

In combination with standard medical care, an active lifestyle plays an important role in the prevention, management and treatment of many long-term conditions to contribute to public health. Including information about an individual's physical activity in patient notes provides a number of benefits.

1. A better understanding of the wider lifestyle of the patient, means better personalisation of care and care planning for the individual.
2. Capturing current activity levels and other lifestyle behaviours presents a unique opportunity to open up a conversation about the patient's role in their wellbeing and small behaviour changes they can make to improve patient outcomes.
3. The [NHS Long Term Plan has a strong focus on the treatment and prevention of illness](#) by supporting patients to adopt improved healthy behaviours. Healthy behaviours help people to live longer, healthier lives, and reduces the demand for and delays in treatment and care.
4. Having better information about patients at a population level helps us design better services and interventions, contributing to the population health management agenda across the system.
5. Knowing more about a patient presents an opportunity to signpost them to other support services they might find helpful, e.g. social prescribing, debt advice, smoking cessation etc.



Active Lincolnshire advocates for the following two questions to be embedded in patient notes as standard:

Question 1:

In the last 7 days, how long in minutes, have you spent taking part in moderate physical activity - activities that take moderate physical effort and **make you breathe somewhat harder than normal**. This includes activities like brisk walking, heavy gardening, leisure or sporting activities.

Answers to select from drop down:

- Between 0 and 29 minutes per week
- Between 30 and 149 minutes per week
- Between 150 or more minutes a week

Question 2:

During the last 7 days, how much time have you spent sitting? Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, driving, or sitting or lying down to watch television.

Answer box to record number of hours and minutes

X hours and X minutes



Notes to Healthcare Professionals

1. Moderate intensity activity refers to any activity that raises body temperature, breathing rate and heart rate, but the participant is still able to talk. This may vary from person to person depending on the individual's health.
2. Every 1 minute of vigorous activity counts for 2 minutes of moderate activity. Vigorous activities take hard physical effort, make you breathe much harder than normal and leave you unable to hold a conversation.
3. When calculating time spent sitting, do not include time spent sleeping at night.

Further information

- Full details of the Chief Medical Officer guidelines for physical activity including info-graphics can be found on the [UK government website](#).
- Evidence-based consultation guides for a range of conditions to guide healthcare professionals in having conversations about physical activity with patients can be found on the [Moving Medicine website](#).
- Read the [consensus statement around risk](#) for physical activity and long-term health conditions.
- You can signpost patients to the [Let's Move Lincolnshire Activity Finder](#) in order for them to make their own, informed, choices about their physical activities.



We are keen to connect with any healthcare professionals in Lincolnshire to discuss how we could provide additional support about physical activity, particularly to tackle inequalities and support diverse communities. This might include producing additional resources, delivering training and supporting signposting to local opportunities.

Contact us:

Admin@activelincolnshire.com and a member of the team will be in touch.