Standard toolkit, to each of the 32 Local Authorities in Scotland. Each Local Authority now had a Place Standard liaison officer. It was recognised that embedding use of the toolkit into routine practice would take some time but progress has been good.
- Education Scotland reported on the continued focus on The Scottish Attainment Challenge and the role of Health and Wellbeing within that.
- **sportscotland** noted that relationships with Local Authorities remained strong in particular in relation to the Active Schools Programme. Particular work on going in the East End of Glasgow in partnership with Glasgow Life to increase physical activity in a challenging area.

Action 2.1 - Stuart Harris to share membership of programme board for work in the east end of Glasgow with Gavin Stevenson

- Gavin Stevenson stressed the importance of Local Authorities learning from each other, opening up current assets to provide opportunities for communities to take part in physical activity. Venues already exist to provide this opportunity.
- The Group discussed the positive contribution of initiatives such as the Daily Mile, Beat the Streets and Big Stampede which not only encourage physical activity but can improve community cohesion.
- The Scottish Sports Association highlighted the importance of a recent report for the Cross-Party Group on Sport which highlighted the cost of physical inactivity to the NHS.
- Transport Scotland reported on the doubling of the Active Travel budget from £40 million to £80 million as announced in the Programme for Government.
- Scottish Natural Heritage highlighted their continuing role in promoting Scotland's natural landscape as an opportunity for everyone to encourage physical activity. It was noted that the link into Physical Education in schools was important to encourage children to take part in outdoor learning.
- The Group noted that The Year of Young People in 2018 provides a fantastic opportunity to incorporate messages that encourage physical activity. The Group agreed that there was an opportunity to use Youngscot as a catalyst and there may be scope to use Scottish role models to blog in support. High

	<p>profile athletes would help, but also local athletes can be effective in positive messaging. It was also suggested that it would be helpful to consider inviting a representative from young people to attend the NSG or its successors in future.</p> <p>Action 2.2 – Secretariat to consider options for participation of young people’s representative on NSG or its successors.</p> <ul style="list-style-type: none"> • The importance of VOCAL was discussed and it was noted that a link with SPORTA would be beneficial to spread the positive message of physical activity. <p>In conclusion, the Group agreed that the paper provided a good basis for further discussion on the detailed actions to be taken forward.</p> <p>The Minister asked NSG members to continue to engage with the Active Scotland Strategy and Improvement team.</p> <p>Action 2.3 – Active Scotland Division Strategy and Improvement team to engage with NSG members on the further development of the Delivery Plan</p>
3	<p>Paper NSGSPA 10/3</p> <p>The Minister presented paper NSGSPA 10/3 which proposed to replace the existing National Strategic Group and its sub groups with two new groups after the completion of the new Delivery Plan:</p> <ol style="list-style-type: none"> 1. Active Scotland Delivery Group – will monitor delivery of the actions of the delivery plan and provide reassurance and consider progress reports against the plan. The group will consist of senior operational representatives of the bodies with responsibility for actions in the new delivery plan. 2. Active Scotland Development Group – will promote national cross-sector collaboration and leadership, will ensure that policy is being delivered in line with up to date evidence and will provide a challenge function to the delivery group and promote key messages to wider stakeholder community. <p>The paper proposed that these new groups will come into operation after the completion of the new delivery plan with more detailed arrangements for the membership and Terms of Reference to be presented for sign-off by NSG. The aim is that the first meetings of the new groups will take place in 2018.</p> <p>The Group welcomed the paper and agreed with the proposal. The Group felt that it was important that the new structures were linked to the many organisations which are involved in promoting physical activity in Scotland.</p> <p>Action 3.1 – Strategy and Improvement team to provide a paper with further detail on the new governance arrangements for NSG sign-off.</p>
4	<p>Paper NSGSPA 10/4</p>

	<p>The Minister introduced paper NSGSPA 10/4 which describes the work by the National Strategic Group Evidence sub-group to improve the evidence base surrounding the Active Scotland Outcomes Framework (ASOF).</p> <p>[redacted] presented to the group on the revision of the current measurement indicators. The new set of indicators was well received by the Group and [redacted] was congratulated on the hard work that had gone into developing it.</p> <p>[redacted] also demonstrated the use of a new on-line dashboard which could more effectively show evidence of progress in achieving the aims of the Outcomes Framework. She acknowledged all involved in the development.</p> <p>[redacted] indicated that she would be happy to meet with organisations individually if that would be helpful.</p>
5	<p>AOB</p> <p>The Minister thanked everyone for their input. She commented that she was very pleased to see enthusiasm for the new proposals and noted that, although there are challenges ahead, partnership working was key to success.</p> <p>Action 5.1 – Secretariat to identify a date for the final meeting of the National Strategic Group at which the Delivery Plan and move to future governance structures will be finalised.</p>

Action Summary	
2.1	Stuart Harris to share membership of programme board for work in the east end of Glasgow with Gavin Stevenson
2.2	Secretariat to investigate options for participation of young people's representative on NSG or its successors and report to NSG at the next meeting
2.3	Active Scotland Division Strategy and Improvement team to engage with NSG members on the further development of the Delivery Plan with a view to NSG signing off the Plan at the next meeting
3.1	Active Scotland Division Strategy and Improvement team to provide a paper with further detail on the new governance arrangements for NSG sign-off at the next meeting
5.2	Secretariat to identify a date for the next and final meeting of the National Strategic Group

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NATIONAL STRATEGIC GROUP FOR SPORT AND PHYSICAL ACTIVITY

Meeting 11

Thursday 26th April 2018

Conference Room 4ER St Andrews House

AGENDA

1. Introductions and minutes of last meeting (paper 11/1)
2. Active Scotland Delivery Plan (paper 11/2)
3. New governance arrangements (paper 11/3)
4. Future opportunities and Challenges – round-table discussion
5. AOB

**Scottish Government Population Health Directorate
Active Scotland Division**

**NATIONAL STRATEGIC GROUP FOR SPORT AND PHYSICAL ACTIVITY
26th April 2018**

Paper NSGSPA 11/2

Title: Active Scotland Delivery Plan

Background: The National Strategic Group agreed a framework for the Active Scotland Delivery Plan at its previous meeting in November 2017 setting out the Active Scotland Outcomes Framework and links to the four themes in the World Health Organisation's draft Global Action Plan. It was also agreed that Active Scotland Division should engage with delivery partners to identify the actions each will contribute to delivering the range of outcomes in the Active Scotland Outcomes Framework to produce a full version of the Delivery Plan.

