

# Health, Exercise and Society

LECTURE 1

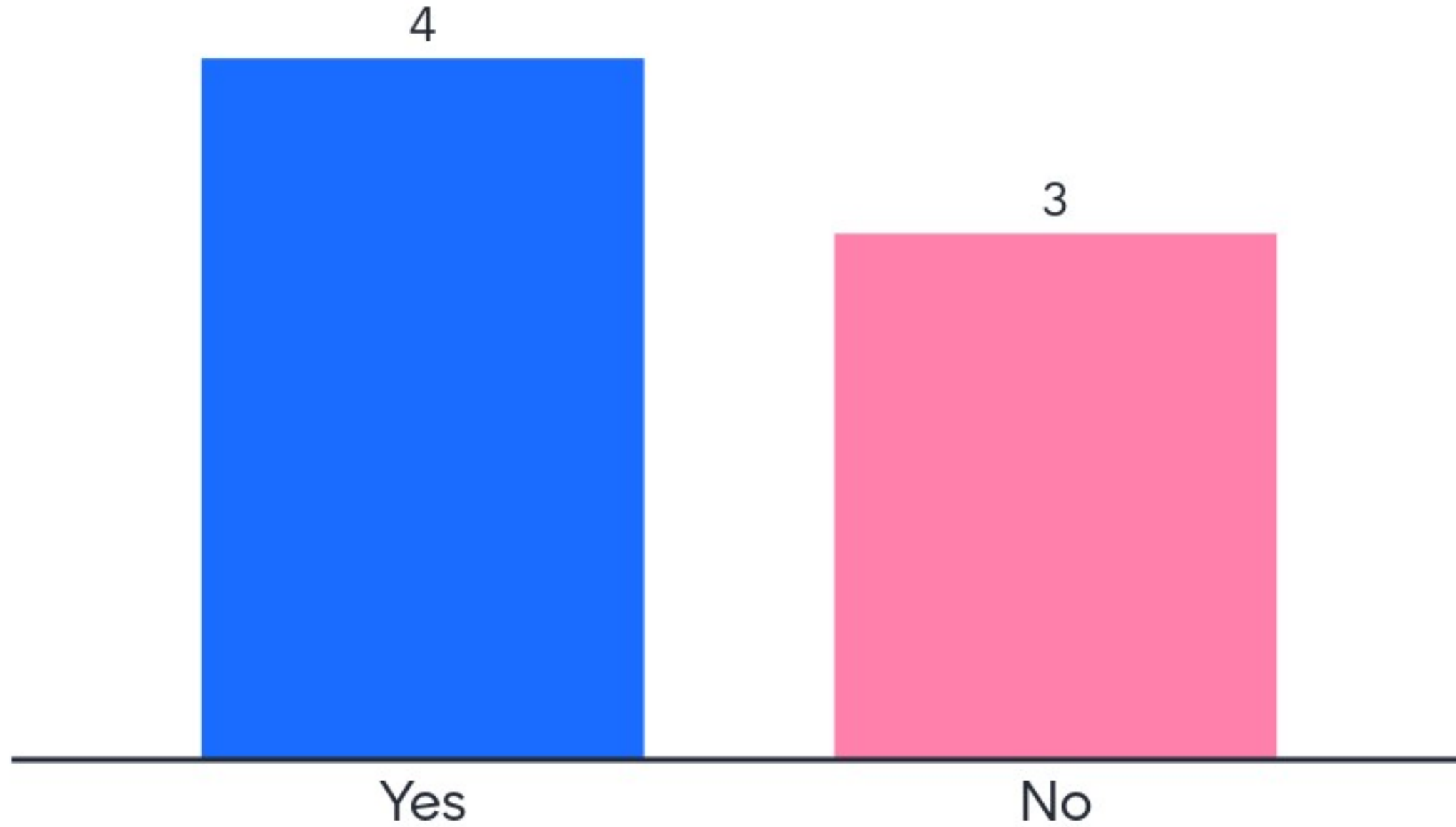
# What are the main causes of poor health?



