

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## NICE guidelines

### Equality impact assessment

### Physical activity and the environment update

The impact on equality has been assessed during guidance development according to the principles of the NICE equality policy.

#### **1.0 Scope: before consultation (To be completed by the developer and submitted with the draft scope for consultation)**

1.1 Have any potential equality issues been identified during the development of the draft scope, before consultation, and, if so, what are they?

(Please specify if the issue has been highlighted by a stakeholder)

1. The scope of this guideline focuses on interventions in the built or natural environment that encourage and support physical activity among all population groups, with particular consideration of those who are less able to be physically active. It will partially update NICE guideline PH8 [Physical activity and the environment](#).
2. The guideline will look at inequalities relating to factors such as age and disability, which may reduce people's ability to be physically active in the built and natural environment.
3. While the guideline will focus on all populations groups (including adults and children), the impact of interventions among those less able to be active, will be a particular consideration, including older people, and people with disabilities (including sensory or learning disabilities) and other additional needs.
4. The scope aims to actively improve inclusiveness in terms of identifying interventions that enable everyone to access and utilise built and natural environments which provide opportunities to be physically active. For this reason, the scope includes key questions which focus on any variation in the effectiveness and cost effectiveness of interventions for different populations groups, particularly for those less able to be physically active. It also aims to identify any adverse or unintended effects, how these might vary for

particular groups (particularly those less able to be physically active) and how they may be minimised.

Examples of interventions that will be included are: those that enable people with restricted mobility, for example, who use wheelchairs or adapted cycles, to be physically active by ensuring their local environments are accessible and usable; and transport interventions such as the impact of road crossing times on different groups including older people and those with sensory disabilities.

1.2 What is the preliminary view on the extent to which these potential equality issues need addressing by the Committee? For example, if population groups, treatments or settings are excluded from the scope, are these exclusions justified – that is, are the reasons legitimate and the exclusion proportionate?

This guideline will focus on all population groups but the scope is clear that the committee will need to actively consider: If and how the effectiveness and cost effectiveness of interventions vary for different population groups (including those less able to be physically active); any adverse or unintended effects, how these might vary for different groups and how they may be minimised.

While no population groups have been excluded, some settings associated with particular groups have been excluded:

1. School playgrounds. The review conducted to support the [PH8 update decision](#) in April 2014, identified further evidence relating to the existing recommendations. However the recommendations in PH8 remain valid as they stand. It could also be argued that school playgrounds are only accessible to the children at a particular school and usually during school times. They are not therefore part of an environment that is accessible to everyone. They may also be more appropriately addressed as part of an update of another NICE guideline.
2. Residential settings such as care homes. These are excluded as building interiors

are excluded and, as above, they are not part of an environment that is accessible to everyone. However although the setting has been excluded from the scope, this does not extend to the residents themselves in terms of their needs in the wider environment and public spaces.

Completed by Developer – Adrienne Cullum and Karen Peploe

Date – March 2016

Approved by NICE quality assurance lead - Andrew Harding

Date – March 2016

## **2.0 Scope: after consultation (To be completed by the developer and submitted with the final scope)**

2.1 Have any potential equality issues been identified during consultation, and, if so, what are they?

Two issues were raised by stakeholders as potential equality issues during the consultation on the scope.

One stakeholder noted that *priority* would be given to those with limited mobility, such as wheelchair users and queried the exclusion of ‘interventions to increase physical activity to manage chronic conditions’, suggesting that these two stances would be mutually exclusive. They then noted that obesity and overweight are chronic conditions which can cause immobility or disability and suggested that excluding individuals who are overweight or obese would be potentially discriminatory.

The draft scope and the final scope are clear however, that the focus of the guideline will be on interventions in the built or natural environment that support and encourage the whole population to be physically active, with *particular consideration* of those who are less able to be physically active. There may be a range of reasons that they are less able to be physically active and obesity and overweight are not excluded from this. However the focus of the work will be interventions within the environment which benefit all groups rather than on the management of specific conditions such as obesity and related conditions by individuals.

A second stakeholder suggested a potential equality issue around gender and that women as primary-care givers may have additional accessibility needs in terms of managing buggies in the built or natural environment. In addition they suggested that 'not feeling safe' may be a barrier to women accessing open spaces, path networks and the countryside.

As above, the draft and final scope are clear that the focus of the guideline will be on interventions in the built or natural environment that support and encourage the whole population to be physically active. This will clearly include women. While some examples of additional needs have been included in the scope, such as using a wheelchair the list is not intended to be exhaustive.

Regarding concerns about safety or perceptions about safety, this is one of several potential barriers to using built or natural environments to be physically active that the PHAC may consider. Safety has been added to section 1.3.2 of the final scope. It is possible that the PHAC may include perceptions of safety as an intermediate outcome measure, which may impact on the primary outcome measures of physical activity, in the review protocol and this issue will be highlighted for discussion with the PHAC.

2.2 Have any changes to the scope been made as a result of consultation to highlight potential equality issues?

'Safety' has been added to section 1.3.2 of the final scope.

Updated by Developer: Adrienne Cullum and Karen Peploe

Date: May 2016

Approved by NICE quality assurance lead: Andrew Harding

Date: May 2016