The wide range of contributions from NSG member organisations as well as other policy areas of the Scottish Government has been brought together in the attached Active Scotland Delivery Plan. We have also sought to address comments from NSG members on the draft circulated previously, including to;

- set out previous stages of work and provide examples of achievements to date;
- strengthen the emphasis on the Outcomes Framework as the underpinning approach; and
- underline the importance of the indicator set and of evidence in shaping our approach to implementation and future development of the range of actions set out.

The new governance arrangements agreed in principle at the previous NSG meeting (and set out in paper 11/3) will form the basis for implementation of the range of actions through the future work of the Delivery Group, which will also look to develop partnership approaches to delivering the actions, identify any barriers to delivery, and co-ordinate individual partners' approaches to monitoring and evaluation. The Development Group will consider the future development of this initial set of actions by identifying gaps, new opportunities, and evidence of success in meeting the Active Scotland Outcomes.

The plan will also form the basis for a public-facing document setting out Scotland's approach to increasing participation in physical activity and sport, which we aim to publish in the coming months to build on momentum from the anticipated launch of the WHO's Global Action Plan and other publications across the Scottish Government's public health portfolio. We will keep NSG members informed of timescales and plans for publication as these develop.

Action: Members are invited to **approve** the attached plan as the basis for implementation through the future work of the Delivery Group, and for further development through the work of the Development Group.

Authors: Niall Taylor: Strategy Manager: Active Scotland Division
Date: April 2018

Active Scotland Delivery Plan

Active Scotland Division
April 2018

Physical Activity

Physical activity and sport are a powerful force in transforming lives. There is clear and growing evidence of the health, economic and social benefits physical activity and sport can bring. Physical activity and sport improve the health of the heart, skeletal muscles, bones and blood, the immune system and nervous system; and enables people to live longer, healthier lives. Being active improves psychological wellbeing, boosts self-esteem, plays an important role in maintaining a healthy weight and improves mood and sleep quality. The early years is a vitally important period to intervene to improve outcomes for children. There is strong evidence that intervention in this period, including through play, improves health and cognitive development.

Physical activity and sport can also play a major role in improving outcomes and tackling inequalities across many different aspects of our lives and society. Positive changes being achieved through physical activity and sport initiatives in Scotland include improving mental health, supporting weight management initiatives, overcoming loneliness and isolation; reducing reoffending; promoting sustainable forms of transport; and enabling people to connect with the natural environment.

In this document we use the definition of physical activity by the World Health Organisation and UK Chief Medical Officers, which includes any bodily movement produced by skeletal muscles that requires energy expenditure. It thus includes activities such as everyday walking or cycling to get from A to B, active play, work-related activity, active recreation such as working out in a gym, dancing, gardening or playing active games, as well as organised and competitive sport and many other activities.

The Active Scotland Outcomes Framework

Our approach is focused on the delivery of 6 strategic outcomes as described in the Active Scotland Outcomes Framework:

Vision: A More Active Scotland							
Physical activity is about getting people moving. Daily walking, playing in a park, going to a gym, training with a team or aspiring to win a gold medal- it doesn't really matter how people get active, it just matters that we do.							
Being physically active contributes to our personal, community and national wellbeing.							
Our vision is of a Scotland where more people are more active, more often.							
National Outcomes							
Business	Employment	Research and Innovation	Young People	Early Years	Healthier	Inequalities Tackled	Life Chances
Safe from Crime	Sustainable Places	Resilient Communities	Environment Valued	National Identity	Impact on Environment	Older People Supported	Public Services
Active Scotland Outcomes							
We encourage and enable the inactive to be more active		We encourage and enable the active to stay active throughout life			We develop physical confidence and competence from the earliest age		
We improve our active infrastructure – people and places		We support wellbeing and resilience in communities through physical activity and sport			We improve opportunities to participate, progress and achieve in sport		
Equality – Our commitment to equality underpins everything we do							

This outcomes framework sets out a shared vision and goals which have shaped the approach the Scottish Government and a wide range of partner organisations have taken to supporting and enabling people in Scotland to be more physically active. This has enabled us to build a cross-government commitment to the importance of physical activity and sport in achieving a wide range of outcomes, gaining international recognition for this integrated and ambitious approach.

We are determined to go further and achieve more, both by continuing to drive efforts across government and our public sector partners to develop co-ordinated and innovative approaches, and by enabling and facilitating the wide range of others – third sector organisations, communities, individuals – who play crucial roles in making the practical changes that the above set of outcomes describes.

Our work to date in developing and working to implement the Active Scotland Outcomes Framework means that Scotland is particularly well-placed to meet the challenges set out in the World Health Organisation's draft global action plan for physical activity. This Delivery Plan sets out how the actions to achieve our shared outcomes aligns with the WHO draft global action plan's strategic objectives.

Our outcomes approach and the range of specific actions set out in this Delivery Plan draw on the growing body of international evidence on what works in practice to get people active. This tells us that there is no single solution to increasing physical activity, but multiple concurrent approaches are needed. As summarised in 'Investments that Work for Physical Activity', a complementary document to the Toronto Charter for Physical Activity, the types of approaches which the evidence suggests work in practice involve integrated working across multiple systems and settings: education, transport, planning, healthcare, communications, communities, and sport. This is the basis for the partnership approach we are taking in Scotland, and the range of actions set out in the Delivery Plan across and between these different systems.

Measuring Progress

We will continue to measure our progress through a range of indicators which support each of the Active Scotland Outcomes. The headline measure of progress is the proportion of the population meeting the recommended level of physical activity. This is a National Indicator.

A substantial revision and expansion of the set of Active Scotland Outcomes Framework indicators has recently been approved by the National Strategic Group on Physical Activity and Sport, following a detailed review carried out by its Evidence Sub-group. Data for new indicators within the set will become available from autumn 2018. This will be published on the Active Scotland Outcomes Framework web pages, and will inform our activity to monitor delivery of the actions in this plan and assess overall progress against the outcomes.