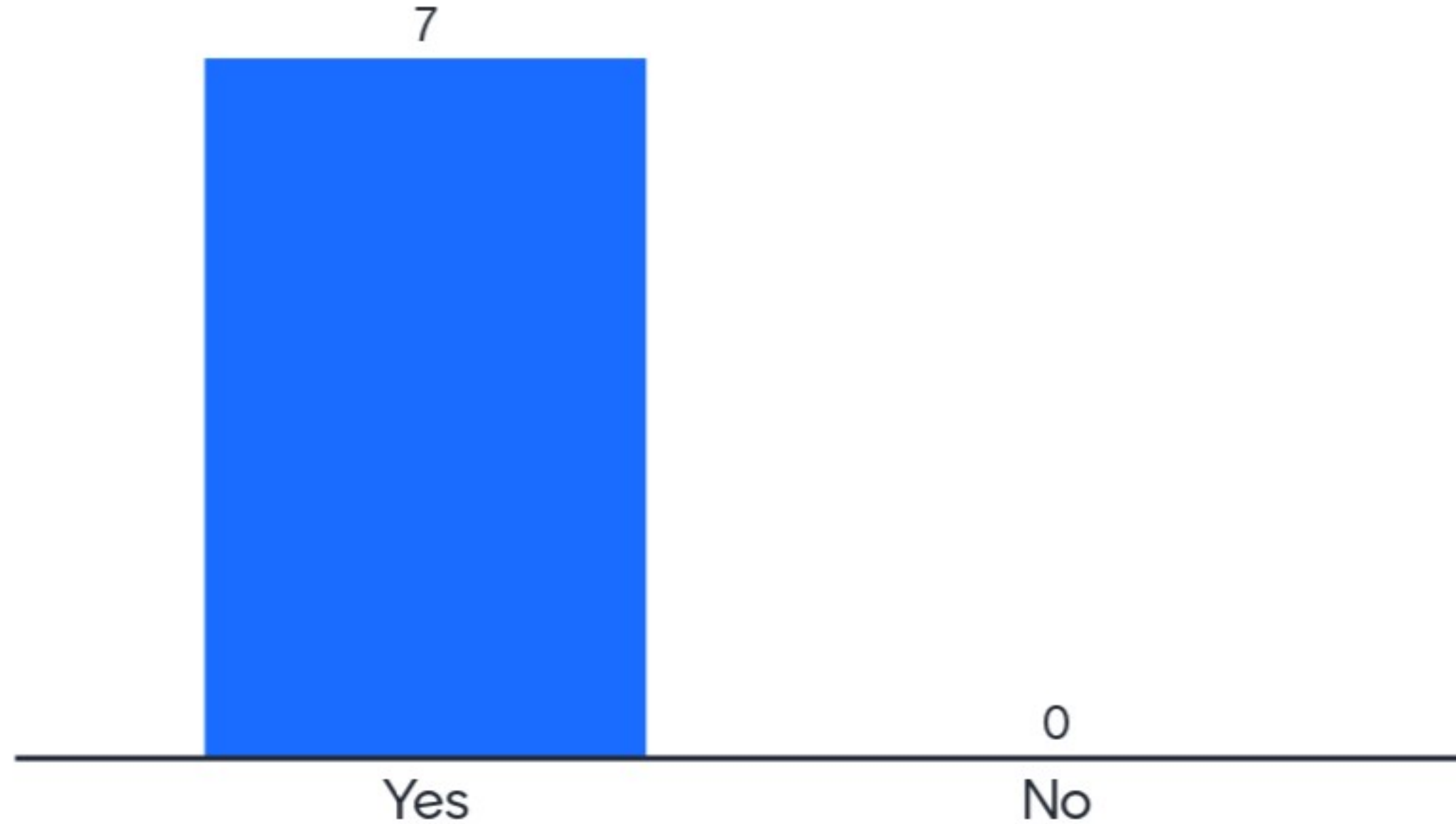
A word cloud visualization of responses to the question 'What are the main causes of poor health?'. The words are arranged in a circular pattern around the central word 'diet'. The words and their approximate colors are: 'diet' (blue), 'lack of exercise' (yellow), 'sedentary lifestyle' (red), 'obesity' (red), 'littke exercise' (green), 'political' (blue), 'environmental factors' (pink), 'gaming' (yellow), 'bad choices' (blue), 'bad habits' (orange), and 'cultural' (pink). The word 'diet' is the largest and most central.

lack of exercise  
sedentary lifestyle  
obesity  
littke exercise  
diet  
political  
environmental factors  
gaming  
bad choices  
bad habits  
cultural

# Is a lack of exercise the main cause?



# Are young people becoming less active?



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## Obesity

# Severe obesity among children aged 10 to 11 at record high

Official figures show 4.4% of year 6 pupils in England need medical help for obesity

**Sarah Boseley**  
Health editor

Thu 10 Oct 2019  
14.31 BST



▲ The tax on sugary drinks has led manufacturers to cut the sugar content by nearly 29%. Photograph: Jeff J Mitchell/Getty Images

