

Appendix 4 - Energy out: Physical Activity (Pillar 2)

Overview of progress

There are 20 Action points, one of which includes 4 discrete actions. 2 have not been progressed and there has been progress on the remainder with a majority reaching their short term milestones, which however are mainly on publishing reports and running events. 9 APs have monitoring in place and a major evaluation is underway for the Commonwealth Games active legacy. Information on costs has been provided for 3 projects.

Description of progress

Active travel

There has been significant work on the APs relating to active travel. The 'Smarter Choices, Smarter Places' work has continued with a final report published and further funding in place to support the next stages in 2015-16 which has been extensively taken up by local authorities for a broad range of initiatives underpinning the hierarchy of transport that puts walking and cycling above public transport and motorised transport last. The Cycling Action Plan for Scotland has been updated and action taken forward by Sustrans and Cycling Scotland with annual reporting on the development of the National Cycling Network, local cycling policies, safe routes to schools, expansion of routes to key community destinations, and local signage all taking place across Scotland.

Planning and design

The National Planning Framework for Scotland 2 (NPF2) has now been superseded by NPF3 which was published in 2014. Key to taking work forward is the new Place Standard developed between SG, Architecture and Design Scotland and NHS Health Scotland. The new framework has been actively incorporated into local development plans across Scotland.

The 'Designing Streets' and 'Designing Places' policies have now been subsumed into the national Planning policy, guidance on green infrastructure and designing streets was published as planned, the principles are being actively used by many local authorities. A report on the Scottish Sustainable Communities Initiative (SCSCI) that supported 4 areas to create active travel plans has been published and along with the Designing Streets and Places work is expected to be supported by research based work on implementation. The SCSCI work has now expanded well beyond the initial pilot sites supported by networks.

SG and Architecture and Design Scotland continue to work on the design of new and refurbished buildings such that they support active travel through accessibility and issues such as showers and storage.

No further action on planning has been taken as a result of the Equally Well Test Sites.

Safe and green space

Considerable investment has been made across Scotland in outdoor and greenspace and the Central Scotland Green Network continues to develop. Safer Streets and Communities programmes and environmental clean ups are the focus of much Local Authority action on safety alongside diversionary activity, and increase support and surveillance of local hotspots for antisocial behaviour. This is largely in response to the current Single Outcome Agreement (SOA).

Young people and schools

The commitment to 2 hours of active PE in primary school and 2 periods a week in secondary school has been met by 96% of schools and a report has been published. Active Schools and Active routes to school have developed further. In particular Active Schools has supported 5.8 million visits to activities with 21,000 links between schools and clubs. Further investment of £50 million has been committed by Sportscotland for 2015-19 and annual reports are available. This work has been further supported by the development of 134 community sports hubs of which 61% are based in schools. The Cashback for Communities programme aims to use sport and other activities to divert young people who may be at risk of crime or antisocial behaviour. The programme has now committed all funding through to 2017 and the projects are monitored quarterly and an evaluation of 2 years work is available

Play

Local authorities have taken maintained, improved and developed open and green space for play. The national play strategy has led to 2 key projects, where evaluation shows effect, but difficulty in reaching deprived groups.

Social marketing and advertising

Personalised travel plans (PTPs) have been taken forward and reported on in a 3 year programme under 'Smarter Choices, Smarter Places' and further funding has been taken up by LAs across Scotland. In some areas there is increased signage; new householders are given information on active travel, and many communities have local marketing strategies for walking and cycling.

Games Legacy

Significant effort has gone into realising the potential of the 2014 Commonwealth Games to increase physical activity and increase participation in sport. This includes is led by a an implementation plan for physical activity (Let's Make Scotland More Active), a new national walking strategy (Let's Get Scotland Walking), an active places fund, investment in street soccer, sustainable sport for communities and BIG lottery funding nationally and focused on the East End of Glasgow. All work on an active legacy is being assessed through a comprehensive evaluation strategy.

Health Inequalities Impact assessment (HIIA)

Although the specific action based on a pilot in Glasgow has not gone forward, the use of HIIA has been developed, the approach has been used on a safe route to school project and is being used for the national physical activity implementation plan 'A More Active Scotland'

Summary of Progress on energy expenditure

There has been significant activity on active travel which is monitored, however as yet the national surveys report little change. Work on planning and design has moved forward following the launch of NPF3, however it is not always clear how the implementation will be evaluated. Several local authorities noted that there is no follow through on the active travel plans for new developments.

Activity in schools through the curriculum is now well established and monitoring is in place, however the impact on overweight and obese children or those at risk is not known. Work within the curriculum affects all children however the uptake of Active Schools activities whilst impressive only one LA gave a response on reaching inactive children. As for action on food is it the school setting where action is best embedded, however it should be noted that this work was underway in advance of the ORM. Inequalities have been addressed through the Cashback initiative, however despite the development of HIIA, much of the work undertaken through the Action Points does not appear to have a clear inequalities focus. The 'energy out' strand of the ORM is broad and with the exception of schools work, most is at an early stage. There is good collaboration on Active Travel and planning and design, these aspects have the potential for population wide effect. Monitoring is in place, and along with specific evaluation the indications are that this work will be maintained. Increasing levels of physical activity and sport participation have clearly been given significant impetus by the Commonwealth games, this work will benefit from the comprehensive evaluation work being undertaken.

Please find below collated responses from various national organisations on their ORM activity against the ORM indicators (2010); key responsible agencies; a summary of 2011 position; and an update as at 2014/15. A summary of local authority activity is also provided. The information has not been updated since early 2015.

