

Joint Strategic Needs Assessment Annual Summary Infographics 2019

A life course approach



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Wyre Forest
Clinical Commissioning Group



Redditch and Bromsgrove
Clinical Commissioning Group



South Worcestershire
Clinical Commissioning Group

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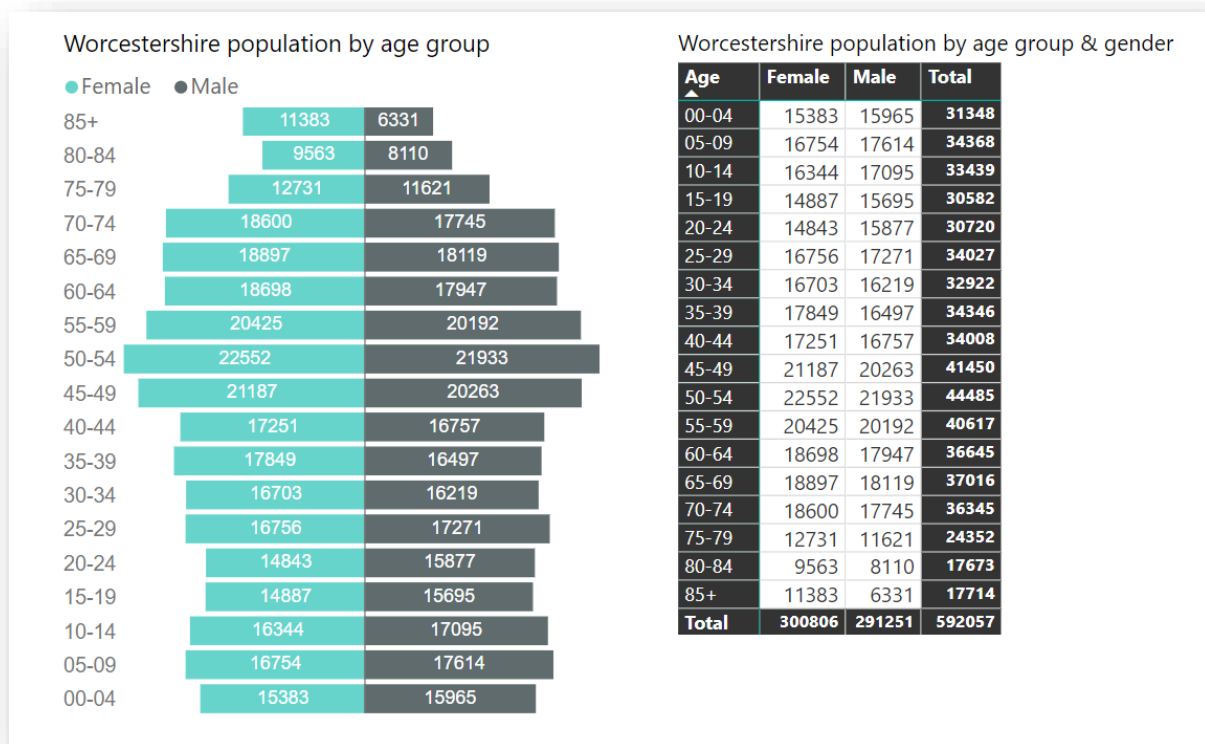
Introduction

This year’s edition of the JSNA Annual Summary took a life course approach - capturing key issues for residents of Worcestershire at every stage of life. This is a collection of the infographics from the full report. The full report provides more detailed information and can be accessed from the Worcestershire JSNA website.