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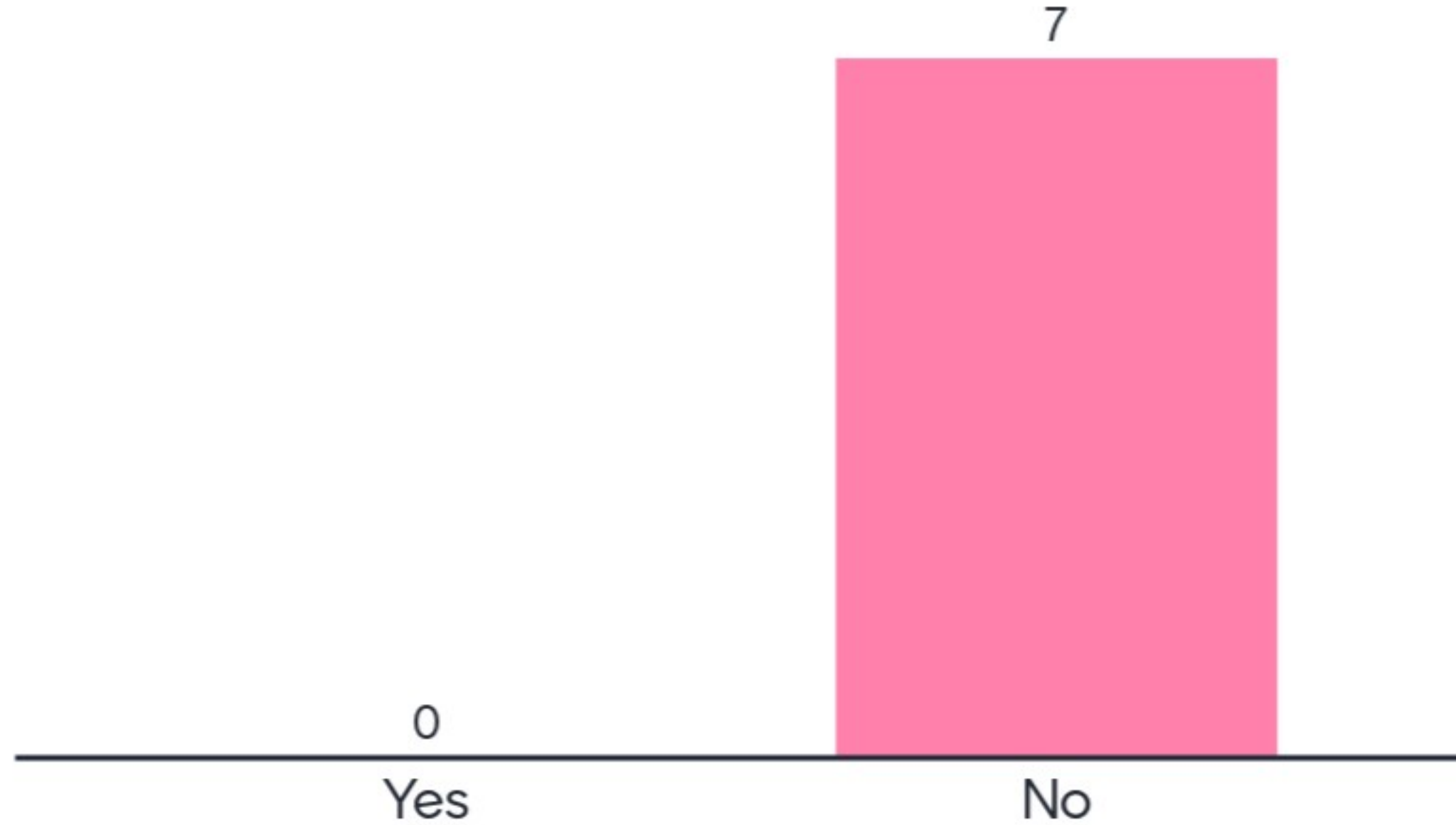