Action Point 2.1	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Encouraging Regional Transport Partnerships to work towards conducting integrated impact assessments on all Regional Transport.</p> <p>Strategies.</p> <p><i>Milestones yet to be developed.</i></p>	<p>City of Glasgow Council</p>	<p>The SG and Glasgow City Council are carrying out a pilot. The approach has been named 'Health Inequalities Impact Assessments' which assesses the impact on health, equalities and human rights. The pilot will be completed by November 2010. The next steps are being discussed.</p>	<p><u>Transport Scotland</u> This has not specifically been taken forward. However, all RTPs are engaged with the active travel agenda.</p>

Action Point 2.2	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Delivering the Cycle Action Plan for Scotland. This draft plan proposes that by 2020 10% of all journeys are made by bicycle.</p> <p><i>Milestones:</i> <i>First progress report to be published in May 2012.</i></p>	<p>LAs Sustrans Cycling Scotland SG</p>	<p>The Cycling Action Plan was published on 25 June 2010. There are 17 outcomes all individually measured.</p> <p>A newly established Cycle Forum led by Cycling Scotland will submit a progress report to SG Ministers. First report due in May 2012 and annually thereafter.</p>	<p>Transport Scotland The Cycling Action Plan for Scotland (CAPS) was updated in June 2013. There are 19 Actions which are being monitored.</p> <p>Sustrans The refreshed CAPS retains the same vision. Autumn annual Ministerial Summit. CAPS Delivery Forum oversees progress - led by Cycling Scotland. Annual reporting in place.</p> <p>SHS (travel diary), Cycling Scotland 2013 National Assessment of Local Cycling Policy, Local Authority data, Sustrans Hands Up Scotland Survey.</p> <p>http://www.cyclingscotland.org/wp-content/uploads/2012/11/2012-10-05-CAPS-Progress-Report.pdf</p> <p>Cycling Scotland produce a national assessment of cycling policy every two years - last one in 2013.</p> <p>http://www.cyclingscotland.org/policy/national-assessment-of-local-authority-cycling-policy</p>

Action Point 2.3	Scottish Government Policy Lead and Lead	Summary of Position 2011	Update 2014-15
<p>Continuing to provide support to Sustrans to maintain and extend the National Cycle Network and provide safe routes to schools for children who wish to cycle or walk to school and to Cycling Scotland to promote cycling more generally.</p> <p><i>Milestones: Sustrans will report to SG annually in November.</i></p>	<p>Sustrans LAs</p>	<p>In 2010-11 Sustrans will receive grant funding of £7.67m for National Cycle Network and schools projects.</p> <p>The individual projects are monitored by Sustrans and reported on annually following the end of the financial year.</p>	<p>Transport Scotland The Cycling Action Plan for Scotland was updated in June 2013. There are 19 Actions which are being monitored.</p> <p>Sustrans NCN funding and annual reporting; Community Links grant funding programme; Safe Routes to School funding. Strategic Cycling Plans development (all LAs to have active travel action plan by 2015). Sustrans submit a report to Transport Scotland every November.</p> <p>http://www.sustrans.org.uk/blog/sustrans-scotland-reports-last-year%E2%80%99s-successes</p>

Action Point 2.4	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Ensuring that in all our actions responding to the National Indicator (4) to reduce the proportion of driver journeys delayed due to traffic congestion we are promoting active travel, not creating incentives for greater personal car use for short and local journeys.</p> <p><i>Milestones:</i> <i>First interim report by May 2011.</i></p> <p><i>Final report by May 2012.</i></p>	<p>LAs Sustrans Cycling Scotland SG</p>	<p>Smarter Choices, Smarter Places projects in 7 Scottish Communities encourage people out of their cars and onto active modes by improving the walking, cycling and public transport infrastructure, carrying out public realm improvements, offering personalised travel planning, promoting the opportunities for each of those modes. Examples of work include pedestrian signage including times between locations, a public bike hire scheme where the first 30 minutes are free, health walks, route improvements, building of segregated cycleways, improvements to and creation of new crossings for pedestrians. Also, the Cycling Action Plan for Scotland encourages people to cycle for short trips instead of driving by encouraging LAs to promote more 20mph zones, deliver more on-road cycle training at schools and promote cycling as a fun activity that can be enjoyed by the whole family.</p> <p>There is a robust monitoring and evaluation package in place for Smarter Choices programme, with a baseline survey carried out in 2009, an interim survey carried out in 2009. An interim survey was carried out in May 2010 following one summer of interventions for which findings are due to be reported.</p> <p>Further survey work is due for May 2011 and May 2012 when the final evaluation of the programme will take place. The first interim survey will report on how the projects are being delivered, the second and final will also look at behaviour change and how this is sustained beyond the project.</p>	<p>Transport Scotland SCSP final report published in April 2013. Further funding announced in June 2014 for 2015-16. Specifically, the STAG guidance will be updated to allow better capture of wider health and environmental benefits of active and sustainable transport.</p> <p>Sustrans SCSP project - report (2012), seminars/events (2012/13/14), SCSP Network (2014), SCSP Funding (2015)</p> <p>http://www.transportscotland.gov.uk/system/files/documents/tsc-basic-pages/SCSP - Goingsmarter - Final version - Do not edit.pdf</p> <p>Local Authority actions: Local authorities report looking for a modal shift in transport choices. A broad range of active travel projects are noted, along with funding from Smarter Choices, Smarter places (SCSP) and Sustrans. Many partnerships with local and national agencies are in place. The Scottish Sustainable Communities Initiative (SSCI) has been instrumental in developing practice. Local transport strategies are reported including a joint health and transport strategy and supplementary guidance produced. Some areas report dedicated active travel officers or other staff e.g. planning given this specific responsibility.</p> <p>Action on cycling includes:</p> <ul style="list-style-type: none"> • A cycling demonstration town • A cycling development group • Training programmes • Cycle to work schemes • Bus and bike schemes • Cycle lanes <p>Set up of cycling hubs with local promotion; increased signage; lockers; racks; rental; and networks to link to public transport.</p> <p>Action on walking includes:</p> <ul style="list-style-type: none"> • Community walking groups • Improving pedestrian access • Increasing dropped kerbs • More walking routes and signage <p>In some areas action takes a specific locality focus and other actions include modifying traffic signals to benefit public transport walking and cycling and car sharing schemes.</p>

