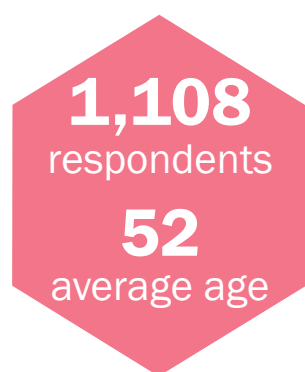


Long-term condition consultation



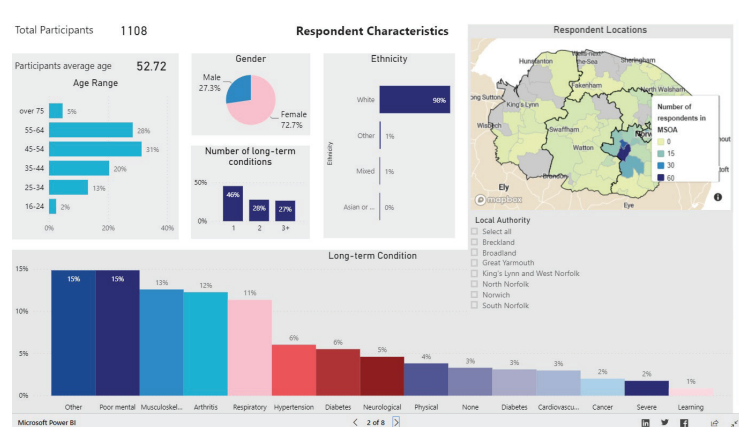
In 2019 Active Norfolk coordinated a Norfolk-wide **long-term condition consultation** to gain insight into how people living with long-term conditions (LTCs) in Norfolk feel about physical activity, what their potential barriers to being active are, and where there might be opportunities to embed physical activity recommendations.



The online survey ran between August and October 2019 and gathered 1,108 questionnaire responses.

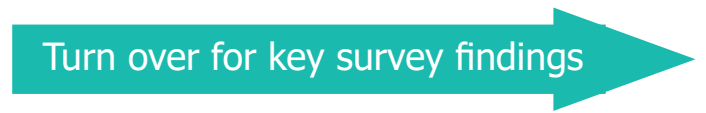
We engaged with partners including healthcare providers, community groups, local and county councils, and activity providers to get as wide a sample as possible.

We still need more data from certain segments - see below for how you can help.



The survey data has been compiled into a dashboard at www.activenorfolk.org/long-term-conditions

Using the interactive dashboard you can filter and share the data to help plan your services to meet the particular needs of people with long-term conditions.



We need your support to gather more data!

To make our data more robust, we would like more responses from:

- ▶ **BAME** respondents
- ▶ **Men**
- ▶ **Under 35s**
- ▶ People classed as **'inactive'** (less than 30 minutes' activity a day)
- ▶ People living with **diabetes, cardiovascular disease, cancer, physical and learning disabilities, or severe mental health issues**

The survey can be filled in at www.activenorfolk.org/LTC-consultation

Long-term condition consultation

Key findings



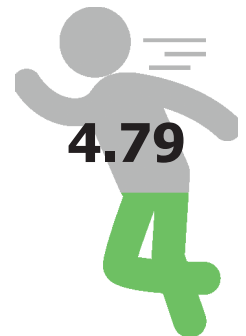
55% of **all** respondents are unhappy with their levels of physical activity



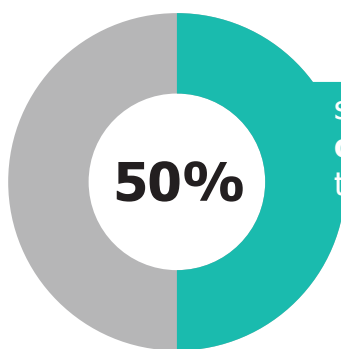
88% of **inactive** respondents (less than 30 minutes a day) are unhappy with their levels of physical activity



Average condition severity score of **inactive** respondents



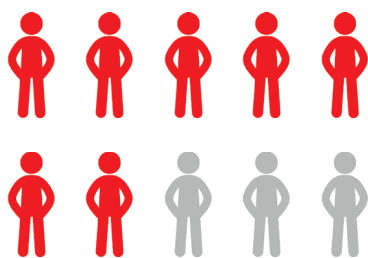
Average condition severity score of **active** respondents



50% say physical activity is **rarely or never** mentioned as a way to manage their condition



Email is the most popular way people would like to get information and support about physical activity



7 out of 10 inactive people **don't know** what physical activity they can do in their local area



Physical activity

Barriers

It might be tiring, painful, or make my symptoms worse

I don't have enough motivation, time, or money

I don't know what activities to do or where they are



Benefits

My health and wellbeing will improve

It will help me manage my symptoms

It will help me stay strong, mobile, and independent