Lead Organisation

Each of the actions in the plan identifies an organisation which will take responsibility for reporting on progress towards the achievement of that action. In many cases this will include a range of activities undertaken by many partners. We expect that the lead organisation will liaise with these partners in delivering and reporting progress on the actions.

Vision and Principles

Vision

A Scotland where more people are more active, more often.

Principles

The Delivery Plan is informed by the following cross-cutting guiding principles, which are in line with the agenda set out in the WHO draft global action plan, and the United Nations sustainable development goals. They reflect the Scottish Government's wider approach, as set out in our Programme for Government, to make Scotland an inclusive, fair, prosperous, innovative country, which is ready and willing to embrace the future.

a) Human Rights-based approach:

The policies, plans, programmes, interventions and actions which we develop to promote physical activity will be designed with the objective of progressively improving the right to health for everyone in Scotland. For children, the Scottish Government has committed to supporting the United National Convention on the Rights of the Child, which acknowledges the importance of play as a right of every child.

b) Equity across the Life Course:

We will seek to provide opportunities for all people at all ages and abilities to participate in physical activity with a priority towards addressing disparities and reducing inequalities.

c) Evidence based practice:

Our actions will be based upon a robust evidence base as well as practice based evidence from active evaluation and with demonstrated effectiveness in a variety of contexts.

d) Reducing Inequality

Our actions will focus on the need to reduce inequality in the opportunities to participate in physical activity and will seek to allocate resources towards the actions needed to engage the least active and those who face the greatest barriers to participation.

d) Empowerment:

We will work to empower everyone in society to participate in the development of policies and interventions that affect them in order to remove barriers and to provide inspiration and motivation to participate in physical activity.

e) Joined-up policy:

We will seek to enhance policy coherence across sectors to ensure that policies across different areas are developed in a way which encourages physical activity.

f) Multi-sectoral partnerships

We will foster collaboration across and between stakeholders to ensure a comprehensive and integrated approach guided by a shared vision of the value of a more active Scotland

Delivering the Active Scotland Outcomes Framework

Outcome 1. We encourage and enable the inactive to be more active

Introduction:

Alongside the many benefits of physical activity for both physical and mental health, physical inactivity has serious consequences for individual health and wellbeing and on the development of children, resulting in significant costs to society and to the NHS. With a range of factors contributing to more sedentary lifestyles, and with particular challenges in supporting people living with other health problems to be more active, co-ordinated action focussed on encouraging and enabling the inactive to be more active is more important than ever.

It is important to recognise the scale of the challenge physical inactivity poses on a global scale, and why this is a priority for the World Health Organisation and others. There are no easy answers or quick fixes, and the consensus is that a wide range of actions involving multiple partners is essential to achieving results on the scale required.

The Scottish Government and a wide range of partners have focussed efforts on identifying those at most risk of becoming physically inactive, and providing targeted support to enable those groups to overcome the barriers to taking part in physical activity and sport, and develop the necessary underpinning skills. This includes creating a culture in which physical activity is the norm, which we are working to achieve through a focus on increasing opportunities for active play, PE in schools and Active Schools. It also means using the power of sport to inspire and motivate, through initiatives like Football Fans in Training, as well as supporting those who work with people facing particular challenges in becoming active, such as older people living within care settings. More widely, all partners will work to increase knowledge and awareness of the benefits of sport and physical activity.

Key Achievements so far

- The Scottish Government's 'Programme for Government 2017-18' contained a commitment that Scotland become the first 'Daily Mile Nation'. Over 800 primary schools regularly take part in the Daily Mile and a growing number of secondary schools, further and higher education institutions signing up. Public sector organisations as well as private sector businesses are also rolling out their programmes amongst their staff.
- We published a National Walking Strategy in 2014 and the National Walking Strategy Action Plan in 2016. Both aim to create of a culture of walking, develop better walking environments and support easy, convenient independent mobility for everyone. This work is managed and promoted by Paths for All on behalf of the Scottish Government. Walking participation has risen from 57 % in 2011 to 67% in 2016.
- We have established the Women and Girls in Sport Advisory Board to drive female sports participation.
- We have put in place record investment in Active Travel, doubling funding to £80 million in 2018-19.

Priority Actions

1. We will encourage and support access to enjoyable, free, accessible and social physical activity and sport by:
 - Ensuring that Scotland becomes the first 'Daily Mile Nation', with roll out to nurseries, schools, colleges, universities and workplaces across the country (Active Scotland)
 - Supporting Paths for All to deliver our National Walking Strategy Action Plan, which champions walking and highlights its benefits as well as coordinating action across organisations, sectors and disciplines to ensure that activities are complementary and mutually supportive (Active Scotland)
2. We will promote and increase understanding of the many ways everyone can participate in sport and physical activity through a range of communication activity including:
 - Supporting the Women and Girls in Sport Advisory Board in their work to increase participation and raise awareness across all sectors, including delivering an annual Scottish Women and Girls in Sport Week (Active Scotland and sportScotland)
 - Raising awareness of the importance of physical activity in delaying the onset of frailty through our 'Take the Balance Challenge' and the '400 yard challenge' campaigns (Scottish Government Allied Health Professional Unit)
 - Working with partners around the concept of Our Natural Health Service to promote common messages on the benefits of physical activity in the outdoors (Scottish Natural Heritage)
 - Ensuring that the promotion of the benefits of physical activity and sport is a feature of appropriate future Scottish Government marketing strategies (Active Scotland)
3. We will encourage more active travel and recreational walking and cycling by:
 - Using our Smarter Choices Smarter Places initiative and our other behaviour change programmes (EST, Cycling Scotland, Sustrans, Cycling UK) to encourage less use of cars and more journeys by foot and pedal cycle, including those as a multi modal public transport journey. This will include programmes to enable older people to enjoy travelling more actively (Transport Scotland);
 - Increasing our investment in active travel infrastructure as described under Outcome 4 below;
 - Supporting Paths for All to expand their Health Walks programme to increase effectiveness and provide targeted support to those who need additional help to become active, including those with long term conditions such as cancer and dementia (Active Scotland)
 - Encouraging social prescribing initiatives which refer patients from the NHS to community based interventions to support increased physical activity and healthy weight. (Active Scotland and NHS Scotland)
4. We will address barriers faced by those groups at risk of inactivity by:

- Engaging with girls and young women to encourage leadership and participation in sport and physical activity through our Active Girls programme (**sportscotland**)
 - Engaging with children and young people who face barriers to participation to support their inclusion in activity through our Active Schools programme (**sportscotland**)
 - Encouraging and supporting clubs and communities to engage people who are at risk of inactivity through community sport hubs, Sports Governing Bodies Regional Development Posts and Direct Club Investment. (**sportscotland**)
5. We will continue to support the delivery and development of healthy living interventions as a treatment through the NHS and the third sector, such as the innovative Football Fans in Training programme which supports football fans to lose weight, have a healthier lifestyle, and get fitter.