Action Point 2.5	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Using the opportunity afforded by the National Planning Framework for Scotland 2 (NPF2), which specifically seeks to 'promote development which helps to improve health, regenerate communities and enable disadvantaged communities to access opportunities', to ensure that policies in development plans have a positive impact on active living and healthy weight.</p> <p><i>Milestones:</i> A decision on the feasibility of a scheme for sustainable places evaluation is intended to be reached in the Spring of 2011.</p>	<p>SG LAs</p>	<p>National Planning Framework 2 in force from 25 June 2009. Development plans must take into account the NPF. Lead partners and delivery bodies to work in partnership to deliver Planning Reform in accordance with Service Delivery Plans.</p> <p>The Scottish Government is considering the potential for a scheme of evaluation to identify proposals for new or regenerated built environments which contribute strongly towards more sustainable places. Options for and encouragement of access by non-motorised means are key determinants (amongst others) of sustainable places.</p> <p>The Scottish Government's territorial planners are liaising with planning authorities on national developments and other key elements of the NPF2 Action Programme to ensure they are reflected in the preparation of new Strategic and Local Development Plans.</p>	<p>Sustrans NPF3 has been produced in 2014 - superceding NPF2.</p> <p>Scottish Government Work is underway to develop a Place Standard. The Place Standard is a tool which will support the delivery of high quality places in Scotland and ensure that the physical and social environment supports good health, wellbeing and quality of life. Scottish Government are working in partnership with NHS Health Scotland and Architecture and Design Scotland to develop the project. Background research and a literature review have been conducted by the project team and stakeholder engagement has been taken forward through a series of workshops. The Place Standard launch is intended for 2015.</p> <p>Local Authority Action The responding LAs have developed their work on NPF2 to take full account of NPF 3 with most developing supplementary guidance There is an emphasis on the impact of planning on health and wellbeing, but no reported direct mentions of overweight and obesity. Strategic and local development plans emphasise green space, active travel and sustainability. The use of Strategic Environmental Assessments is noted, as is the development of the Place Standard and the role of Scottish Awards for Quality in Planning and Quality in Service and Partnership. Specific action focuses on cycling routes, green corridors, walking networks, protecting open space and ensuring new developments are linked to public transport routes. One council included influencing the siting of hot food carry outs.</p>

Action Point 2.6	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Implementing the lessons learned from pilots such as the Equally Well Test Site in Glasgow about ways community partners can work effectively together to integrate health improvement into city planning.</p> <p><i>Milestones: Individual test sites will report interim findings March 2011.</i></p>	SG LAs	<p>Conclusions are yet to be formally drawn from the impact of the test site. The Scottish Government remains engaged with the programme and has noted the action around innovative people centred engagement and tools to understand the strengths, weaknesses and perceived needs in an area.</p> <p>A generic note is anticipated to be published by the Test Site managers.</p>	<p>The review of Equally Well was published in 2014, no specific actions reported</p> <p><u>Equally well and Inequalities review</u></p>
Action Point 2.7	Scottish Government Policy Lead and Lead	Summary of Position 2011	Update 2014-15
<p>Applying robustly, in development plans and development management decisions, the priority order for personal travel opportunities (walking, cycling, then public transport, followed by the car and other means of motorized vehicles) as set out in Scottish Planning Policy (SPP).</p> <p><i>Milestones;</i> Outcomes of active travel plans for four exemplar projects to be published as part of the <u>SSCI report in Spring 2011</u>.</p>	SG LAs	<p>Scottish Planning Policy is applied by Planning Authorities and Reporters in Scotland who deal with Development Plan Examinations and appeals on planning decisions.</p> <p>Planning authorities do not monitor the application of specific elements of Scottish Planning Policy within development management decisions as the approach will have been interpreted into relevant development plan policies.</p> <p>The Scottish Government liaises with planning authorities on the preparation of development plans.</p> <p>The Scottish Government continues to support 11 exemplar projects through the Scottish Sustainable Communities Initiative (SSCI). Grants were allocated in 2010 to 4 of the 11 exemplar projects to allow them to produce active travel plans tailored to their specific needs. The outcomes of these plans will be published as part of the SSCI report in Spring 2011.</p>	<p><u>Scottish Government</u> The SSCI 2-years on report that was published in Spring 2011 set out the Scottish Government support for all exemplar projects, including four that were supported in creating travel plans.</p> <p>Research-based work to further implement Designing Streets (Street Design policy, published 2010, based around a user hierarchy that puts pedestrians' first, private motor vehicles last in urban areas) is ongoing."</p> <p><u>SSCI report in Spring 2011.</u></p> <p><u>Local Authority Action</u> Responding LAs put a clear emphasis on the travel hierarchy as described in NPF 3 using their Local Development Plans and strategies to put a focus on sustainability, protection, the improvement and development of transport systems. These have an emphasis on public transport corridors, walking and cycling routes. Examples of other initiatives include access information for new householders and employees and new developments being required to have active travel plans. Some LAs have focused on particular areas where the use of policies such as designing streets are coordinated with other action on urban design</p>

Action Point 2.8	Scottish Government Policy Lead and Lead	Summary of Position 2011	Update 2014-15
<p>Ensuring that the placemaking provisions of Scottish Planning Policy, in particular those in 'Designing Places', 'Designing Streets' and the provisions for open space and physical activity from the SPP are put into practice through ongoing training, promotion and dissemination.</p> <p><i>Milestones:</i> <i>A series of workshops on 'Designing Streets' run until end March 2011 (with scope for continuing beyond).</i></p> <p><i>Publish a guidance document on the design, use and benefits of green networks by March 2011.</i></p>	<p>SG LAs</p>	<p>National planning policy is applied by Planning Authorities and Scottish Reporters when dealing with Development Plan Examinations and appeals on planning decision.</p> <p>Training and dissemination occurs via networking, workshops, liaison with planning authorities, ongoing presence of the Scottish Sustainable Communities Initiative and the Scottish Government's website.</p>	<p><u>Scottish Government</u> Designing Places is now subsumed into Scottish Planning Policy as of Spring 2014. Research-based work on Implementing Designing Streets is ongoing including training and dissemination of 'Toolbox' published in May 2014.</p> <p>Our document 'Green Infrastructure: Design and Placemaking' (published Nov, 2011) builds on Designing Places and Designing Streets to give practical tips on incorporating green infrastructure and green networks in masterplans. It looks at the qualities of successful places including that they should be safe and pleasant and easy to move around (promoting physical activity). http://www.creatingplacescotland.org/designing-streets http://www.scotland.gov.uk/Resource/Doc/307126/0096540.pdf http://www.greenspacescotland.org.uk/SharedFiles/Download.aspx?pageid=133&mid=129&fileid=438</p> <p><u>Greenspace Scotland</u> There is an ongoing Greenspace Scotland programme of community placemaking, including training events and community supported activity. Principles of placemaking and Designing Streets are applied in pioneer urban greening programme producing green infrastructure retrofit plans for 5 streets/town centre in Glasgow (included in Designing Streets implementation guidance – May 2014) http://www.greenspacescotland.org.uk/urban-greening.aspx</p> <p><u>Scotland's People and Nature Survey (SPANS)</u>. This provides data on people's use of greenspace, perceptions of quality and proximity to greenspace. http://www.snh.gov.uk/land-and-sea/managing-recreation-and-access/increasing-participation/measuring-participation/</p> <p><u>Local Authority Action</u> LAs report the requirement in Local development Plans for 40% of development sites to be set aside for open space, the use of action weeks and local events, use of the place standard, training for staff on Designing Streets and Designing Places, local consultation processes, development of local guidance and continuing close work with Architecture and Design Scotland</p>