The Worcestershire Picture

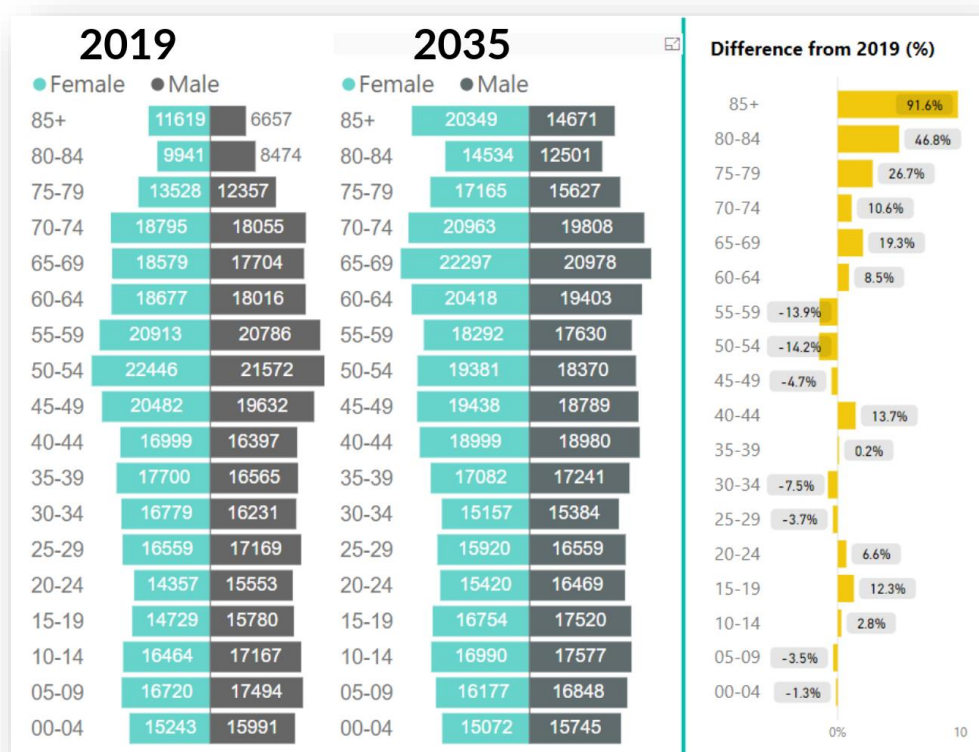
Population

1. Worcestershire Population Estimate



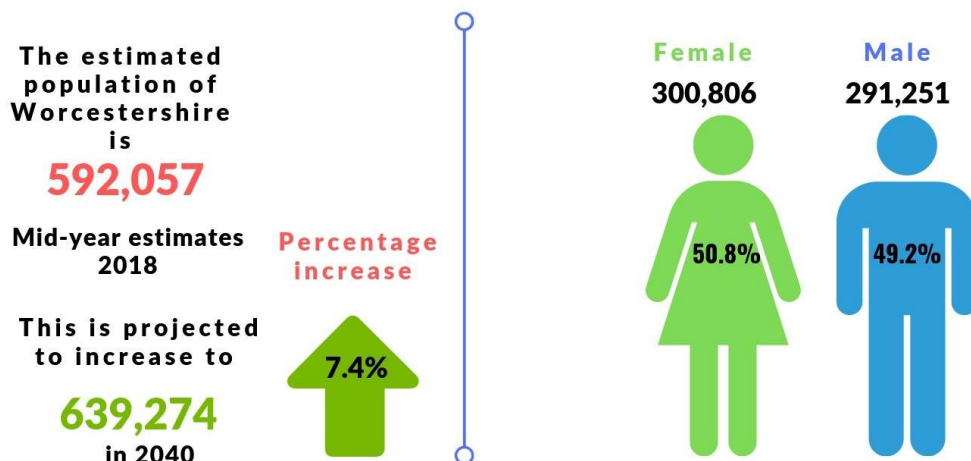
Source: Worcestershire Public Health Team based on Office for National Statistics population estimates Mid-Year 2018

