

Physical activity: for NHS staff, patients and carers

Information for the public

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About this information

NICE quality standards help to improve key areas of health or social care so that people are offered the best services, care and support available.

This information describes what the NICE quality standard for physical activity says.

Physical activity

The quality standard for physical activity is made up of 4 statements that describe high-quality care to encourage physical activity in people of all ages who are in contact with the NHS, including staff, patients and carers. These statements set out the quality of care you should receive.

1. Adults having their NHS Health Check are given advice and information about how to be more physically active and what services are available locally. The NHS Health Check is a national programme to identify people at risk of heart disease, stroke, diabetes, kidney disease and certain types of dementia.
2. Parents or carers of children who are having their 2-year review are given information about the ways in which their child can benefit from being physically active. They are also given information about what they can do to be more active, as well as what is available locally.

3. Parents or carers of children whose weight and height is measured at school as part of the National Child Measurement Programme are given information about the ways in which their child can benefit from being physically active. They are also given information about what they can do to be more active, as well as what is available locally. The National Child Measurement Programme was established in 2005, and involves measuring the weight and height of Reception and Year 6 children at state schools in England.

4. Employees in NHS organisations are encouraged and supported to be more physically active (both within and outside the workplace), and are provided with information and practical support on how to do this.

Your care

Your health and social care team should explain any treatment, care or support you should be offered so that you can decide together what is best for you. NICE has also produced advice and a quality standard on [improving the experience of care for adults using the NHS](#), which you might like to read.

We also have more information on the NICE website about [using health and social care services](#).

More information on physical activity

NICE guidance (advice) on the following topics was used to develop this quality standard:

- [Behaviour change – individual approaches](#)
- [Physical activity – brief advice for adults in primary care](#)
- [Promoting physical activity for children and young people](#)
- [Promoting physical activity in the workplace](#)
- [Walking and cycling](#).

Sources of advice and support

- Diabetes UK, www.diabetes.org.uk
- Stroke Association, www.stroke.org.uk
- Weight Concern, www.weightconcern.org.uk

- Mind, 0300 123 3393, www.mind.org.uk
- British Heart Foundation, 0300 330 3311, www.bhf.org.uk
- Macmillan Cancer Support, 0808 808 0000, www.macmillan.org.uk

You can also go to [NHS Choices](#) for more information about health and social care.

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

A number of organisations who share NICE's commitment to improving quality in this area formally support this quality standard. They may also be able to provide advice and support. For a list of these organisations see the physical activity quality standard [overview](#).

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Accreditation

