



BRISTOL ACTIVE CITY

**Creating an Active City: How Local Authorities Lead System Wide Action on Inactivity through
Transport, Leisure and Health**

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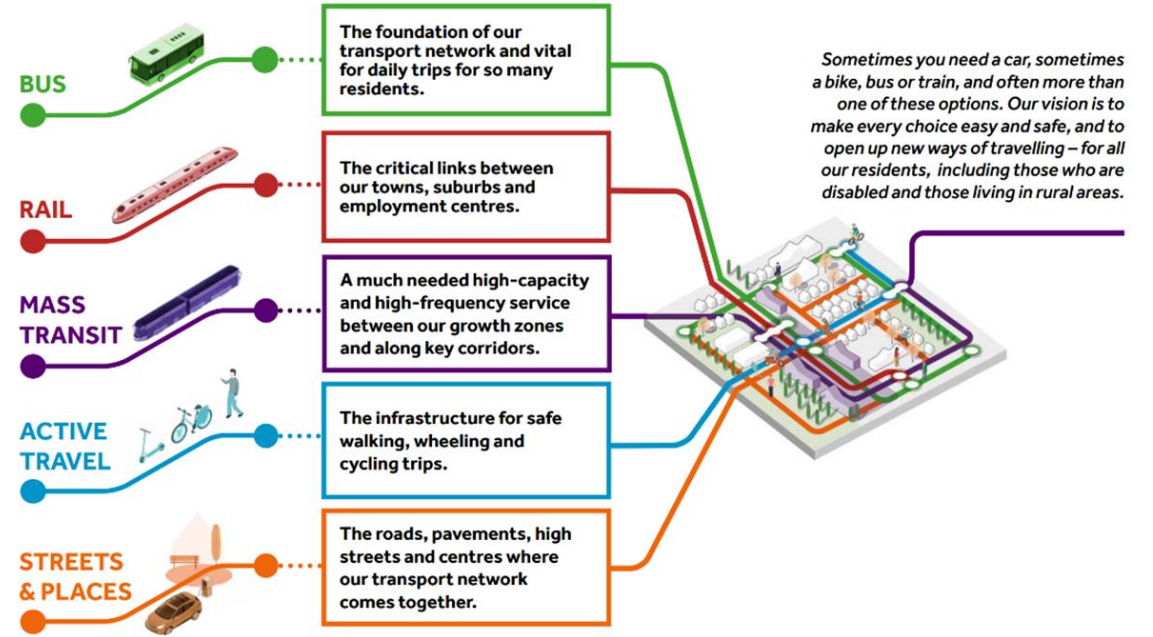
WEST OF ENGLAND TRANSPORT VISION



Our future network will be one that...



The layers of our transport system will function as a seamless and interconnected network...



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One City Plan 2025

A Plan for
Bristol

By 2050 Bristol is a fair,
healthy and sustainable city,
a city of hope and
aspiration, where
everyone can share in its
success.

In 2050 Bristol is a fair, healthy and sustainable city.
A city of hope and aspiration where everyone can
thrive and share in its success.

bristolonecity.com

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ONE CITY

One City Missions

In Bristol, we are creating an inclusive, sustainable and **equitable economy** that provides good work and addresses structural inequalities.

In Bristol, the circumstances that we grow up in will not determine **our chances in life.**

In Bristol, we are creating the conditions for **communities** to be **connected and cohesive** with **trust** in institutions and in each other.

In Bristol, we are collaborating to create a **climate resilient** city where everyone is empowered to act on **climate and nature recovery.**

Setting the scene



Why This Matters: Bristol's Activity Inequalities

- Average 67.3% of residents are active
- Falls to 51.6% in the most deprived neighbourhoods
- Ward variation: 44.8% (Hartcliffe & Withywood) → 83.1% (Clifton Down)
- Disabled people, those with LTHC's, unemployed, economically inactive, some black and racially minoritised communities
- Key message: Inequalities drive everything we do

Source: Quality of Life survey 2024/25

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The Public Health shift



From:

- Individual behaviour change
- Encouraging people to be active

To:

- Designing activity into everyday life
- Making active travel the *default* option

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Core Principle: Design the Default



The Framework approach:

- Reduce reliance on cars
- Prioritise active modes
- Integrate with public transport