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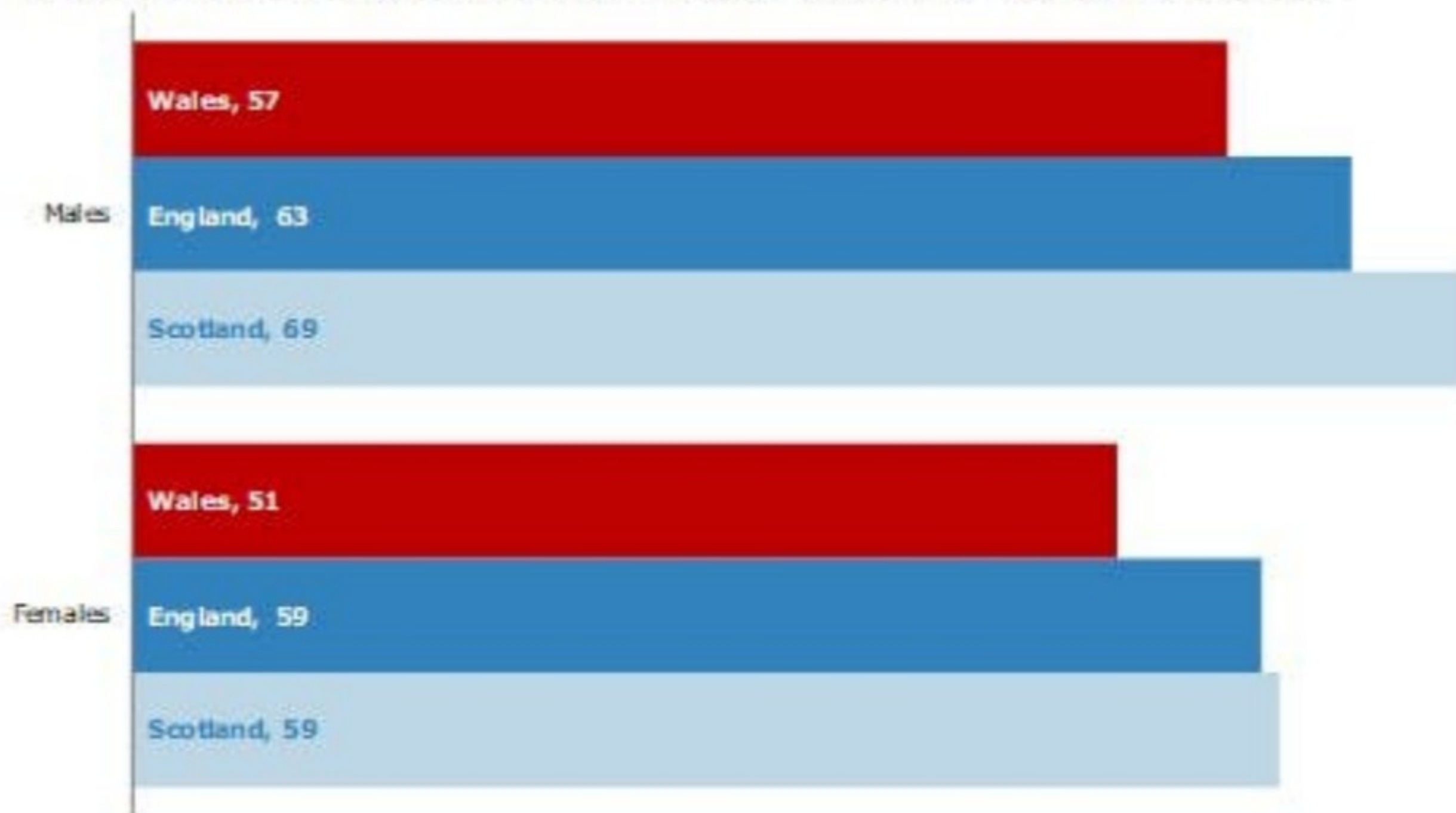


