

#EasierToBeActive The 5 I's Framework

Context



One in three adults in England live with a **long-term health condition** and those of us that have them are **twice as likely to be amongst the least physically active.**¹



Supporting people with long-term health conditions into activity is critical in increasing population physical activity levels, reducing inequalities, and improving overall wellbeing and management for people with long-term health conditions.²



The Research

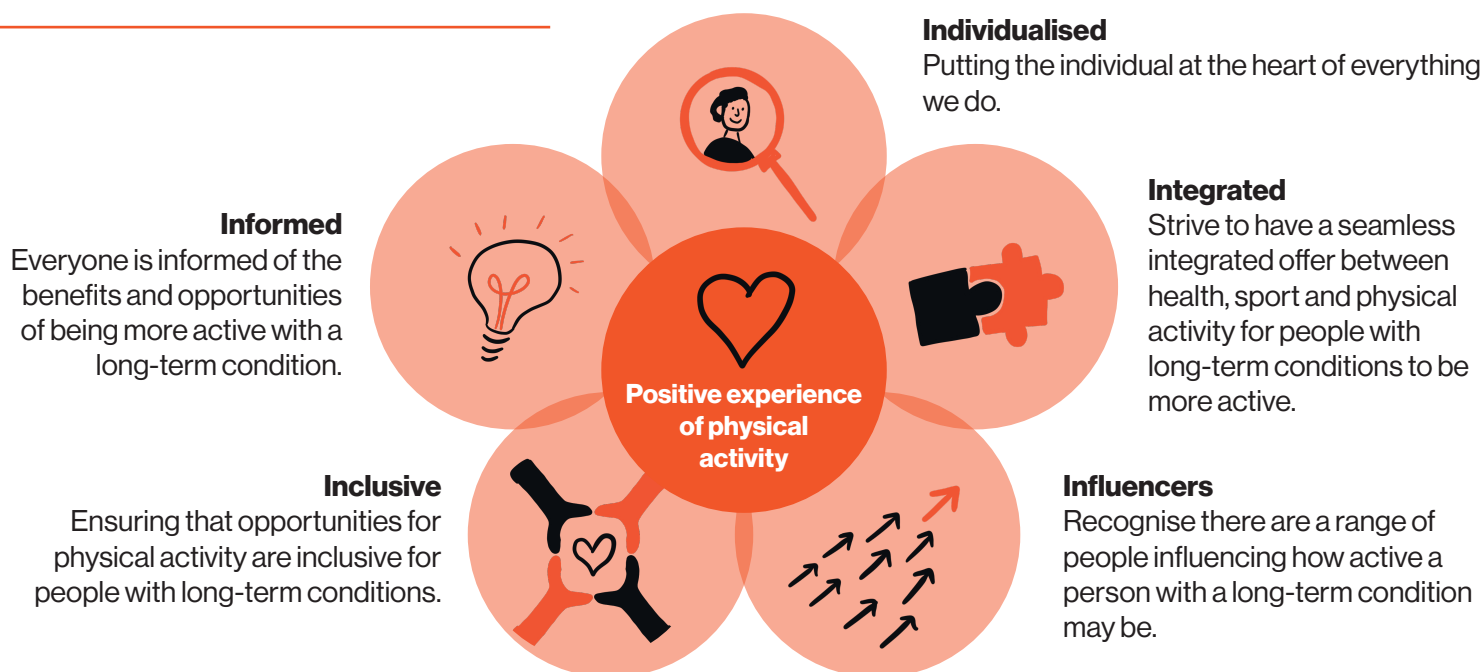
Research from National Centre for Sport and Exercise Medicine – Sheffield sought to **co-produce guidance with the physical activity and health sectors, to support those with long-term health conditions to engage with and participate in physical activity opportunities.**

The research included **online conversations, interviews and focus groups with 600 stakeholders**, to including professionals, people with long term health conditions and those passionate about improving physical activity.

Their ideas led to **The 5I's framework** - five themes that influence the experiences of physical activity for those with long-term health conditions.



The 5 I's Framework



Consider the implications of this for your own practice or physical activity journey. To find out more, visit: bit.ly/E2BeA.

¹LTC Public Health England Guidance, Health matters: physical activity - prevention and management of long-term conditions, published 23 January 2020

²Reid H, Ridout AJ, Tomaz SA, et al Benefits outweigh the risks: a consensus statement on the risks of physical activity for people living with long-term conditions British Journal of Sports Medicine Published Online First: 14 October 2021. doi: 10.1136/bjsports-2021-104281