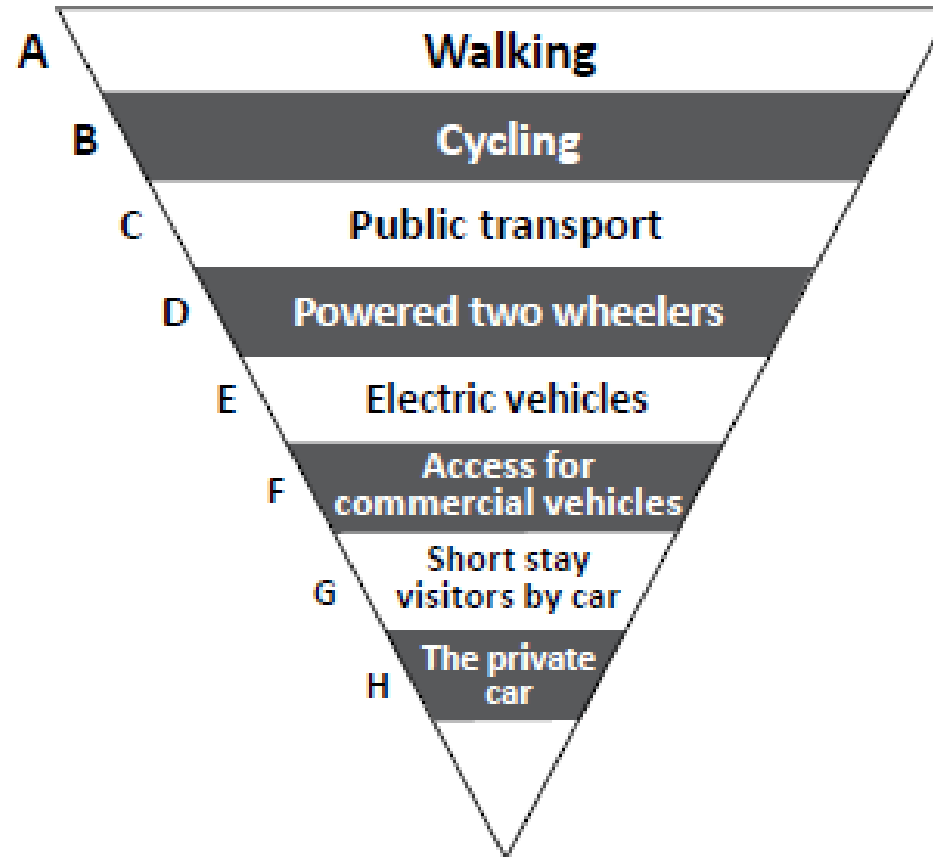
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Rebalancing Streets (Health + Equity)



Road user hierarchy:

1. Pedestrians
2. Cyclists
3. Public transport
4. Cars



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Creating an Active City: City Centre Transformation



- 5,000 more people living in and travelling around Broadmead.
- Plans to transform our public spaces and roads.
- City centre more welcoming and people friendly

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Connecting the City Through Integrated Transport



- Improving sustainable transport options throughout the city centre and preparing the way for a rapid transit route from the northwest to the southeast of Bristol



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Active Travel: Temple Way



- Improving routes to and from Temple Meads for walking, wheeling, cycling and public transport
- Improving safety and access for pedestrians

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Health outcomes linked to transport



- 56% of adults in Bristol are overweight or obese
- Air pollution contributes up to 300 early deaths per year
- Physical inactivity linked to LTHCs (CVD, diabetes, mental health)

Source: Bristol JSNA 2025/26

Inequalities

- People in most deprived areas
 - Less likely to own a car
 - More reliant on walking and cycling
- 40% of job seekers cite lack of transport as barrier to work

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Integrating with Public Transport



Must be a fully integrated system

- Walking & cycling connect to:
 - Temple Meads Train Station
 - Bus interchanges
 - Metrobus routes

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Key Takeaway



Normalising everyday movement requires:

- Designing streets for people first
- Connecting active travel networks
- Integrating with public transport
- Reducing car dependency

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Positioning Leisure Facilities as Preventative Health Partners



Easton Leisure Centre



Context

An aerial photograph of Bristol, England, showing the city's dense urban landscape and the River Avon. Overlaid on the image are four dark blue rectangular boxes containing white text.

Bristol Neighbourhoods Wellbeing and Health Plan

- Prevention at the centre of the system, shifting from sickness to prevention and hospital to community
- Ambition to deliver services where communities naturally come together
- Leisure centres part of the community asset base alongside VCSE, health and social care

The logo for Bristol Active City, with "BRISTOL" in blue and "ACTIVE CITY" in a darker blue below it.

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Aligning with Neighbourhood Health Architecture



- The Plan calls for multi-agency hubs combining prevention, primary care and community services
- Emphasis on accessible, familiar, community-based locations for delivery
- Strong focus on integrated neighbourhood teams linking NHS, VCSE and community assets
- Prevention priorities explicitly include increasing physical activity and reducing inactivity

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Civic Partnership Manager



- Partnership leadership & system integration
- Driving preventative health delivery
- Community engagement & place-based delivery
- Performance, insight & social value

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The Challenge



- 1 in 3 adults aged 65 + fall each year
- Physical inactivity drives poor health and inequalities
- Mobility decline results in loss of independence
- Increasing pressure on health and care systems

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What is REACT



REACT – Retirement in Action

- Evidence based community programme
- Strength, balance & mobility training
- Behaviour change and education
- Social connection built in
- For older adults with early mobility decline