2. Projected Population Based on 2018 Mid-Year Population

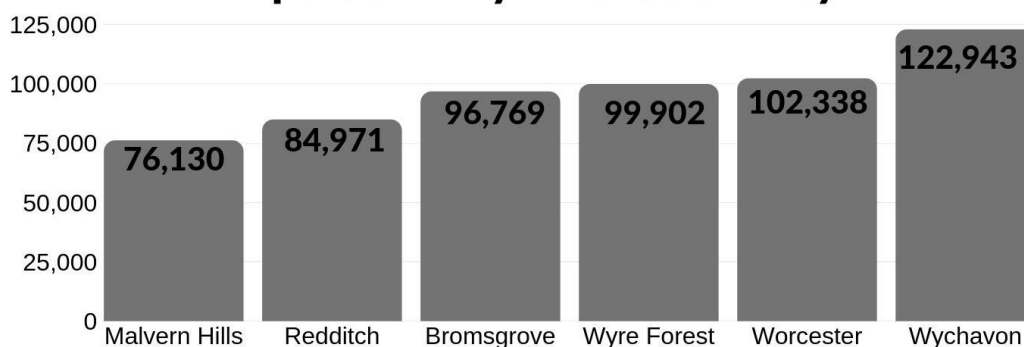


Source: Worcestershire Public Health Team based on Office for National Statistics population projections Mid-Year 2018

3. Worcestershire’s Population: Key Facts



Population by local authority



01 **0-19 Age Group**
Between 20-24% of the population in each of the six districts are children and young people. Redditch has the highest percentage at 24%.

02 **20-64 Age Group**
More than half of the population (50-60%) in each of the districts are adults. Worcester has the highest percentage at 60%

03 **65 plus Age Group**
Between 17-29% of the population in the six districts are older people. Malvern Hills has the highest percentage at 29%



Worcestershire has a predominantly white population (95.7%)
 7060 people with an ethnicity of Mixed (1.2%)
 14,121 people with an ethnicity of Asian (2.4%)
 2,353 people with an ethnicity of Black (0.4%)
 1,765 people with an ethnicity of Other (0.3%)

Data source: Public Health England, Public Health Outcomes Framework
 All images from: Canva.com

4. Learning Disabilities in Worcestershire: Key Facts

IN WORCESTERSHIRE

10,900

INDIVIDUALS AGED 18+ ARE ESTIMATED TO HAVE A LEARNING DISABILITY.

IN WORCESTERSHIRE

3,684

CHILDREN AND YOUNG PEOPLE AGED 4-19 IDENTIFIED AS HAVING A LEARNING DISABILITY.

People with learning disabilities are more likely to experience poorer health across a range of different indicators. Approximately 50% of people with learning disabilities will have at least one significant health problem

They are more likely to experience poorer self-rated health, psychological distress, arthritis, diabetes, epilepsy or multiple disease

THE AVERAGE LIFE EXPECTANCY FOR PEOPLE WITH A LEARNING DISABILITY IS

18 years

Shorter for women and

14 years

Shorter for men

Compared to the general population

KEY ISSUES:

RISK FACTORS FOR POOR HEALTH:

A number of risk factors for poor health were more common for people with learning disabilities including obesity, lower grip strength and poor lung function.

BEHAVIOURAL RISK FACTORS:

Behavioural risk factors were also more common such as poor diet, low levels of physical activity, smoking, alcohol use and hospital admission for a newly diagnosed condition

WIDER DETERMINANTS OF HEALTH:

People with learning disabilities experience significant socioeconomic inequality and are less likely to be in employment, have financial stability and to have two or more friends when compared with those without learning disabilities

The Confidential Inquiry into Premature Deaths of People with Learning Disabilities found that **38% of people with a learning disability died from an avoidable cause, primarily relating to the lack of provision of good quality health care, compared to 9% in the general population**

£80 MILLION

is spent each year on services for people in Worcestershire who have a Learning Disability

Worcestershire County Council spends about £65 million each year on services for people with learning disabilities. Some of this money is spent on our own services but most of the money is spent on services we buy from other people (external providers).

The three Clinical Commissioning Groups spend about £15 million on services for people with learning disabilities who need health services.