# Are women less active than men?

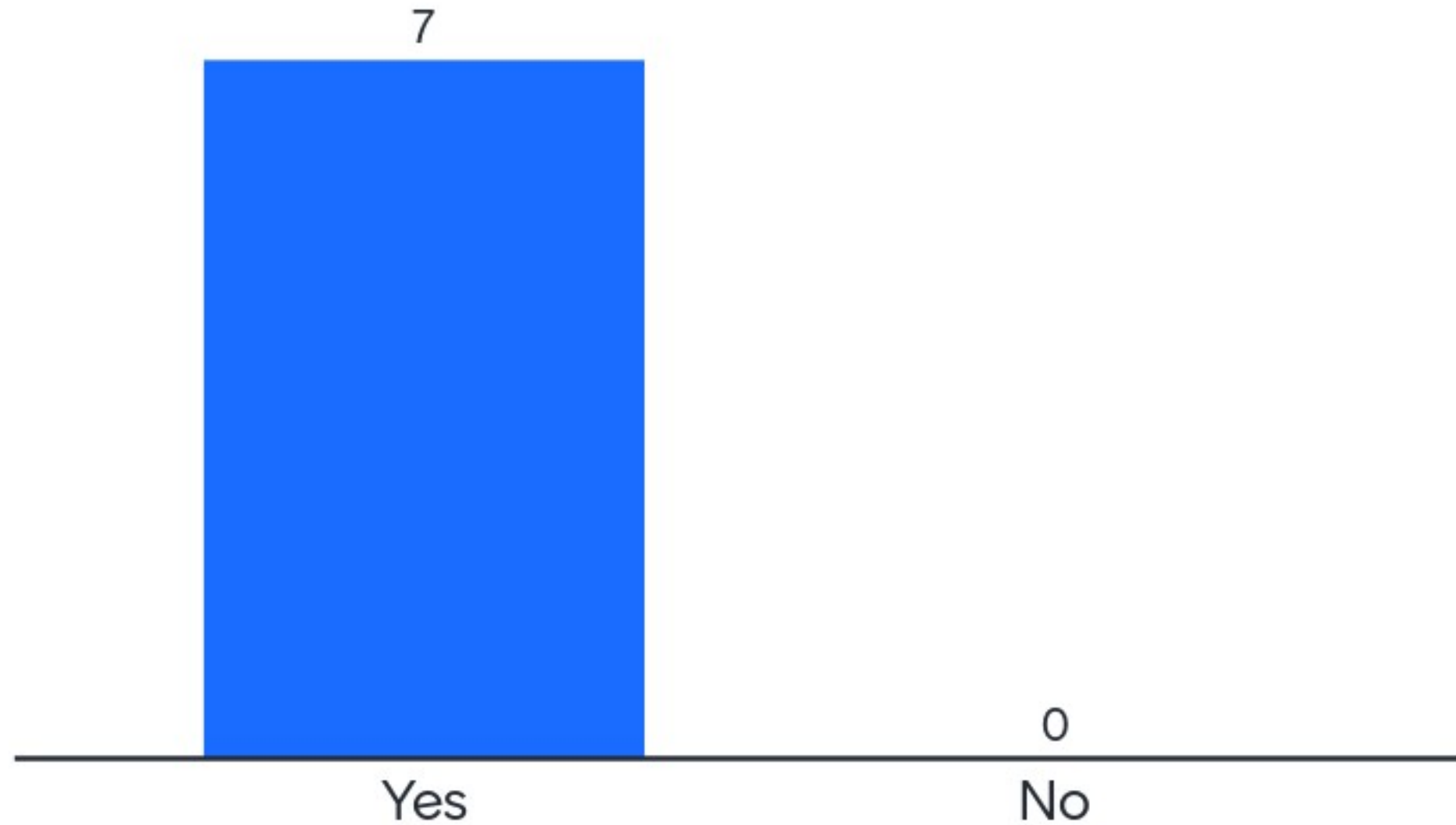


# Percentage of adults reporting to meet recommended physical activity guidelines, males and females aged 16+, Wales (2016/17), England (2015/16), Scotland (2016)

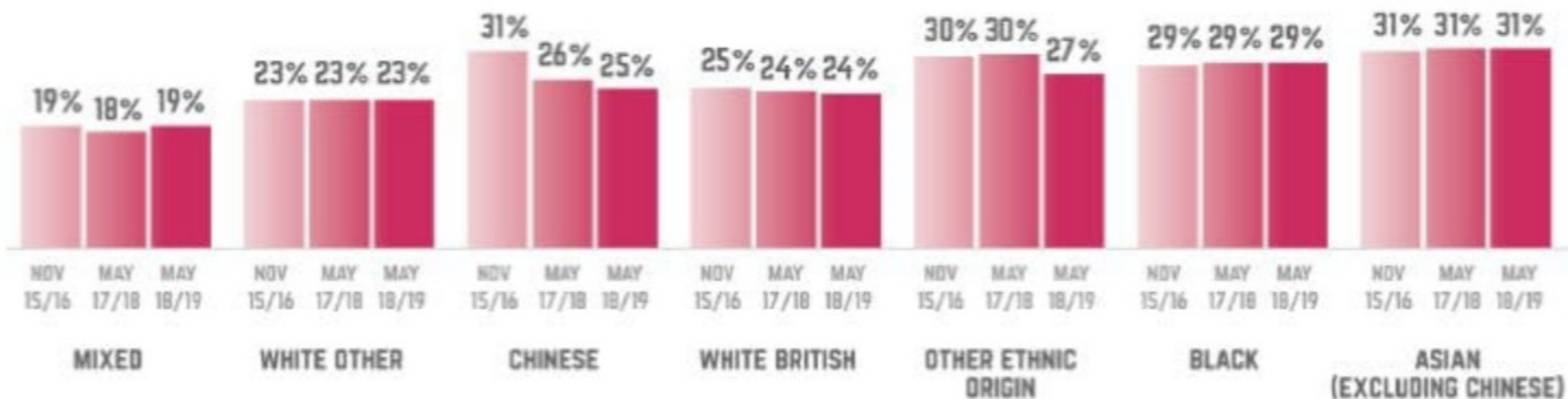
Produced by Public Health Wales Observatory, using NSW (WG), ALS (Sport England), SHeS (SG)