Action Point 2.9	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
Encouraging excellence and innovation in designing communities that incorporate a range of features that reduce car dependency, increase active travel and create attractive, accessible open spaces for recreation through the Scottish Sustainable Communities Initiative. The sharing of this innovation and practice will help improve the quality of Scotland's built environment.	SG LAs	<p>The Scottish Government continues to support 11 exemplar projects through the Scottish Sustainable Communities initiative. Active Travel Plans for Scottish Sustainable Communities Initiative Exemplar Projects were published in Summer 2010. The outputs of Active Travel Plans will be disseminated through the SSCI programme.</p> <p>Grants were allocated in 2010 to 4 of the 11 exemplar projects to allow them to produce active travel plans tailored to their specific needs.</p> <p>The exemplar project at Craigmillar, Edinburgh, is currently pursuing an innovative project aimed at improvements in mental wellbeing, physical activity and healthy eating titled a Park for Health. A report setting out the vision for the project has been produced and is currently being reviewed.</p>	<p>Scottish Government SSCI 2-years on report was published in Spring 2011 <u>Scottish Sustainable Communities Initiative Report 2011</u></p> <p>Local Authority action There were fewer responding authorities (15) and some of those indicated that this was not a priority for them. Examples of innovation were given, such as a Playplace Toolkit to encourage better use of local opens space and engagement of school children in planning matters. One authority noted that although travel plans are put in place for new developments, there is no one to take them forward once developers leave the site. The Scottish Sustainable Communities Initiative is seen as having provided exemplar projects</p>
Action Point 2.10	Scottish Government Policy Lead and Lead	Summary of Position 2011	Update 2014-15
Working with Architecture and Design Scotland (ADS) to investigate the potential to improve standard practice in the design of new and refurbished buildings on issues such as: (i) safe direct access by pedestrians and cyclists; (ii) sufficient secure storage for bicycles; (iii) facilities for cyclists to shower and change; and (iv) stairs which are at least as accessible as lifts.	Architecture and Design Scotland	<p>The Scottish Government will continue to promote national Planning Policy. Architecture and Design Scotland have established programmes through which to promote good architecture, design and planning. The Existing programmes are: Urbanism, Design review, SUST. ACCESS to Architecture, Schools Design and healthcare design.</p>	<p>Scottish Government Monitoring and liaison meetings held every 6 – 8 weeks with agendas focus on collaborative working between SG and A&DS with progress reports and project updates provided by the appropriate teams. Every 2nd meeting will have more concentration on corporate governance, financial matters, sponsorship protocol etc. but any pressing matters of that nature can be raised anytime.</p> <p>Architecture and Design Scotland publishes a Report and corporate plan annually.</p>

Action Point 2.11	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014 - 15
<p>Supporting the creation and maintenance of safe, attractive and accessible greenspace, including green transport corridors, close to where people live.</p> <p><i>Milestones:</i> <i>Central Scotland Green Network</i></p> <p><i>Final Central Scotland Green Network vision, aim, goals and workplan due February 2011.</i></p> <p><i>2012 onwards: inclusion of CSGN policies and maps in relevant development plans, associated action programmes and development management decisions.</i></p> <p><i>2012: contribution of the green network to a range of Government and local authority outcomes recognised in relevant policy documents and forward plans/programmes.</i></p>		<p>Scottish Planning Policy encourages this. Implementation is largely by planning authorities and developers. Local developments are not monitored at a national level. However, the National Planning Framework does include a national development for the 'Central Scotland Green Network'.</p> <p>Draft vision, aim, goals and workplan for the Central Scotland Green network published in April 2010</p>	<p>GreenSpace Launch of Scotland's Greenspace Map in September 2011 – the world's first national greenspace map providing comprehensive information about all urban greenspace. Used at local authority level to inform open space audits/strategies and development plans; at regional level for green network and opportunities mapping; and, at national level for research on greenspace and health. Working ongoing with Ordnance Survey and national partners to produce the next generation of Scotland's Greenspace Map in 2015/16.</p> <p>Second State of Scotland's Greenspace report published (Feb 2012) providing comprehensive information on the extent, type and distribution of Scotland's urban greenspace; includes updated summary table on local authority progress on open space audits, strategies and standards (at November 2011). 24 LAs had produced Quality audit (75%) – work in progress in remaining 8 LAs 12 LAs had completed their Open Space Strategy (38%) – working ongoing in another 16 LAs (50%) 16 LAs had developed open space standards (50%) – work in progress in a further 9 LAs (Note: Scotland's Greenspace). Map means that quantity audit is in place for all LAs 2012: Report on Developing greenspace standards published drawing on pathfinder projects http://www.greenspacescotland.org.uk/1greenspace-standards.aspx</p> <p>Earlier this year, an expert seminar was held for SNH to look at the need for a review of guidance for greenspace quality. 2013: local actions to be confirmed through supplementary planning guidance and partnership agreements.</p> <p>Local Authority Action The green and open space concepts have been well taken up by the responding LAs, with green network and outdoor access strategies in place some of which articulate a link to policies on climate change. Several authorities mention their involvement with the Central Scotland Green Network. There are general themes of actions to protect, improve maintain and develop green and open space and accreditation by national award schemes such as Green and Blue Flag. Scottish sustainable Community initiative projects were seen as exemplar. Involvement of communities is demonstrated with community led action plans; local audits and assessments of green space; community engagement in local planning and the establishment of ongoing community groups.</p>

