

**PROMOTING BETTER HEALTH IN OLDER PEOPLE THROUGH  
PHYSICAL ACTIVITY  
(Report by the Head of Administration)**

**1. INTRODUCTION**

- 1.1 At the Panel's last meeting information was requested on the Cabinet's decisions in response to the report on the study on Promoting Better Health in Older People Through Physical Activity. This report contains details of the decisions agreed.

**2. BACKGROUND**

- 2.1 A Working Group established by the Panel completed a study on Promoting Better Health in Older People Through Physical Activity. The Cabinet considered the resulting report, which contained a number of recommendations, but was unable to reach a decision because it was felt that further information was required. The Working Group was tasked with obtaining this information and following the compilation of further detail it was submitted to the Cabinet on 4th October 2007.
- 2.2 A copy of the covering report, containing amended recommendations, is attached as an Annex hereto. The Report indicates that much of the recommended action has been addressed. Particular attention is drawn to an award of grant to the Council in the sum of £46,830 for the Active at 50 project.

**3. CABINET DECISION**

- 3.1 On 4th October 2007 the Cabinet approved all of the recommendations contained in the report with one exception. Executive Councillors requested "clarification of the Council's financial commitment to support a pilot programme of exercise for older people in the sum of £5,400". Details of this appear in Appendix C to the attached report.

**4. CONCLUSION**

- 4.1 A considerable amount of work was undertaken in the course of the study. The majority of the recommendations that were made have been endorsed and implemented. The Cabinet has asked for further information on one of the recommendations. The Panel is requested to consider any further action to take.

**BACKGROUND PAPERS**

Reports and Minutes of the meetings of the Cabinet on 4th October 2007 and of the Overview and Scrutiny Panel (Service Delivery) on 6th November 2007.

**Contact Officer: A Roberts**  
 **01480 388009**