Physical Activity pathways for people with long term conditions

Andrew Power
Health & Wellbeing Manager
Swim England: Towards a nation *swimming*

**Vision**
A nation *swimming*

**Mission**
Creating a happier, healthier and more successful nation through *swimming*
Swimming and Health Commission Report

• Reviewed and scrutinised the available evidence on the benefits of swimming for individuals, patients, communities and nations
• Systematic reviews on the health and wellbeing benefits across the lifespan, highlighting disparities in the evidence practice and access
• Highlighted the many health advantages that regular swimming provides

Outputs
• Academic report and summary document
• Infographics with key messages

Website: bit.ly/HealthBenefitsofSwimming
Water is a particularly conducive environment for people with long term conditions to exercise.

Water is a supportive environment, enabling participants to meet the aerobic, strength and balance components of the CMO physical activity guidelines.

ANTI-HYPERTENSIVE PROPERTIES
Reduction in BP in hypertensives of varying severity
Improvements in vascular function (carotid artery compliance, flow mediated dilatation, & cardiovagal baroreflex activity)


LIPID & GLYCAEMIC PROFILE
Augmented atrial pressure in immersion causes hormonal/neural adjustments suppressing RAAS. Superiority to land based exercise

# How to improve ‘experience’ (outcomes)

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<tbody>
<tr>
<td>1.</td>
<td>Build confidence and swimming ability</td>
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<td>2.</td>
<td>Broaden relevance and appeal</td>
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<td>3.</td>
<td>Talk about the benefits of swimming</td>
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<td>4.</td>
<td>Priming people to swim</td>
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<td>5.</td>
<td>Strengthen the ‘swimming habit’</td>
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<td>6.</td>
<td>Create better customer engagement through proactive staff</td>
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![Diagram showing three frontiers:]
- **Frontier 1**: Increase swimming’s visibility and relevance
- **Frontier 2**: Improve the overall swimming environment
- **Frontier 3**: Tailor the swimming offer to different needs
People with health conditions exercise less than those without.

They also swim less frequently.

They tend to be less able swimmers.

There are various important motivations to swim more, with health being top - but poor health is a barrier to swimming, affecting confidence.

Swimming is the favoured activity, with or without health conditions.
Water Wellbeing programme

- Review site opportunities and action plan
- Delivery of training on inclusive customer experience for all facility staff
- Environmental Audit of site and improvement action planning

Pool Pods
- Pool pod training and manual

Marketing Materials

Exercise Referral
- AAFH Training
- Exercise Cards

Learn to Swim
- Online training for swim teachers
- Guide to teaching people with health conditions

Good Boost
- Equipment and access to software
- Good Boost training and support

Ongoing support from Swim England on recruitment/marketing and training, webinars, etc

Data collection and share and learn days
LMCT Pool Pods

“Lifts and hoists can often be cumbersome and even off-putting for those wanting to get into the water independently and with minimum fuss.”

• Provides Fast, Dignified and independent access.
• Easily maintained and moved off poolside
• 20 pools (5 in London)
• Sites must incorporate key elements of the Water Wellbeing model
Patient is identified with a long term health condition

Risk stratification and needs identified - Signpost to appropriate activity

Other activity e.g. Gym, health walks

Aquatic Activity

Good Boost

Exercise Referral

Adult Learn to Swim
Adult Learn to Swim Framework

Four Adult Learn to Swim Awards

1. Be Water Confident
2. Be a Swimmer
3. Be a Better Swimmer
4. Be a Master Swimmer
Good Boost system

BARRIERS TO LAND EXERCISE

- PAIN
- LIMITED FUNCTION
- FEAR
- MULTI-MORBIDITY
Water Wellbeing support

- Site and local area audits
- Aquatic action planning
- Development of the workforce
- Environmental assessment
- Review and adaptation of exercise referral programmes to incorporate aquatic elements
- Tailoring ‘Learn to Swim’ offers
- Implementation of ‘Good Boost’ aquatic rehabilitation system
- Marketing & recruitment support
- Resources to support delivery
- Data collection & centralised evaluation
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