Action Point 2.12	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Make our communities safer and stronger and reduce the fear of crime through the Safer Streets Programme and the Safer Communities Programme so that more people feel comfortable and secure being active outdoors in their neighbourhoods.</p> <p><i>Milestones;</i> <i>Short Term: high visibility, high impact initiatives like taxi marshals, street pastors, police patrols in hot-spot areas to reduce violence and anti-social behaviour.</i></p> <p><i>Medium Term: continue to reduce the threat of violence and anti-social behaviour while also reducing fear of violence and crime in communities.</i></p> <p><i>Long Term: increase confidence of people that they will be safe in their communities/ neighbourhoods from violence and anti-social behaviour.</i></p>	<p>SG LAs</p>	<p>Working with all local authority community safety partnerships, safer streets and safer communities initiatives aim to make our communities safer and stronger by reducing anti-social behaviour through positive partnership working.</p>	<p>Local authority action LAs report a huge range of activity to improve community safety. Ongoing surveys keep track of how safe local residents feel and reductions in violence and antisocial behaviour are noted. Much of the work is led by community safety officers and linked to community safety partnerships. There is a strong emphasis on prevention and significant community engagement and communications. High profile campaigns and educational activity with schools and communities take place. There is a major role for diversionary activity such as performing arts, street sports and Friday night focus for activities. Early referral of those at risk of antisocial behaviour is in place along with 3rd sector organisations.</p> <p>Increasing safety in hot spots is a priority with high visibility police patrols, employment of community wardens; action near licensed premises, antisocial behaviour response service, taxi marshals, safe bus service on peak dates, use of CCTV and increased lighting (including solar). One LA also identified successful work to reduce deliberate fire raising.</p> <p>Local surveys are in place to monitor perceptions of safety and monitoring the incidence of antisocial behaviour is also in place</p>
Action Point 2.13			
<p>Divert young people away from crime and disorder by getting them involved in sporting activities through the CashBack for Communities Programme.</p> <p><i>Milestones:</i> <i>Short Term: provide opportunities for young people to participate in free sporting activity within their communities.</i></p> <p><i>Medium term: Young people can become more active through continued participation in sport with access to their local clubs or teams.</i></p> <p><i>Long term: lifelong affiliation in a sport or sports by participating through clubs and teams, volunteer coaching and/or refereeing or officiating will improve levels of physical activity.</i></p>	<p>SFA SRU Scottish Sports Futures Youthlink Badminton Scotland Scottish Squash Tennis Scotland Scottish Athletics Scottish Hockey Basketball Scotland</p>	<p>CashBack for Communities supports activities for young people to develop physically and personally in their communities during times of potential ASB. These include sporting activities which are run through the governing bodies to provide free activity and routes into each sport for continued participation.</p>	<p>Scottish Government CashBack assessment process for phase 3 (2014-2017) has been completed and all CashBack funds have now been fully committed through to 2017. Funding for the latest phase of CashBack will be used by organisations to deliver a range of sporting (and other) activities for young people across Scotland many of whom may be at risk of crime or antisocial behaviour. All CashBack projects have agreed logic models, outcomes and key performance indicators which are linked into the overall CashBack Programme logic model. All CashBack projects report, through self-evaluation, on their performance (outputs & outcomes) towards delivery of their outcomes on a quarterly basis. Project data is uploaded and collected on a bespoke SG data base system. Projects funded through CashBack report, through self-evaluation, on their performance towards delivery of their outcomes on a quarterly basis. All CashBack projects have an evaluation and equalities action plan to underpin independent evaluation throughout their grant period. This process feeds into year on year independent formative evaluation of the overall CashBack programme. A copy of the CashBack Evaluation (April 2012- March 2014) can be found at: http://www.scotland.gov.uk/Publications/2014/06/2823</p>

Action Point 2.14	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
Responding to people's concerns about the safety or convenience of active travel by using a diverse range of means including:			
<p>(i) expanding safe cycling and pedestrian routes to link key community destinations including public transport hubs, hospitals, supermarkets and centres of employment;</p> <p><i>Milestones: All projects monitored by Sustrans and reported to SG annually in November.</i></p>	Sustrans LAs	<p>Sustrans' short links programme connects communities and places of interest in all 32 LA areas. £5.65m of national cycle network links will be built in 2010-11.</p> <p>All projects are monitored by Sustrans and reported on annually following the end of the financial year.</p>	<p>Transport Scotland The Cycling Action Plan for Scotland (CAPS) was updated in June 2013. There are 19 Actions which are being monitored.</p> <p>Sustrans Community Links grant funding has replaced the short links funding programme. Now CAPS action 4. Community Links funding has to be matched 50:50 by partners. LAs and statutory bodies can apply. Amount available has increased annually since 2010? £25 million available in 2014/15?</p> <p>Monitoring is through SHS (travel diary), Cycling Scotland 2103 National Assessment of Local Cycling Policy, Local Authority data, Sustrans Hands Up Scotland Survey</p> <p>http://www.cyclingscotland.org/wp-content/uploads/2012/11/2012-10-05-CAPS-Progress-Report.pdf</p> <p>http://www.sustrans.org.uk/blog/sustrans-scotland-reports-last-year%E2%80%99s-successes</p> <p>Responding LAs have made significant improvements reported under Action Point 2.4</p>