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Outcome 2. We encourage and enable the active to stay active throughout life

We know from the evidence that the amount and type of physical activity we do can vary significantly throughout the courses of our lives. Establishing healthy patterns of behaviour early in life and developing basic movement skills is associated with subsequent physical activity levels. Sustaining physical activity habits through key transitions in life, as well as developing new activities and interests in line with our changing circumstances, can help us to remain active as we move through different life stages.

Ensuring the availability of a wide range of opportunities to take part in regular physical activity as part of our daily lives – in our places of study and work, as well as following retirement – is key to helping all of us to find ways to remain active which are best suited to our needs, interests and environment as these evolve throughout the course of our lives.

Key Achievements so far

- Between 2015 and 2019 we will have invested £50 million in Active Schools. The number of participants has risen from 270,691 in academic year 2013/14 to 293,878 in academic year 2016/17 – a rise of 8.6% in 3 years. We are encouraging people from deprived areas to engage with sport through the programme which has a focus within areas of deprivation in support of our ambitions to raise attainment.
- We have invested nearly £1 million in 2017-18 to support older adults in care to become active through the Care About Physical Activity programme. Initial evaluation indicates significant impact in improving independence and mental health as well as improving balance and grip strength.
- Scotland's inaugural Women and Girls in Sport Week was held from 1-8 October 2017 to raise awareness of sport and physical activity among women and girls and the barriers to participation, and to highlight Scottish Government action to support increased participation, help women and girls to overcome barriers, and wider ambition for change.

Priority Actions

1. We will encourage more pupils to take part in activity, and to be able to continue their activity in local clubs by:
 - Providing more and higher quality opportunities to participate in sport in schools, before school, during lunchtime, and after school (**sportscotland**)
 - Supporting and developing effective pathways between schools and clubs to improve the transition of pupils from schools to clubs (**sportscotland**)
2. We will encourage and support clubs and communities to retain participants through community sport hubs, Sports Governing Body (SGB) regional development posts, and Direct Club Investment (**sportscotland**)

3. We will enhance the provision of services aimed at increasing opportunities for older adults to be physically active by:
 - Working in partnership with the SFA and a new Walking Football Scotland organisation to ensure that the Walking Football programme encourages participation in sport and physical activity for older adults (Active Scotland)
 - Expanding the Care About Physical Activity programme to support efforts to improve levels of physical activity and reduce sedentary behaviour in the care and care at home sector. (Care Inspectorate)
4. We will support the promotion of physical activity in workplaces by:
 - Embedding the Exemplar Physical Activity Employer programme within the Healthy Working Lives Award (NHS Health Scotland)
 - Supporting Cycle friendly employer and other active travel promotion programmes. (Transport Scotland)

Outcome 3. We develop physical activity confidence and competence from the earliest age

We want all of Scotland's children and young people to have the opportunity to experience the joys of movement, and the social, emotional and physical wellbeing that comes through play and with leading an active lifestyle.

We recognise the important role of parents and carers as facilitators of children's active play from the very start of their child's life, helping the development of basic movement skills and fostering positive attitudes towards physical activity.

We aim to ensure that Scotland's children and young people develop the physical confidence and competence required for a foundation of lifelong participation in physical activity and sport. This means providing a range of opportunities to explore different kinds of play and physical activity and sport; encouragement in developing skills in a safe and supportive environment; and help in overcoming barriers to participation.

Key Achievements so far

- Recognising the importance of physical activity for children, we have invested £11.6 million between 2012 and 2016 in supporting schools to meet our P.E. commitment of two hours or periods per week. As a result, the percentage of schools meeting this commitment has risen from 10% in 2004/5 to 98% in 2017.
- We have established a Sporting Equality Fund of £300,000 which aims to increase the number of women and girls who participate in sport in Scotland using insight and evidence around what works.

Priority Actions

1. We will use the Year of Young People 2018 to support young people to lead healthier, active lives working with partners to develop a programme of activity that leads to a lasting legacy of engagement with young people across Scotland.
2. We will develop the physical confidence and competence of children and young people by:
 - Co-ordinating and promoting good practice on physical activity and outdoor play, to ensure that communities have places and spaces where children can play safely outside. (Directorate for Children and Families, Scottish Government)
 - Ensuring that outdoor learning is a focus for our pledge to increase the provision of free early learning and childcare provision to 1140 hours per year by 2020 (Active Scotland Division)
 - Continuing to invest in supporting schools to meet our P.E. commitment of two hours or periods per week. (Education Scotland)
 - Working in partnership with local authorities to support the Physical Education, Physical Activity and Sport (PEPAS) agenda as part of the Curriculum for Excellence. (sportscotland)

- Co-ordinating activity around Active Girls Day and Scottish Women and Girls in Sport Week to encourage participation (Active Scotland)
 - Exploring the potential to link to Pupil Equity Fund plans which include Physical Activity and Sport as part of the Equity agenda (Education Scotland)
 - Increasing female participation in physical activity through the projects funded under the Sporting Equality Fund (Active Scotland)
 - Continuing to support active travel programmes in schools, such as Cycle friendly schools, WoW via Living Streets, I Bike, Bikeability and Play on Pedals for early years. (Transport Scotland)
3. We will ensure that inclusive, diverse and adapted physical activity opportunities are available to children and young people with disabilities by supporting opportunities for sporting participation and physical activity for people with learning disabilities and autism through the Keys to Life strategy and the Scottish Strategy for Autism. (Learning Disabilities team, Scottish Government)
 4. We will support coaches, deliverers and volunteers working with young people to gain skills in developing physical literacy through multi-skills training. (**sportscotland**)
 5. We will continue to develop and disseminate the Play@home programme throughout Scotland as a means of promoting positive parenting, child development and physical literacy from birth. (NHS Health Scotland)

Outcome 4. We improve our active infrastructure – people and places

The physical environment is an important factor in encouraging and enabling us to live active lifestyles. The availability and accessibility of sport and exercise facilities, our transport infrastructure, and our built and natural environments all have a significant bearing on how readily we can take part in physical activity and sport, and the regular choices we make about how we move through our surroundings. We therefore seek to ensure that our environments support outdoor play, walking, cycling and other forms of active travel, and provide inspiring and safe opportunities for people to participate in physical activity and sport.

