



## Tackling regional health inequalities with place-based working

**Active Calderdale –  
Influencing the health system**

# Active Calderdale – Influencing the health system

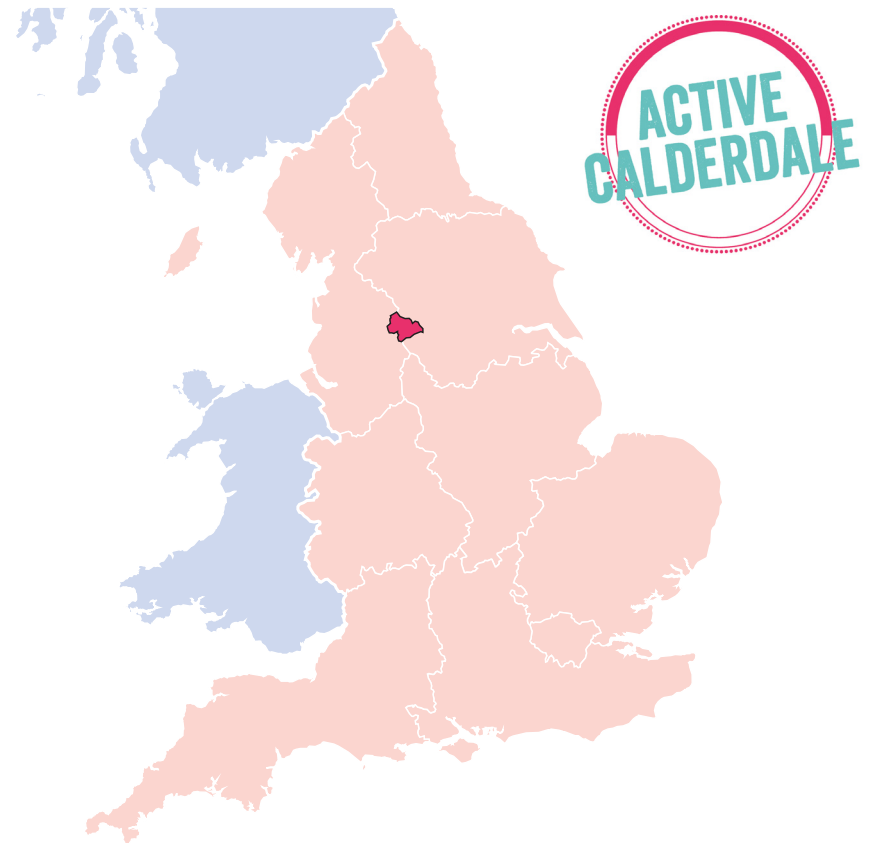
**Calderdale is one of the largest boroughs in England by area, covering a blended mix of rural and urban landscapes. This mix creates unique barriers but also unique opportunities regarding physical activity.**

The social and economic disadvantage of these neighbourhoods leads to lower levels of physical activity and poorer health outcomes, creating a compelling need to address physical activity inequality in Calderdale.

There are 19 neighbourhoods within Calderdale that fall into the top 10% of most deprived areas nationally. About 40.1% of Calderdale's population lies in the top 30% of the most deprived IMD (ONS, 2021).

The Active Calderdale strategy is seeking to create conditions in ten system areas that enable local residents to feel like they can be, want to be, and have the opportunity to be physically active. Among others, this system-wide change involves education, voluntary and community organisations and services, workplaces and the built environment.

Partners across the whole system are playing their part by changing what they do and how they deliver, so that physical activity is embedded as part of day-to-day life in Calderdale. Ensuring physical activity is prioritised and embedded in strategies by health and social care is also key to this.



## To find out more:

Here's how Active Calderdale is empowering health care and social care services, pathways and their staff to engage in active conversations with patients, encouraging physical activity as a key part of health and well-being.

These system-wide changes are boosting both physical and mental health, enhancing the quality of care, and promoting a community-focused approach.



### Active conversations in health and social care

Health and social care professionals are vital in promoting physical activity, especially among those with long-term conditions. By engaging in Moving Medicine training, professionals are developing skills to encourage active lifestyles, leading to positive culture shifts and better outcomes for the people they serve. [Read more](#)



### Connecting the system to more of itself

The Health Visiting Team in Calderdale took part in a Buggy4fitness session to gain firsthand experience of the physical activities they promote, helping them better encourage healthy choices. This experience helps them better support families in improving well-being through exercise. [Read more](#)



### Identifying barriers to activity for carers

Carers Wellbeing Service Calderdale supports over 2,500 unpaid carers with services like advice, assessment and opportunities for physical activity. To overcome barriers to exercise, they distributed "active at home" packs and conducted a survey to better understand and meet carers' needs. [Read more](#)



### Overgate hospice lead the way with social stroll

The Social Stroll is a gentle 45-minute walk followed by coffee and conversation, offering support and socialisation for anyone connected to Overgate Hospice. Held monthly, it promotes physical and mental well-being by engaging patients, carers, and bereaved families in a relaxed, community focused setting. [Read more](#)



## Progress to date:

This approach is working. Active Calderdale's latest impact report shows that more people are physically active and inactivity rates are falling.

### More people being physically **active**



**38.5%**

2017/18



**47.5%**

2022/23



**7.2%**

Increase

The percentage of active children and young people (5-16) in Calderdale - 2017/18 vs 2022/23



**61.1%**

2015/16



**67%**

2022/23



**5.9%**

Increase

The percentage of active adults in Calderdale - 2015/16 vs 2022/23

### More people being physically **inactive**



**39%**

2017/18



**26%**

2022/23



**13%**

Decrease

The percentage of inactive children and young people (5-16) in Calderdale - 2017/18 vs 2022/23



**28.7%**

2015/16



**24.7%**

2022/23



**4%**

Decrease

The percentage of inactive adults in Calderdale - 2015/16 vs 2022/23

## Progress to date:

### More 5-16-year-olds who have a positive experience of sport and physical activity



**95%**  
2022



**97%**  
2023



**2%**  
Increase

The percentage of children who said they like or love being active - 2022 vs 2023



**91%**  
2022



**92%**  
2023



**1%**  
Increase

The percentage of children who said they are happier being active in school - 2022 vs 2023



January 2025

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[sportengland.org](https://sportengland.org)