<p>(ii) publicising the availability and benefits of local pedestrian and cycle routes and improving signage to popular destinations;</p> <p><i>Milestones:</i> <i>Number of grants received and approved for mapping projects by Cycling Scotland.</i> <i>Results due in December 2010.</i></p>	<p>LAs Sustrans Cycling Scotland Communities</p>	<p>The Cycling Action Plan for Scotland includes support for communities to map their own routes through grants from Cycling Scotland. Signage is a matter for LAs for local routes and destinations and for Sustrans if it is on or is a new section of the National Cycle Network. 150k support for Cycle Friendly Communities announced August 2010.</p>	<p><u>Transport Scotland</u> SCSP final report published in April 2013. Further funding announced in June 2014 for 2015-16. Specifically, the STAG guidance will be updated to allow better capture of wider health and environmental benefits of active and sustainable transport.</p> <p><u>Sustrans</u> Has a promotions team including a number of signage/mapping officers and a Volunteer Coordinator. Sustrans also has a Strategic Cycling Plans Manager. Supports CAPS action 2. Some local authorities have a dedicated active travel officer and developed information resources as well as signage http://www.transportscotland.gov.uk/system/files/documents/tsc-basic-pages/SCSP - Goingsmarter - Final version - Do not edit.pdf</p> <p>Sustrans KPI report + ?? http://www.sustrans.org.uk/blog/sustrans-scotland-reports-last-year%E2%80%99s-successes</p> <p>Responding LAs have indicated action on signage (see Action Point 2.4)</p>
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Route Map Action Points	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>(iii) clearing up environmental dereliction such as poor lighting, vacant sites and animal faeces that discourage people from walking in their local neighbourhoods;</p> <p><i>Milestones yet to be developed.</i></p>	<p>LAs</p>	<p>There is currently no progress reported on this. Further discussion with LAs required to take this forward.</p>	<p><u>Local authority action</u> Responding LAs had an extensive range of initiatives Litter, fly tipping, dog fouling, derelict sites and waste ground are key concerns and assessments such as Environmental Visual Audits may be undertaken with local Communities followed by development of an action plan. Increased lighting has been put in place, including solar lighting. There are warden schemes either community wardens or dedicated dog wardens. There is use of both the Intermediate Labour Market to provide training placements on improving the environment and community payback orders to improve and clear pathways etc. School based education and local campaigns are used to raise awareness. Enforcement is undertaken by enforcement officers and fixed penalty notices. There is mention of the Scottish Government Stalled Spaces programme to support action on vacant and derelict sites, for example community gardens and community cleanup programmes.</p>

<p>(iv) using social marketing approaches tailored appropriately to audiences depending on their current levels of activity and motivation, with particular attention on those who are especially inactive or vulnerable in other respects.</p> <p><i>Milestones: Complete 40,000 house visits by 31 March 2011.</i></p>	<p>LAs SG</p>	<p>The Smarter Choices, Smarter Places projects have an element of personalised travel planning (PTP) which by the end of the 3 year programme will have encouraged 40,000 households to change their travel behaviour i.e. to become more active or to use public transport more often.</p>	<p>Transport Scotland SCSP final report published in April 2013. Further funding announced in June 2014 for 2015-16. Specifically, the STAG guidance will be updated to allow better capture of wider health and environmental benefits of active and sustainable transport.</p> <p>http://www.transportscotland.gov.uk/system/files/documents/tsc-basic-pages/SCSP_-_Goingsmarter_-_Final_version_-_Do_not_edit.pdf</p>
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Action Point 2.15	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014
<p>Implementing widely the lessons learned from the Smarter Choices Smarter Places active travel demonstration towns about which interventions, including both incentives for active travel and disincentives for car use, are most effective in achieving greater uptake of travel options, particularly by the least active groups.</p> <p><i>Milestones: The next event to be arranged for end 2010/beg 2011.</i></p>	<p>LAs</p>	<p>The interim monitoring report is currently being produced outlining findings from the first year of the interventions across the seven communities. An event will be organised for later in the year to share lessons between the projects; their steering groups, stakeholders and elected members, and also more widely with other local authorities not currently involved in the programme. First event held on 23 August 2010</p>	<p><u>Transport Scotland</u> SCSP final report published in April 2013. Further funding announced in June 2014 for 2015-16. Specifically, the STAG guidance will be updated to allow better capture of wider health and environmental benefits of active and sustainable transport. LAs have continued development, including in areas unsuccessful in obtaining funding. http://www.transportscotland.gov.uk/system/files/documents/tsc-basic-pages/SCSP - Goingsmarter - Final version - Do not edit.pdf</p> <p><u>Local Authority Action</u> The SPSC projects are reported in many responses to different Action Points. Although the initial programme findings are seen as inconclusive, LAs report taking part in SCSP networks, applying for the next phase of funding, using results and learning from initial projects to inform new developments; rolling out projects to further areas; of sharing of the results from the first round and of auditing active travel ready for further planning. The funding is noted as having supported a wide range of projects such as introducing 20mph limits, bike and active travel officers, marketing active travel; briefings for elected members; personalised travel plans and workplace initiatives.</p>

Action Point 2.16			
<p>Providing and maintaining physical environments in every community that promote healthy lifestyles for children including opportunities for play, physical activity and healthy eating.</p> <p>Milestones: <i>SNH to commission research into the long term sustainable management of urban greenspace.</i></p>	<p>LAs</p>	<p>Scottish Planning Policy says that all local planning authorities should develop a strategic approach to the planning and management of open space through the development of open space audits and strategies. The open space strategy should set out the vision for new and improved open space and addresses any deficiencies identified, the spatial implications of the open space strategy should be incorporated in the development plan for the area.</p> <p>In April 2010 Greenspace Scotland carried out a review of practice on open space audits and strategies. It identified that significant progress has been made across the 34 Scottish planning authorities:</p> <ul style="list-style-type: none"> • 85% had completed their quantitative audit of open space • 59% had completed their qualitative assessment of open space • 26% had completed their open space strategy with a further 50% in the process of open space strategy development <p>Arrangements for the maintenance of the built environment differ across Scotland, depending on issues such as the maintenance regime of individual councils, ownership and in a few circumstances, planning conditions. There is currently no formal monitoring of this at Scottish Government level. Research commissioned by SNH into the long term sustainable management of urban greenspace is currently underway.</p>	<p>Green Space Healthy eating - community growing - worked with grassroots growing groups to produce the <i>Our Growing Community</i> resources and map (June 2011) to encourage communities to take a more imaginative approach to using a wide range of greenspaces for community growing. http://www.greenspacescotland.org.uk/community-growing.aspx</p> <p>Work with Twechar Development Trust to pioneer and showcase use of the resources – publication of <i>Edible Twechar</i> map http://www.greenspacescotland.org.uk/SharedFiles/Download.aspx?pageid=133&mid=129&fileid=461</p> <p>e-resource on developing Climate Change Parks published (June 2012) and plans produced for pioneer climate change parks in Aberdeen and Dunfermline. http://www.greenspacescotland.org.uk/1creating-climate-change-parks.aspx</p> <p>Local Authority action This Action Point has degree of overlap others, specific actions noted include: Review of play parks and audit of open spaces, Inclusion of play in strategies for green and open space. Investment in upgrading play spaces Strategies for sports pitches and playing fields, Community led action plans, links with 3rd sector organisations such as Grounds for Learning Access for children through walking and cycling</p>