People are a vital part of the infrastructure which supports others to become more active. For example, professionals throughout Scotland's health and social care system, coaches and volunteers who enable and encourage Scotland's people to get involved in physical activity and sport at all levels; staff in care homes, leisure facilities, and many other settings who support people to be more physically active – all of these roles are central to achieving the ambition of making people in Scotland more active, more often. Ensuring they have the skills, support and resources to enable them to carry out their essential work effectively is an important aspect of the actions under this outcome.

Key Achievements so far

- In 2017/18, Sustrans Scotland has so far allocated £15.5 million of Scottish Government funding for new facilities ranging from short path links to schools and shops to innovative initiatives which overcome significant barriers through the Community Links programme.
- National networks of Scotland's long distance routes and core paths close to communities established, providing opportunities for walking, cycling and horse-riding across Scotland.
- Established world leading statutory public rights of access to land for recreational and other purposes as part of the Land Reform Act (2003)
- £2.5 million invested in new trails by the Developing Mountain Biking in Scotland Consortium helping to support communities, local authorities and businesses to develop mountain biking opportunities across Scotland
- Since 2007, sportscotland has invested £168 million to help local authorities, sports governing bodies and other organisations to deliver new and upgraded sporting facilities.
- 79% of primary and 98% of secondary school sports facilities are available to the local community.
- CashBack has invested over £11.3 million in state of the art football and rugby 3G all weather pitches, floodlighting and changing facilities in communities across the country.

Priority Actions

1. We will build an Active Nation, boosting investment in walking and cycling and putting active travel at the heart of our transport planning by:
 - Making our towns and cities friendlier and safer spaces for pedestrians and cyclists, by increasing investment that supports active travel from £40 million to £80 million per year from 2018-19 (Transport Scotland)
 - Building upon existing planning policies that support active travel and promote sustainable patterns of transport as part of a transition to a low carbon economy through the review of Scottish Planning Policy. (SG Planning)
 - Delivering projects which help older people benefit from our network of walking and cycling routes (Transport Scotland)
 - Continuing our investment for walkers and cyclists on the A9 corridor, including 35 km of new cycle track to connect the A9 route with the wider National Cycle Network. (Transport Scotland)
 - Funding new facilities varying from short path links to schools and shops to innovative initiatives which overcome barriers through the Community Links programme.(Transport Scotland)
2. We will ensure that Scotland's natural environment provides opportunities for increased levels of physical activity for everyone by:
 - Using the ERDF Green Infrastructure Fund to improve Scotland's urban environment by increasing and enhancing greenspace in our towns and cities, especially close to areas of multiple deprivation. (Scottish Natural Heritage)
 - Working with Central Scotland Green Network Trust, Forestry Commission Scotland and others to help create, attractive, safe, and well-maintained greenspace and woodlands within easy walking distance of every home in Central Scotland through the Central Scotland Green Network (Scottish Natural Heritage)
 - Growing Scotland's network of paths, trails and canal towpaths from 6,000 to 8,000 kilometres by 2035 through the National Walking and Cycling Network (Scottish Natural Heritage)
3. We will ensure that health and social care professionals have the resources and opportunities to get people more active by:
 - Encouraging and assisting the work of NHS Education for Scotland to integrate learning around physical activity into undergraduate and continuing professional development curricula for health professionals (NHS Health Scotland)
 - Providing a package of Practitioner Resources to support local Health Boards in delivery of the National Physical Activity Pathway. (NHS Health Scotland)
 - Using 'Green Health Partnerships' to make the links between the health sector and the environment sector so as to increase awareness amongst health professionals of the opportunities to promote physical activity in the outdoors (Scottish Natural Heritage)

- Raising awareness amongst health and social care professionals of recommended levels of physical activity for particular groups by ensuring that the Chief Medical Officer physical activity infographics. are widely available (Active Scotland Division)
4. We will ensure that the people who enable and encourage Scotland's people to get involved in physical activity and sport at all levels have the necessary skills, support and resources by:
- Continuing to invest in partners to support a network of posts developing sport - including coaches and volunteers across Scotland (**sportscotland**)
 - Supporting and celebrating the contribution of volunteers to sport in Scotland (Scottish Sports Association)
 - Encouraging and supporting partners, clubs and communities to grow and develop coaches and deliverers working in schools and clubs. (**sportscotland**)
 - Providing a range of leadership opportunities for young people, including the Young People's Sports Panel and Young Ambassadors (**sportscotland**)
 - Enhancing leadership and diversity of leadership/boards via the On Board for Sport programme (Scottish Sports Association)
 - Developing and implementing a clear, strategic approach to leadership development for professional staff working in Scotland's sporting system, proactively encouraging diversity in the workforce for sport. (**sportscotland**)
 - Shaping and sharing best practice amongst Sports Governing Bodies (**sportscotland**)
5. We will ensure that our sports facilities support and encourage people to participate by:
- Investing in the development of new facilities and upgrading or extending existing facilities including investing in facilities to support major sporting events. (**sportscotland**)
 - Delivering regional sports centres around the country with a mixture of facilities for both community and performance use (**sportscotland**)
 - Requiring applicants to the Sports Facilities Fund to demonstrate that they have involved their community in the decision making stages of their proposals (**sportscotland**)
 - Prioritising investment from the Sport Facilities Fund into projects that provide opportunities for people to get involved in sport and physical activity, who share protected characteristics that are under-represented in sport, or are located in or serve the most deprived areas of Scotland. (**sportscotland**)
 - Developing facilities design guidance that supports clubs, community groups and others to design and deliver inclusive sports facilities (**sportscotland**)
 - Protecting and improving the quality and capacity of playing fields and pitches as part of the statutory planning process (**sportscotland**)

Outcome 5: We support wellbeing and resilience in communities through physical activity and sport

Sport and physical activity can be a powerful force for positive change in communities, helping to improve outcomes not only for health and wellbeing, but also for education, employment and community safety, for example. The Sport for Change agenda uses physical activity and sport intentionally to bring about positive benefits for individuals and communities, to address specific needs.