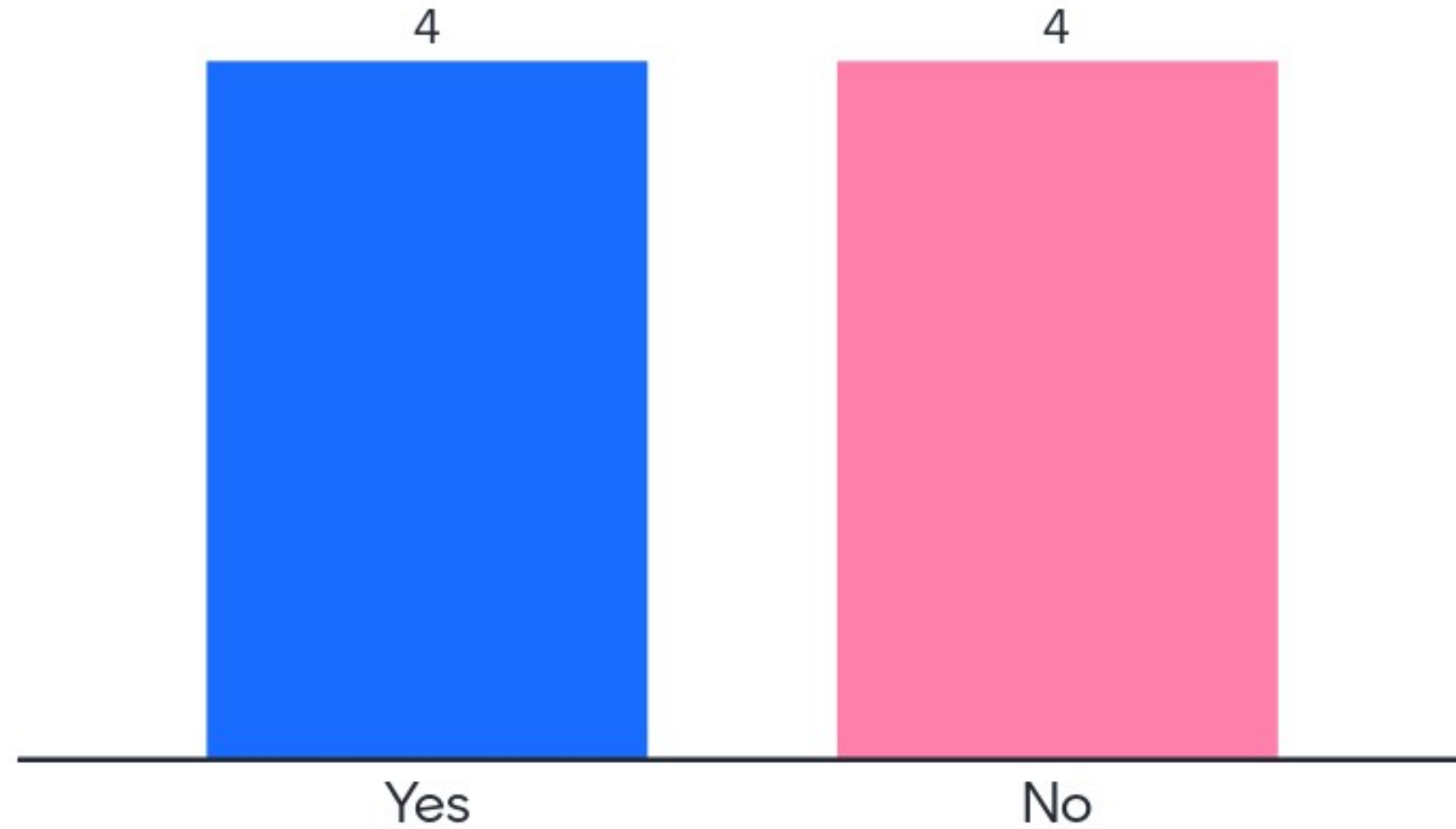
# Are BAME communities less active than white British communities?



## INACTIVE



# Are LGBT people less active than heterosexual people?



Can you identify 3 sports programmes that aim to increase physical activity levels in Wales?