Action Point 2.17	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Working with Sportscotland to ensure the provision of opportunities for all children and young people to participate in physical activity and sport and enabling the creation of pathways from the school to the wider community.</p> <p><i>Milestones: The Sportscotland Corporate plan 2011-2015 will be published in 2011.</i></p>	<p>Sportscotland SG LAs</p>	<p>Sportscotland are creating a link between their Active Schools programme and local sport clubs and wider community sport activity. This is building on the work they are already engaged in with physical activity programmes such as fit for girls and girls on the move which seeks to engage young people in a school setting and enable them to carry this through into a community setting by encouraging them to adopt a more physically active lifestyle. The establishment of Community Sports Hubs will equally help to increase (and potentially bring clarity) to the range of facilities available to everyone including young people with a view to increasing their access to sporting facilities.</p> <p>Currently working on building up links with Active Schools, local sports clubs and wider community sport activity.</p>	<p>Scottish Government As of 30 June 2014 there were 134 operational Community Sport Hubs (CSHs) with approximately 61 per cent based in schools, involving 552 clubs. Figures published in August 2014 for the Active Schools network confirmed that 5.8 million visits to activities were made by school pupils across Scotland in 2013/14 academic year - a 15 per cent increase on the previous 12 months. A total of 21,000 links between schools and clubs were made in 2013/14, up 16 per cent on the previous 12 months. In July 2014 Sportscotland has announced a further £50m investment in the Active Schools Network over the next four years to help build on progress already made. Sportscotland is currently consulting on their corporate plan for the period 2015/2019</p> <p>The number of visits made, activities provided, deliverers, and school club links made in relation to Active Schools are monitored and reported annually by Sportscotland. Sportscotland also monitor progress with the number of CSHs being developed.</p> <p>Sportscotland published data on Active Schools (2013-14) can be found at:http://www.sportscotland.org.uk/resources/resources/active-schools-report-2013-2014/</p>

Action Point 2.18	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Working together to find realistic ways of maximising physical activity within the school environment.</p> <p>Milestones Progress will be monitored through the HMIE inspection process. In this way, HMIE will maintain a clear overview of progress towards the target and will periodically publish on their website a report on this progress for parents, elected members and the public.</p>	<p>LAs Schools</p>	<p>Curriculum for Excellence, which is currently being introduced in schools, will embed at least 2 hours quality physical education in the curriculum for every pupil every week in addition to physical activity and sport. Taken together, the experiences and outcomes in physical education, physical activity and sport aim to establish the pattern of daily physical activity which, research has shown, is most likely to lead to sustained physical activity in adult life.</p>	<p><u>Scottish Government</u> On 29th March 2012 the Scottish Government launched a joint commitment with COSLA that every pupil in Scotland will benefit from at least two hours per week of physical education in primary school and two periods in S1 to S4 by 2014. This has been supported by an £11.6m package of funding over 2012/13 - 2015/16 to support LAs and schools to meet the target and improve the quality of PE.</p> <p><u>Education Scotland</u> Many schools have accessed funds to improve their playground to offer greater opportunities for active play. For example, trim trails climbing walls, painted markings on the playgrounds, equipment such as skipping ropes, hula hoops and balls. Materials including sticks, sand, hay bales and large tyres have also been used at a minimum cost to provide the opportunity for creative play before, during and after school. Where this works well, is when the learners take responsibility and use and move the equipment around the school grounds to suit their activity. Active Schools Coordinators regularly train groups for upper primary children to lead games with their peers in the playground. This has a varying success rate. The Health Living Survey in schools started in February 2012 to measure the number of schools meeting the PE target.</p> <p>The 2014 Healthy Living Survey showed that 96% of schools were meeting the target. http://www.scotland.gov.uk/Resource/0045/00453110.pdf All responding LAs report the implementation of the PE time requirement and professional development for teachers, supported by dedicated staff usually PE lead officers. The impact of the Physical Education, Physical activity and Sport (PEPAS) strategy is noted. Active Schools Coordinators work to provide a broad range of opportunities and links with after school activities and local clubs. Preschool programs with nurseries such as short bursts of activity are in place. There is an increased emphasis on outdoor activity. Young leader development takes place training in many aspects of sport and physical activity. The introduction of the School Sports Awards in 2014 is mentioned as is close work with parents and the development of holiday schemes.</p>