We aim to support approaches which provide communities with opportunities to pursue their own goals and meet their own needs through physical activity and sport, drawing on the strengths and knowledge of those who are active within their local communities and supporting them to make positive changes in the lives of those around them.

Key Achievements so far

- Sports clubs also play a valuable role in providing a wide range of opportunities for participation in communities, with Scotland currently having around 13000 clubs with 900,000 members.
- Scotland now has a total of 181 Community Sports Hubs across the country and we are on target to achieving 200 by 2020.
- **Sportscotland** is currently focussing on seven community sports hubs across five local authorities in the 5% of the most deprived areas, looking to create more opportunities and explore barriers to participation.
- We have rolled out the Place Standard tool across Scotland to structure conversations about place. As of November 2017, the Place Standard is being delivered across 24 Local Authorities and in both national parks.
- Scotland has a diverse range of sports clubs across a wide variety of sports .

Priority Actions

1. We will provide leadership and support for the Sport for Change approach within the sporting system, working collaboratively with partners including The Robertson Trust and the Scottish Government. (**sportscotland**)
2. We will support the development of community sport hubs within the most deprived areas of Scotland offering a range of opportunities for people to take part in sport. (**sportscotland**)
3. We will support and promote the design of places and spaces to encourage and facilitate physical activity through approaches to neighbourhood design, opportunities for active travel, and use of the Place Standard. (Scottish Government Planning)
4. We will promote a supportive approach to physical activity, play and sport in public spaces, and encourage removal of signs which discourage this, e.g. 'no ball games' signs'. (Active Scotland)

Outcome 6: We improve opportunities to participate, progress and achieve sport

We want Scotland to have a sporting system which works at all levels – performance and grassroots – to motivate more organisations and individuals to get involved in sport and live active lifestyles. The whole country benefits from and enjoys the success of our top sportspeople, and we want to ensure that they are supported to deliver their achievements. We must also ensure that as many people as possible have opportunities to take part in sport, sharing in the health and well-being benefits this brings.

A vital part of this is building and maintaining a system which enables the broadest range possible of people to participate, progress and achieve in sport. This means identifying and addressing barriers which prevent people from various groups in accessing opportunities to take part in sport and physical activity.

Key Achievements so far

- Scotland and the sportscotland institute of sport made a significant contribution to Team GB and Paralympics GB finishing second in both medal tables at the Rio Olympic and Paralympic Games. We achieved a series of best-ever results for an away Games, including:
 - Record numbers of Scottish medallists at an away Summer Olympics and Paralympics
 - Record numbers of Scots on Team GB and Paralympics GB at an away Summer Olympics and Paralympics
 - Record numbers of Scots on World Class Programmes
 - Specialist staff appointed to key roles for Rio 2016 including the Head of Sports Medicine for Team GB
- Through direct club investment (DCI), sportscotland supported sports clubs to hire paid professional staff in both coaching and administration posts, and forge stronger connections and better relationships with local schools. During 2016-17 sportscotland approved awards totalling £139,954 for seven clubs. This investment has leveraged an additional £239,126 from the clubs and local partners.
- Working closely with Sports Governing Bodies (SGBs), sportscotland continued to support coach education and development opportunities, with more than 3,300 people receiving offers of financial support to complete UK Coaching Certificate (UKCC) qualifications across 26 sports. This is the largest investment in coach education grants we have made in any year. We had almost 12,000 attendances by coaches accessing a range of learning and development opportunities, delivered by SGBs and directly by sportscotland.

Priority Actions

1. We will strengthen the provision of universally accessible active recreation and sports programmes and facilities for people of all ages and abilities by:
 - Supporting the work of the Scottish Association for Mental Health to increase the representation and participation of people with lived experience of mental health problems in physical activity and sport. (Active Scotland)
 - Working in partnership with the Scottish FA and its affiliated member associations to promote its new Para-Football strategy, which promotes social change for people with a disability. (Active Scotland)
2. We will showcase the contributions of football to delivering positive outcomes, including the Football Fans In Training programme, the range of activity undertaken by individual Trusts, Foundations and clubs, and Walking Football. (Active Scotland)
3. We will improve opportunities to participate in sport by:
 - Supporting clubs and communities to offer a range of opportunities for people to participate through community sport hubs, Sports Governing Body regional development posts, and Direct Club Investment. (**sportscotland**)
 - Supporting Sports Governing Bodies to meet agreed development and growth outcomes. (**sportscotland**)
 - Providing more and higher quality opportunities to participate in sport in schools, before school, during lunchtime, and after school through our Active Schools programme. (**sportscotland**)
4. We will improve opportunities to progress and achieve in sport by:
 - Supporting and developing effective pathways between schools and clubs to improve the transition of pupils from school to club sport. (**sportscotland**)
 - Providing opportunities for more young people to compete in regular school sport competition across a range of sports at their chosen level. (**sportscotland**)
 - Supporting clubs, communities and Sports Governing Bodies that deliver planned opportunities for participants to improve, progress and perform. (**sportscotland**)
 - Agreeing and delivering specialist services to agreed sports for an agreed set of nominated athletes, which meet the objectives identified by sports. (**sportscotland**)
 - Providing specialist support services to identified athletes when required to ensure they are selected for Team GB, make the start line healthy and perform. (**sportscotland**)
 - Investing in Sports Governing Bodies Performance Programmes and in-house performance programmes to deliver outcomes at the Olympics and Paralympic Games, the Commonwealth Games and other significant international events. (**sportscotland**)

Leadership and Evidence

Leadership at both local and national level is essential to mobilise resources and implement actions to increase participation. We also need to ensure that we are aware of the latest academic research to inform the direction of policy and that we have robust evidence of impact for surveillance, monitoring and accountability.