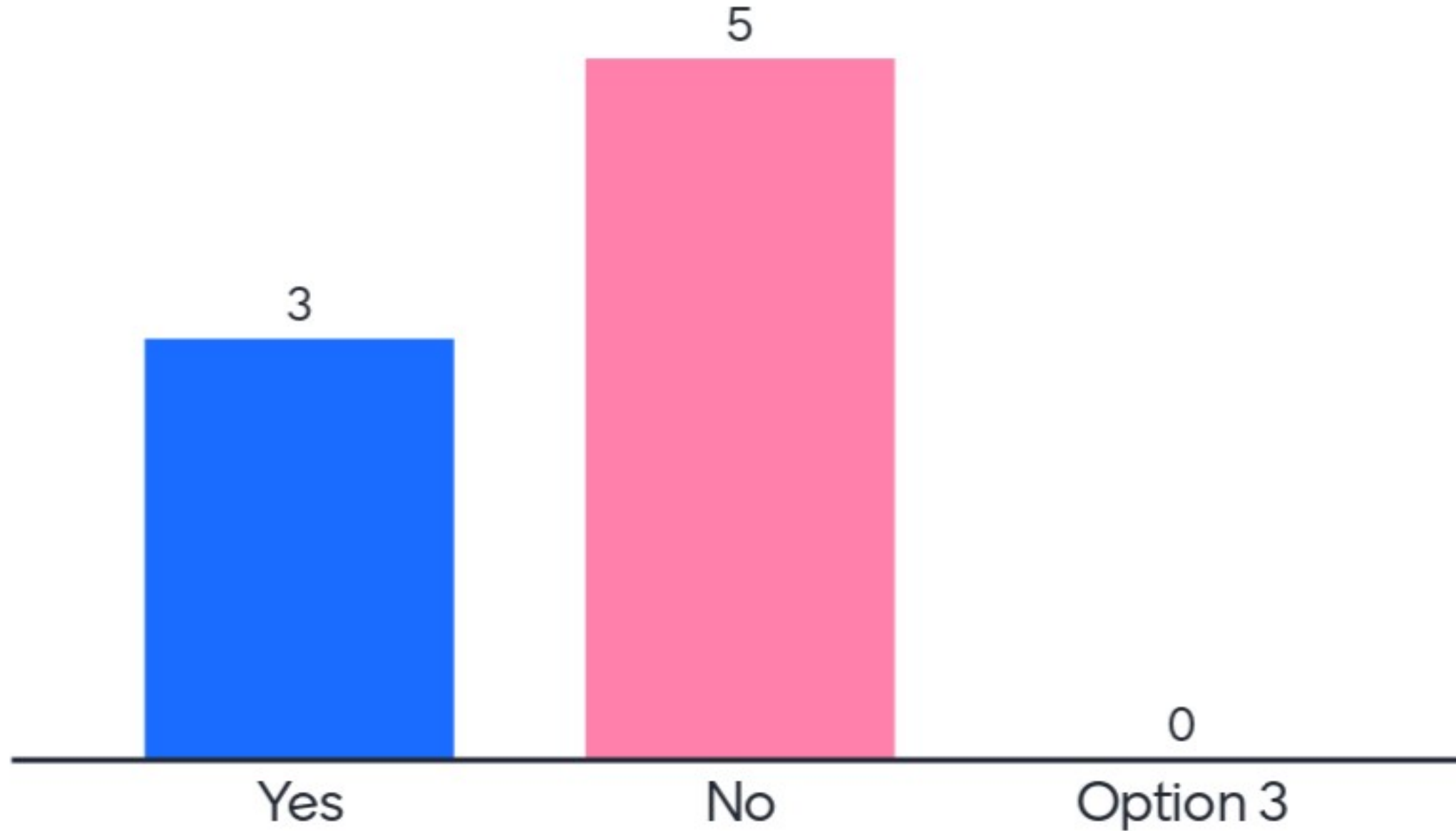
foundations  
sport wales  
560  
5x60 parkrun  
government schemes  
this girl can play more football  
activity fitt

|                     |                                                                                                                                                                                                                                                                                                                                              |  |       |       |       |     |       |     |       |                       |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------|-------|-------|-----|-------|-----|-------|-----------------------|
| Active Young People | Dragon Sport                                                                                                                                                                                                                                                                                                                                 |  | £1.1m |       | £1.1m |     | £1.1m |     | £1.1m | + and Trained Sport + |
|                     | <ul style="list-style-type: none"> <li>introducing primary school aged children to sporting opportunities in extra curricular time</li> </ul>                                                                                                                                                                                                |  |       | £0.6m |       | £3m |       | £4m |       |                       |
|                     | <b>Secondary School Sport</b> <ul style="list-style-type: none"> <li>ensuring young people have a wide range of positive sporting and physical activity experiences. To develop skill and knowledge as well as enjoyment so they want to participate in sport and physical activity and continue doing so into their adult lives.</li> </ul> |  |       |       |       |     |       |     |       |                       |

Can you name any sources of data that we can use to research sport or health levels in Wales?