Action Point 2.19	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Developing curricular and non-curricular activities for children to gain the skills and confidence to enjoy more active lives, through Active Schools, Safe Routes to Schools and opportunities for outdoor learning.</p> <p><i>Milestones: Progress will be monitored through the HMle inspection process. In this way, HMle will maintain a clear overview of progress towards the target and will periodically publish on their website a report on this progress for parents, elected members and the public.</i></p>	<p>LAs Schools</p>	<p>2.18 above will also contribute to this action. In addition, curriculum for excellence through outdoor learning points to the health benefits associated with outdoor learning.</p> <p>Active Schools is designed to increase the number of opportunities for children to get engaged in physical activity and sport and develop links with sports clubs and other community organisations to give pupils a 'pathway' to continue their participation in sport beyond school. This activity is over and above PE. Active Schools Managers and Co-ordinators are responsible for developing and supporting an infrastructure for Active Schools within the school and wider community. They do this by recruiting, supporting and sustaining a network of volunteers, coaches, leaders and teachers who in turn deliver physical activity and sport before, during and after schools and in the wider community helping to provide opportunities for young people to be physically active.</p>	<p><u>Scottish Government</u> In line with CfE, schools are providing regular and challenging opportunities for all children and young people to learn outdoors throughout their school career, recognising the health benefits of increased physical activity through learning outdoors. Please see Action Point 2.17 for update on Active Schools.</p> <p>A new Active Schools monitoring system was introduced in 2008/09 which excludes all curricular activity from the recorded data, unlike previous years, and only allows activities within a school's activity plan to be recorded. Active Schools Managers are responsible for completing these and information collated includes the number of opportunities for children in both primary and secondary schools to take part in sport and physical activity in and around the school day in both primary and secondary schools. The number of visits made, activities provided, deliverers, and school club links made in relation to Active Schools are monitored and reported annually by Sportscotland. Sportscotland also monitor progress with the number of CSHs being developed.</p> <p>Sportscotland published data on Active Schools (2013-14) can be found at:http://www.sportscotland.org.uk/resources/resources/active-schools-report-2013-2014 Education Scotland: The two hour/two period target for core physical education has seen a huge increase in the number of schools meeting the target – from 5% overall in 2006 to 98.3% primary and 91% secondary (S1 – S4) in 2014. The focus is now on the quality of the learning experience in curriculum time. Schools are offering more personalisation and choice in the range of activities offered to learners in core physical education. This is having a positive impact in making more children/young people more active. The Phase 1-4 £3k core PE grant funding has seen over £1 million being used by schools to purchase equipment to encourage active lives, including fitness equipment, kayaks and bicycles. A follow-up report from a baseline study carried out in 2006 by the University of Stirling conducted in 2014 on outdoor learning, identified that Early Learning and Child Care Centres and Primaries had increased the opportunities for outdoor learning since 2006, particularly in using school grounds and local community spaces to learn. There has been a slight increase in secondary particularly in a residential experience, but it is noted that those learners from most deprived backgrounds had less opportunity to experience a residential than those from least deprived backgrounds. There is still much to be done to ensure equity of entitlement, and access to learn outdoors. Schools have been proactive in promoting walking and cycling to school. Where this works well is when leadership of the school values physical activity and puts in place support to encourage physical activity across the school and community. Education Scotland has case studies from three primary schools: The Daily Mile project; The Kilometre Club and the World Walking initiative. These case studies will be available on the Education Scotland website. Local authority action: Actions include travel plans in a significant number of schools; introduction of 20mph zones; improvements on paths and lighting, cycle training, dedicated staff in some areas or a focus on specific localities, with one</p>

			<p>LA noting an increase in cycling to school. The role of the active schools coordinator continues to increase in opportunities with the involvement of ASN, joint work with local disability organisations, links with local sports development officers, and extensions to minority sports and dance.</p> <p>Focus on girls, increase in volunteering, coach education Outdoor learning, development for staff forest schools EY development with parent and toddler groups, outdoor play areas and focused activity</p> <p>Multiagency alliance on Pain.</p>
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Action Point 2.20	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>As part of A games legacy for Scotland, using the inspiration provided by Glasgow 2014 Commonwealth Games and other events such as London 2012 to encourage all Scots – young and old – to be more active.</p> <p><i>Milestones: Ministers will be updated bi-annually and there will be a published report on progress each year to 2014.</i></p> <p><i>By 2019, the Active Scotland element of A games legacy for Scotland aims to have increased:</i></p> <ul style="list-style-type: none"> • <i>The level of physical activity across all ages and groups;</i> • <i>The capacity of multi sports and physical activity clubs/groups working together and linked to Community Sports Hubs across Scotland;</i> • <i>The number of active young people and members including volunteers in these clubs/groups;</i> • <i>The number of clubs accredited through recognised local authority or Governing Body Club Accreditation Award(s);</i> • <i>The identification and development of local talent; and</i> • <i>The capacity and expertise of the workforce in a broad range of skills.</i> <p><i>Detailed milestones are yet to be developed.</i></p>	<p>SG LAs NHS Sportscotland Sports organisations</p>	<p>The first annual progress report on A games legacy for Scotland was published on 15 December 2010. The Active Scotland chapter provided progress on Active Nation, our campaign to motivate Scotland to get active which was launched on 1 March 2010: Community Sports Hubs, where currently 24 sites across 7 local authorities have been earmarked as Hubs; the partnership between SG, Sportscotland and Sport Relief; projects funded by Big Lottery Fund's 2014 Community Grants; National School Sports Week; and ways to boost the physical activity and sporting workforce and bring more volunteers into sport.</p>	<p><u>Scottish Government</u> The Games harnessed Scotland's passion for sport, we recognise sport can be a powerful catalyst for change, playing a key role in helping people achieve their full potential. Our overarching Legacy ambition remains inspiring the nation to become more active and encouraging people to live healthier and longer lives. Scotland has experienced broadly stable levels of sports participation and physical activity in the adult and child population since 2008. Changes in levels of activity are unlikely without efforts to embed legacy aspirations into long-term policies. Understanding this, the SG and partners launched a new Physical Activity Implementation Plan in February 2014 entitled 'A More Active Scotland: Building a Legacy from the Commonwealth Games'.</p> <p>Supporting facts</p> <ul style="list-style-type: none"> • In February 2014, a 10-year Physical Activity Implement Action Plan was launched to tackle physical inactivity in Scotland. • Scotland's National Walking Strategy was launched on 13 June, during Legacy Week. • 150 Community Sport Hubs will be created across Scotland by 2016 – 134 currently in development or operational across all LAs (as at end-Sept 2014) • The Active Places Fund has supported 156 projects, helping build and improve community facilities across Scotland. • More than 750 teachers have been trained to support disabled young people in P.E. • 37,500 opportunities for people to make a positive change through Street Soccer Scotland. • The £1 million Sustainable Sport for Communities is helping communities realise their ambitions of owning and running their own sports facilities. • BIG 2014 Communities Programme, has provided over £5.6 million to helping members of local sports clubs, voluntary and community organisations, community councils and schools take part of volunteer in physical activity or sport. • Big Lottery Fund have provided over £100,000 to support Active East working with communities at the epicentre of the Games activity, in Glasgow's East End to increase levels of physical activity and build skills through volunteering.