The National Strategic Group on Physical Activity and Sport (NSG) was formed in 2014. Its remit was defined as:

- A strategic overview of the delivery of the Government's commitments in sport and physical activity policy underpinned by specific objectives
- A forum to discuss, support and assess the collective delivery of a range of strategic objectives

The group is chaired by the Minister for Public Health and Sport and includes representatives from across a wide range of sectors including transport, education, environment, sport, health, local authorities and academia. Since its inception the group has successfully overseen the development of Scotland's first Physical Activity Implementation Plan, the National Walking Strategy and the Active Scotland Outcomes Framework.

As part of the development of this new Delivery Plan, we have reviewed the role and composition of the NSG to ensure that we have the most appropriate governance arrangements in place.

Priority Actions

1. To ensure both a clear focus on working in partnership to deliver the actions set out in this plan and a wider strategic approach drawing on the latest evidence and emerging priorities, we will reconstitute the National Strategic Group on Sport and Physical Activity as an Active Scotland Delivery Group and an Active Scotland Development Group to focus on each of these roles respectively. (Active Scotland)
2. We will place a greater focus on involving a wider range of organisations and individuals in co-ordinating priorities and actions for physical activity and sport in Scotland. These will include:
 - Exploring opportunities across all Scottish Government Ministerial portfolios to develop joint action which encourages and supports people to be more physically active (Active Scotland)
 - Exploring with Local Authorities, Health Boards and other key partners how we can support the exchange of good practice and shared learning and identify how national actions can be translated into local delivery. (Active Scotland)
 - Building on existing events and networks such as the Scottish Physical Activity Research Connections (SPARC) and Physical Activity Health Alliance (PAHA) to bring together researchers, practitioners, delivery partners and policy officials, providing opportunities to assess collective progress and consider emerging evidence. (Active Scotland)

3. We will ensure that monitoring and evaluation is embedded within our approach at all levels by:
 - Contributing funding to a UK wide review of the Chief Medical Officers' Guidelines for Physical Activity, and promoting awareness and uptake of the updated guidelines (Active Scotland)
 - Continuing to use a set of indicators to assess our progress at national level, refreshing the existing Active Scotland indicators with a more detailed set enabling progress to be assessed across different groups and different aspects of the Chief Medical Officers' Guidelines. (Active Scotland)
 - The on-going development and roll-out of a toolkit to support a wide range of sporting organisations in identifying the outcomes they are seeking to achieve and to monitor progress towards achieving these. (Active Scotland)
 - Organisations in football undertake good work in communities, delivering a range of outcomes. We will work with stakeholders in football to strengthen the evidence and case studies which underpin this activity. This includes the Scottish Government and Scottish FA working on a joint pilot to improve the capacity and capability across UEFA members, using Scotland as an exemplar. (Active Scotland)
4. We will explore opportunities to align data collection within the new Health and Wellbeing census being designed as part of the National Improvement Framework and the Excellence agenda. (Education Scotland)

Alignment with International Best Practice

As part of its mission to reduce physical inactivity worldwide, the World Health Organization issued a draft global action plan in late 2017 based on wide consultation with WHO Member States, international experts and interested stakeholders including from the medial and health, sports medicine, sports and recreation, education, UN agencies, Member States, research and academic communities, the private sector and the public.¹

While focussed on demonstrating how we will deliver the Active Scotland Outcomes Framework, the actions in this Active Scotland Delivery Plan are also closely aligned to international best practice as described in the WHO draft plan and in particular the four strategic objectives described in the WHO draft global action plan. The diagram on the following page illustrates how the Active Scotland Outcomes Framework addresses each of the WHO themes, which are as follows:

- **CREATE AN ACTIVE SOCIETY**

Create a paradigm shift in all of society by enhancing knowledge and understanding of, and appreciation for, the multiple benefits of regular physical activity, according to ability and at all ages.

- **CREATE AN ACTIVE ENVIRONMENT**

Create and maintain environments that promote and safeguard the rights of all people, of all ages, to have equitable access to safe places and spaces, in their cities and communities, in which to engage in regular physical activity, according to ability.

- **CREATE ACTIVE LIVES**

Create and promote access to opportunities and programmes, across multiple settings, to help people of all ages and abilities engage in regular physical activity as individuals, families and communities.

- **CREATE ACTIVE SYSTEMS**

Create leadership, governance, multi-sectoral partnerships, workforce capabilities, advocacy and information systems across sectors to achieve excellence in resource mobilization and implementation of coordinated international, national and subnational action to increase physical activity and reduce sedentary behaviour.

¹ http://www.who.int/ncds/governance/physical_activity_plan/en/

**Scottish Government Population Health Directorate
Active Scotland Division**

**NATIONAL STRATEGIC GROUP FOR SPORT AND PHYSICAL ACTIVITY
26th April 2018**

Paper NSGSPA 11/3

Title: Future Governance Structures

Purpose: At its meeting in November 2017, the National Strategic Group agreed that new governance structures should be put in place to drive forward the new Active Scotland Delivery Plan.

The new governance structures agreed in principle at the previous NSG meeting will form the basis for implementation of the range of actions through the future work of the Delivery Group, which will also look to develop partnership approaches to delivering the actions, identify any barriers to delivery, and co-ordinate individual partners' approaches to monitoring and evaluation. The Development Group will consider the future development of this initial set of actions by identifying gaps, new opportunities, and evidence of success in meeting the Active Scotland Outcomes.

The purpose of this paper is to provide further details of the proposed membership and suggested remit of these new groups.

Action: Members are invited to **approve** the new governance structures.

Authors: Niall Taylor: Strategy Manager: Active Scotland Division

Date: April 2018

Future Governance structures

1. The National Strategic Group on Physical Activity and Sport agreed at its meeting on 17th November 2017 that it should be reconstituted as two separate groups following the publication of the new Active Scotland Delivery Plan. This decision is intended to clearly separate two roles:
 - monitoring of the implementation of actions in the Delivery Plan at both local and national levels
 - consideration of new and bold approaches based on emerging evidence and international expert views as well as constructive challenge on whether our actions are achieving the desired outcomes and how the Delivery Plan should develop over time.

