

NOTICE OF MOTION

The following Notice of Motion has been submitted in accordance with Procedure Rule 10 by Councillor J. Till.

The countryside in Bromsgrove District is a stunning asset for the residents and visitors to our district. Many residents have taken advantage during the lockdown to walk and even run around our lanes, canals and footpaths. This is vitally important not just in terms of activity and leisure but also health and mental well being. **This motion requests that Council explore the opportunities to promote routes that are suitable for people of all ages to either walk, jog, cycle and run considering both the physical and mental health benefits for our residents as well as the potential for an economic uplift from encouraging visitors to experience what we have to offer.**

The words in italics contain additional information that has been provided by the proposer of the Motion to provide additional contextual information:

There are 3.9 million people diagnosed with diabetes in the UK. Predictions suggest this figure will rise to 5.5 million by 2030. Around 90% of people with diabetes have type 2 diabetes. It is also estimated that 13.6 million people are now at increased risk of type 2 diabetes. Furthermore, 850 000 people are currently living with type 2 diabetes who are yet to be diagnosed.

Research has shown that physical activity and sustained weight loss can be effective in reducing the risk of type 2 diabetes by about 50%. The figures for diabetes in Bromsgrove (and Redditch) are slightly above England's average. Local Government can play a significant part in educating residents, not only about signs of diabetes and coping diabetes, but in diabetes prevention. The countryside in Bromsgrove District is a stunning asset for the residents and visitors to our district. Many residents have taken advantage during the lockdown to walk and even run around our lanes, canals and footpaths. It is through such exercise that we can support the NHS in preventing type-2 diabetes, as well as supporting the general physical health and mental wellbeing of the people of Bromsgrove.