

Director of Public Health Annual Report 2024/25: Physical Activity Matters - Plain English Summary

What's this report about?

This report is about how being physically active can help people in Kirklees live healthier and happier lives. It looks at how much people move, what stops them from being active, and what we can all do to help more people get moving.

Why is physical activity important?

Moving your body – whether it's walking, gardening, dancing, or playing sports – can help you:

- Stay fit and strong
- Feel better mentally
- Sleep well
- Avoid illnesses like heart disease, diabetes, and some cancers

Even small amounts of movement can make a big difference. The more you move, the better it is for your health.

What's happening in Kirklees?

Many people in Kirklees aren't moving enough:

- About 1 in 4 adults and children do less than 30 minutes of activity a week.
- Some groups are less active than others, including older people, people with disabilities, and those living in poorer areas.

What's stopping people from being active?

People say they don't have time, don't feel safe, or don't know what's available nearby. Some can't afford activities or don't have someone to go with.

What can help?

We need to work together – schools, councils, health services, community groups, and businesses – to make it easier for people to be active. This means:

- Creating safe and welcoming places to walk, cycle, and play

- Offering free or low-cost activities
- Making sure everyone knows what's available
- Supporting people who find it hardest to be active

What's already available in Kirklees?

There are lots of great places and activities, including:

- Parks and green spaces
- Community groups offering walks, chair-based exercises, and inclusive sports
- School clubs and cycling training
- Leisure centres and swimming pools

What's next?

The report suggests seven key actions:

1. Listen to communities – especially those who are least active.
2. Do more research – to understand what people need.
3. Work in partnership – with Sport England and others.
4. Support local champions – who encourage activity in their communities.
5. Create a new strategy – to guide future work.
6. Include physical activity in all policies – like planning and transport.
7. Take action now – promote local opportunities and encourage staff and residents to move more.

Final message

This is just the beginning. Everyone in Kirklees should have the chance to be active in a way that suits them. Let's work together to make that happen.

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