This note provides more information on the remit and membership of the new groups.

2. It is important that the new groups have the ability to reshape membership and remit as they become established. The descriptions below are therefore only initial suggestions to allow the groups to be established. The groups themselves may revise these in future as they see fit, in discussion with all concerned.
3. The proposed membership is indicated on an organisational basis rather than by named individuals (with the exception of the chairs). Each organisation can nominate individuals to represent them as seems most appropriate. We have aimed to ensure that all of those organisations represented on NSG or its sub-groups have a place on the new groups.

Active Scotland Development Group

4. **Remit:**
 - To advise on development of policy in line with up to date evidence
 - To promote key messages to the wider stakeholder community
 - To facilitate translation of national aspirations to local delivery
 - To advise the Active Scotland Delivery Group on new or revised delivery actions

Membership:

COSLA
VOCAL/SPORTA
SOLACE
NHS Health Scotland
DPH
Transport Scotland
Education Scotland
Scottish Natural Heritage
sportScotland
Scottish Sports Association
Robertson Trust

Scottish Government Chief Medical Officer's team
Scottish Government Planning
Paths for All

Chair: Professor Nanette Mutrie, Edinburgh University

Frequency: Quarterly

Secretariat: Active Scotland Division

Reports To: Minister for Public Health and Sport

Active Scotland Delivery Group

5. Remit:

- To monitor delivery of the actions in the new Active Scotland Delivery Plan.
- To identify opportunities to enhance delivery through partnership working
- To consider recommendations from the Active Scotland Development Group on new or revised delivery actions

Membership:

NHS Health Scotland
Transport Scotland
Education Scotland
Scottish Natural Heritage
sportScotland

Chair: Derek Grieve, Head of Active Scotland Division

Frequency: Quarterly

Secretariat: Active Scotland Division

Reports To: Minister for Public Health and Sport

6. All of the organisations on the Delivery Group will also have representation on the Development Group and Active Scotland Division will provide support to both. This should help to ensure close co-operation between the two groups but members may wish to develop additional mechanisms to achieve this as required.

National Strategic Group (NSG)

Meeting 11 - Thursday 26 April 2018 (09:00 – 11:00)

Conference Room 4ER, St Andrews House, Edinburgh

Present:	
Aileen Campbell MSP	Minister for Public Health and Sport (Chair)
Vicki McKechnie	Active Scotland Division (Minutes)
Derek Grieve	Active Scotland Division - Scottish Government
Caspian Richards	Active Scotland Division - Scottish Government
Niall Taylor	Active Scotland Division - Scottish Government
Mariela Fordyce	Senior Researcher - Scottish Government
Gavin Stevenson	CEO Dumfries and Galloway Council
Stewart Harris	CEO sportscotland
Mel Young	Chair sportscotland
Joanne Boyle	Head of Sustainable and Active travel – Scottish Government
Alan Armstrong	Education Scotland
David Crichton	Board Chair, NHS Health Scotland
Kim Atkinson	CEO, Scottish Sports Association
Francesca Osowska	CEO, Scottish Natural Heritage
Gregor Smith	Deputy Chief Medical Officer – Scottish Government
Graham Wark	VOCAL/Sporta

Apologies received from:-

- Nanette Mutrie – University of Edinburgh
- Gerry McLaughlin – CEO NHS Health Scotland
- Michele McCoy – Directors of Public Health

1.	<p>Welcome Introductions and minutes of last meeting paper 11/1.</p> <p>Minister for Public Health and Sport, welcomed everyone to the eleventh meeting of the National Strategic Group for Sport and Physical Activity, the final meeting of the group in its current format.</p> <p>Introductions were delivered and apologies noted.</p> <p>The group were content with the minutes of the last meeting subject to two minor changes.</p> <p>Action 1.1 Secretariat to amend minutes of the previous meeting.</p>
2.	<p>Paper NSGSPA 11/2.</p> <p>The Minister introduced paper NSGSPA 11/2 on the new Active Scotland Delivery Plan and noted the importance of this document in the context of the Public Health Portfolio as a whole.</p> <p>The Minister noted that discussions have been taking place since January and the Active Scotland Delivery Plan illustrates the wide range of activities being delivered. The Minister reinforced that this document is a dynamic document which will change over time to reflect changes in the landscape.</p>

	<p>The Group discussed the Delivery Plan, and agreed that the Plan provides a good basis for future work. Some small changes to the draft were suggested, notably to strengthen the emphasis on measuring progress through the new set of indicators; refer to inclusion in the context of tackling inequalities, and emphasise the importance of leadership in making change happen .</p> <p>Action 2.1 Secretariat to amend the Active Scotland Delivery Plan to reflect the changes suggested by NSG</p>
3	<p>Paper NSGSPA 11/3</p> <p>The Minister presented paper NSGSPA 11/3 which proposed the future governance structures which would be put in place to drive forward the new Active Scotland Delivery Plan and the suggested remit of these new groups.</p> <p>The Minister informed the group of that Professor Nanette Mutrie will take on the role of chair of the Development Group and Derek Grieve will chair the Delivery Group.</p> <p>NSG members discussed the role and function of the two groups and suggested some clarifications to their remit to enable organisations to identify how they would be most appropriately represented on each. It was also suggested that further details should be set out on how the two groups will work together, and that the groups should consider how to draw on expertise beyond core membership in exploring particular issues, e.g. the role of the private sector, and the viewpoints of particular sections of society e.g. young people or older adults.</p> <p>Concluding the discussion, NSG members agreed that the proposed new structure should now be taken forward, and that Active Scotland Division should issue a revised governance paper addressing the points made.</p> <p>Action 3.1 Active Scotland Division to redraft the remits of the Governance Groups and circulate to members for comment by correspondence.</p>
4	<p>Future Opportunities and Challenges – Round-Table Discussion</p> <p>NSG members discussed future opportunities and challenges including the Year of Young People, the Planning Framework and Public Health Reform. The forthcoming launch of the World Health Organisation Global Action Plan on Physical Activity was noted.</p>
5	<p>AOB</p> <p>The Minister thanked members for their commitment to this group and looked forward to working with the new groups in the future.</p> <p>Action 5.1 Strategy and Improvement Team to liaise with members to agree dates for the first meetings of the new groups.</p>