gov wales  
bbc sports  
nhs wales  
books  
sport wales  
nhs  
state of the nation repor  
nhs database  
public health wales

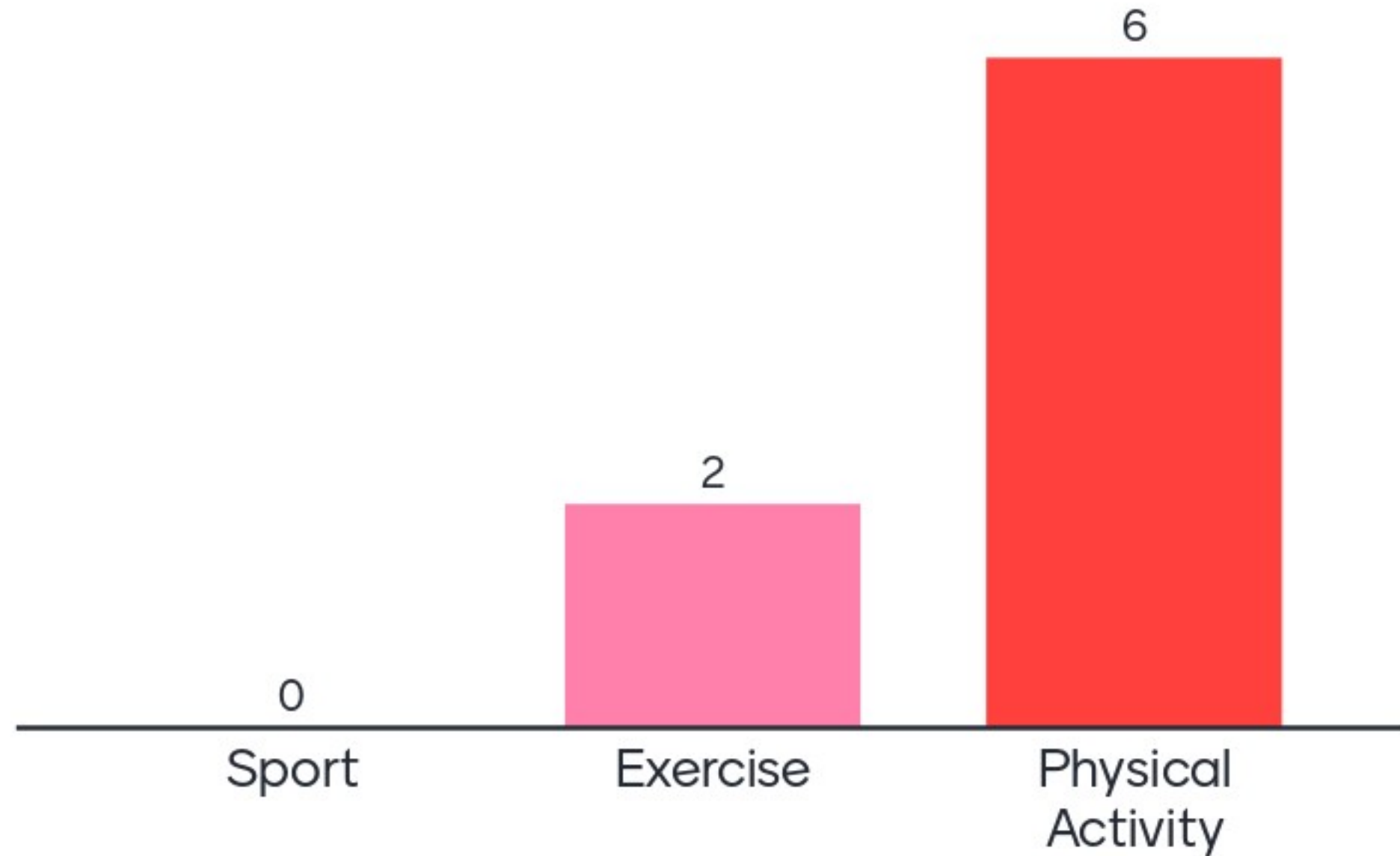
# Is sport always good for health?







# To tackle obesity should we be promoting sport, exercise or physical activity?



# Independent Study Task - Week 1

Locate the book chapter by Safai in chapter 7 of Houlihan (2008) in the reading resources folder on Moodle. Read the chapter and undertake the following tasks:

1. Note the benefits of physical activity;
2. Note the risk of physical inactivity;
3. Note key concepts and theories introduced by the author;
4. Summarise the main thrust of the chapter in your own words.

Do you agree with it?

5. Work out how you would reference this – see the UWTSD Harvard referencing handbook at top of Moodle page.



# Thanks for participating!!

Diolch yn fawr

