

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

QUALITY STANDARD TOPIC OVERVIEW

1 Quality standard title

Physical activity

2 Introduction

2.1 *NICE quality standards*

NICE quality standards are a concise set of prioritised statements designed to drive measurable quality improvements within a particular area of health or care.

The standards are derived from high-quality guidance, such as that from NICE or [accredited](#) by NICE. They are developed independently by NICE, in collaboration with health, public health and social care practitioners, their partners and service users. Information on priority areas, people's experience of using services, safety issues, equality and cost impact are considered during the development process.

NICE quality standards are central to supporting the Government's vision for a health and social care system that is focused on delivering the best possible outcomes for people who use services, as detailed in the [Health and Social Care Act \(2012\)](#).

The quality standard development process is described in detail on the [NICE website](#).

2.2 *This topic overview*

This topic overview describes core elements of the quality standard. These include the population and topic to be covered, key source guidance to be used to underpin potential quality statements, any related quality standards,

published current practice information and national or routine indicators and performance measures.

If the source guidance is not NICE guidance, it should meet the minimum quality criteria defined in NICE's [accreditation](#) programme.

3 This quality standard

The development of the quality standard will begin in April 2014 and is expected to take 10 months to complete.

3.1 Population and topic to be covered

This quality standard will cover encouraging physical activity in all people who are in contact with the NHS, including staff, patients and carers. The quality standard will cover both children and adults.

The quality standard will not cover encouraging physical activity in non-NHS settings.

3.2 Key development sources (NICE and NICE-accredited sources)

This quality standard will be developed in the context of all NICE guidance because encouraging physical activity is relevant to a wide range of conditions and diseases and general health and wellbeing.

Primary source

- [Physical activity: exercise referral schemes to promote physical activity \(partial update\)](#). NICE public health guidance. Publication expected September 2014.
- [Physical activity: brief advice for adults in primary care](#). NICE public health guidance 44 (2013).
- [Walking and cycling: local measures to promote walking and cycling as forms of travel or recreation](#). NICE public health guidance 41 (2012).
- [Promoting physical activity for children and young people](#). NICE public health guidance 17 (2009).

Other sources that may be used

- [Promoting physical activity in the workplace](#). NICE public health guidance 13 (2008).
- [Physical activity and the environment](#). NICE public health guidance 8 (2008).

Key policy documents, reports and national audits

Relevant national policy documents, reports and audits will be used to inform the development of the quality standard.

- [London 2012 Olympic and Paralympic Games: long term legacy vision](#). HM Government (2014).
- [Moving More, Living More: Olympic and Paralympic Games legacy](#). HM Government (2014).
- [Active People Survey](#). Public Health England (APS January 2012 to January 2013).
- [Statistics on obesity, physical activity and diet: England, 2013](#). Health and Social Care Information Centre (2013).
- [Going upstream: nursing's contribution to public health](#). Royal College of Nursing (2012).
- [Let's get moving: commissioning guidance – a physical activity care pathway](#). Department of Health (2012).
- [Change4Life: three year social marketing strategy](#). Department of Health (2011).
- [The public health responsibility deal](#). Department of Health (2011).
- [Start active, stay active: a report on physical activity from the four home countries' Chief Medical Officers](#). Department of Health (2011).
- [Healthy lives, healthy people: our strategy for public health in England](#). Department of Health (2010).
- [Physical activity roles and responsibilities framework](#). Welsh Government (2010).
- [Creating an active Wales](#). Welsh Government (2009).
- [Take action on active travel: why a shift from car-dominated transport policy would benefit public health](#). Sustrans (2009).

- [A walking and cycling action plan for Wales 2009–2013](#). Welsh Government (2008).
- [Health survey for England 2008: physical activity and fitness](#). Health and Social Care Information Centre (2009).
- [Walking for Health Database](#). Natural England (2008).

3.3 Related NICE quality standards

Quality standards topic library

In March 2012, the Department of Health referred a [library of quality standard topics](#) for the NHS to NICE for development.

This quality standard will be developed in the context of all topics in the NICE library of quality standards because encouraging physical activity is relevant to a wide range of conditions and diseases and general health and wellbeing.

Published

- [Patient experience in adult NHS services](#). NICE quality standard 15 (2012).
- [Service user experience in adult mental health](#). NICE quality standard 14 (2011).

Future quality standards

- Managing the transition from children's to adult services.

4 Existing indicators

- [The percentage of patients with heart failure diagnosed within the preceding 15 months with a record of an offer of referral for an exercise based rehabilitation programme](#). Quality and Outcomes Framework (QOF) indicator NM48 (NICE menu, August 2012).
- [The percentage of patients with hypertension aged 16 to 74 years in whom there is an annual assessment of physical activity, using GPPAQ, in the preceding 15 months](#). QOF indicator NM36 (QOF ID: HYP004; QOF 13/14; August 2011).

5 Further information

See the NICE website for more information about [NICE quality standards](#) and the [progress of this quality standard](#).