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Evidence and Impact



- NIHR – funded trial (777 participants)
- Improves physical function (2+ years)
- Reverses early frailty
- Cost effective, reduces health and care demand

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Bristol Case Study



Bristol delivery model



**Bristol Health
Partners**



Role of Leisure Facilities



Leisure as a prevention asset

- Local accessible community settings
- Non-clinical and inclusive
- Skilled workforce
- Reach into inactive populations
- Support health inequalities agenda

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Working with Health Systems



Integrated delivery

- Embedded in falls prevention pathways
- ICB and NHS partnership
- VCSE collaboration
- Early intervention & prevention focus
- Care closer to home

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What's Not to Like



- Evidence based prevention that works
- Leisure is key delivery infrastructure
- Strong partnerships enable scale
- Reaches inactive and at risk populations
- Model for future public health delivery

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Using Data

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Using Data to Understand Need



A whole system view of inactivity and inequality in Bristol

- Joint Strategic Need Assessment (JSNA) provides the strategic picture
- Strong links between inactivity, long term conditions & inequality

Quality of Life Survey adds lived experience

- Physical activity levels
- Safety perceptions
- Access to green space
- Barriers to being active

Key insight: Experiences of activity & wellbeing vary significantly across city

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MSOA Insight – Shirehampton & Avonmouth - What the city average hides



Physical Activity & Behaviour

- Only 52.9% active vs 66.6% Bristol
- 18.4% inactive vs 8.4% Bristol
- Walk / cycle to work: 17.8% vs 34.5%

Environment

- Lower green space use (46% vs 56%)
- Lower satisfaction with green space (61% vs 71%)

Health and Risk Factors

- COPD admissions: 437 vs 294 (high)
- Asthma admissions: 176 vs 93 (very high)
- Overweight / obese: 55% vs 47%

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Turning Insight into Action (COPD Pathway)



Insight (MSOA data)

- COPD admissions 50% higher than Bristol average
- Linked to inactivity, respiratory health and deprivation
- Identified through JSNA and MSOA profiles

System Response

- Prioritised by locality partnership and Primary Care Network
- Aligned with:
 - Respiratory pathways
 - Physical activity & prevention agenda
 - Health inequalities focus



Turning Insight into Action (COPD Pathway)



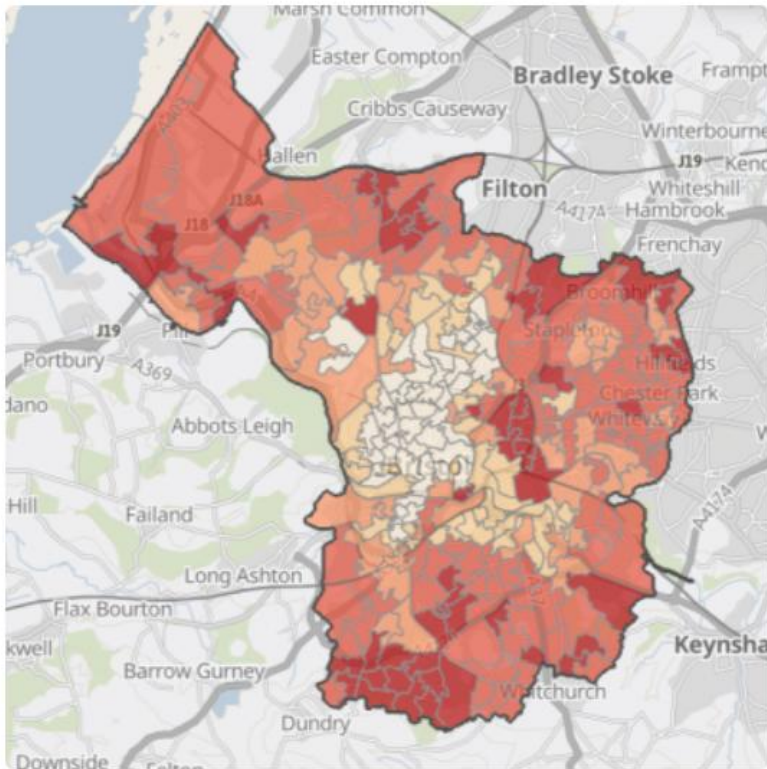
Intervention

- PCN-funded COPD classes
- Delivered in local leisure centre
- Integrated with:
 - Referral pathways from primary care
 - Community-based physical activity offer
 - Behaviour change and self-management

Impact

- Care delivered closer to home
- Reaching high risk, inactive populations
- Using leisure as preventative health asset

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Mapping Tool

Use our interactive map to view Bristol's information on physical activity levels, deprivation, sport facility locations, education establishments, parks and open spaces, health statistics and more!

[Check out our mapping tool](#)

Further information can also be found on Bristol City Council's mapping tool Pinpoint:

[Bristol - Pinpoint local information](#)

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