Data sources: 2019 Briefing on Health and Care of People with Learning Disabilities, 2018 Briefing on Learning Disabilities, Worcestershire County Council JSNA http://www.worcestershire.gov.uk/info/20122/joint_strategic_needs_assessment
Graphic created by Public Health Team using Canva



Wyre Forest
Clinical Commissioning Group

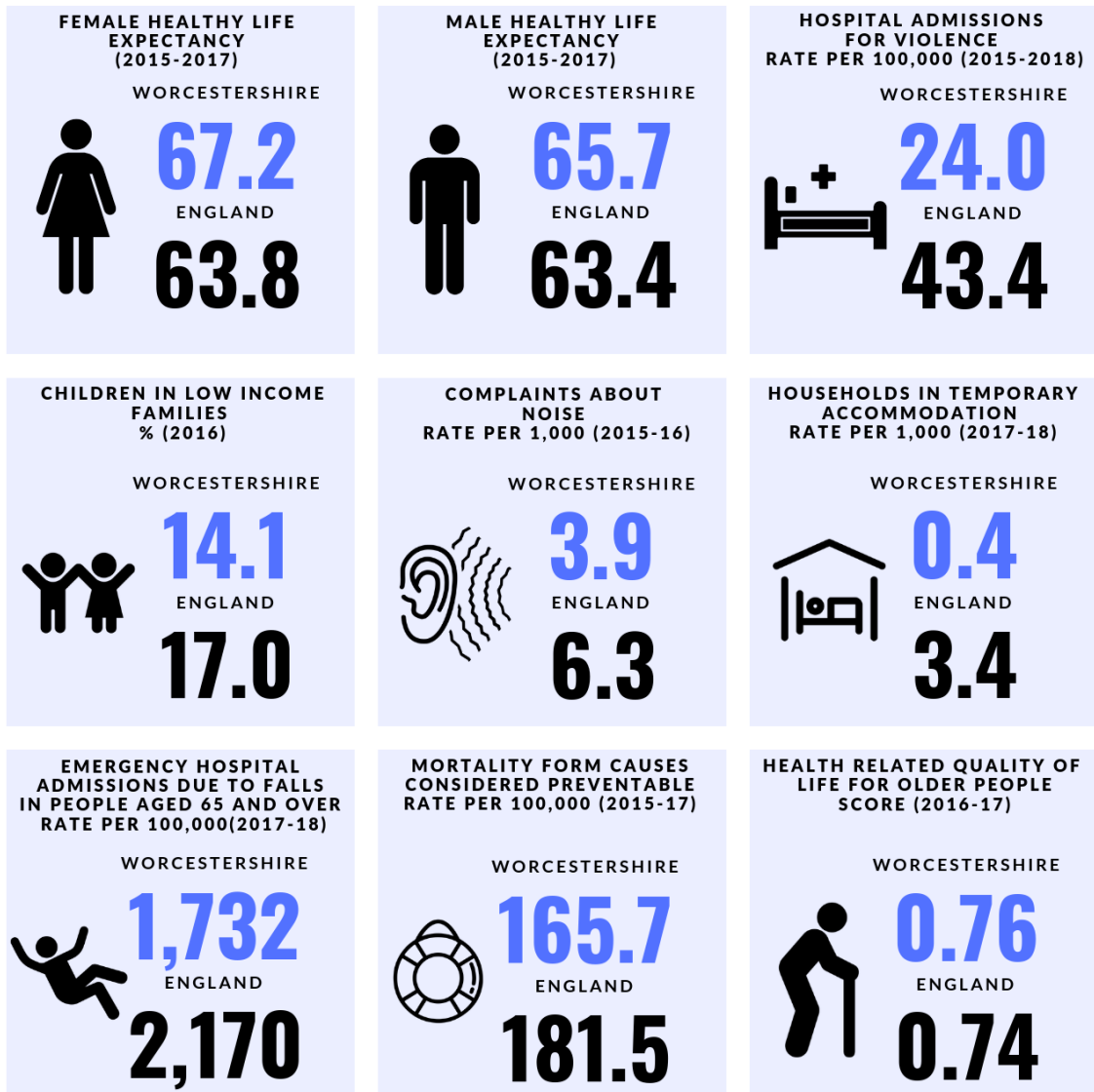


Redditch and Bromsgrove
Clinical Commissioning Group



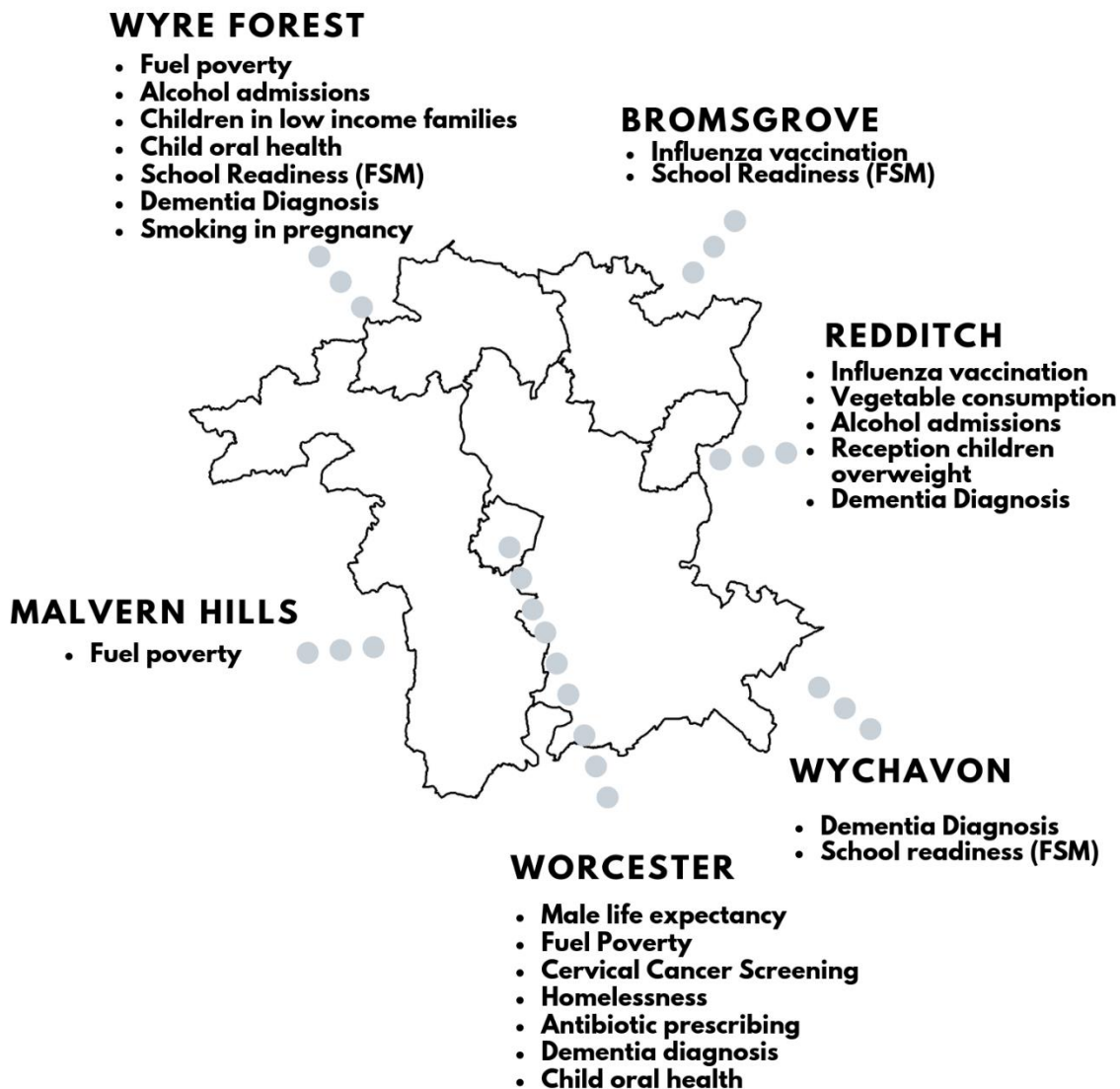
South Worcestershire
Clinical Commissioning Group

5. Where Worcestershire Performs Well



Data Source: Public Health England, Public Health Outcomes Framework
 Images from the Noun Project ("Falling" by Andrew Doane, "Life Saver" by Nicole Macdonald, "Accommodation" by Symbolon, "Children" by Musmellow, "Noise" by Peter K., "Leaves" by Rivercon, "Old" by 1516, Hospital by ibrandify)
 All other images from Canva.com

6. Measures Significantly Worse Than England

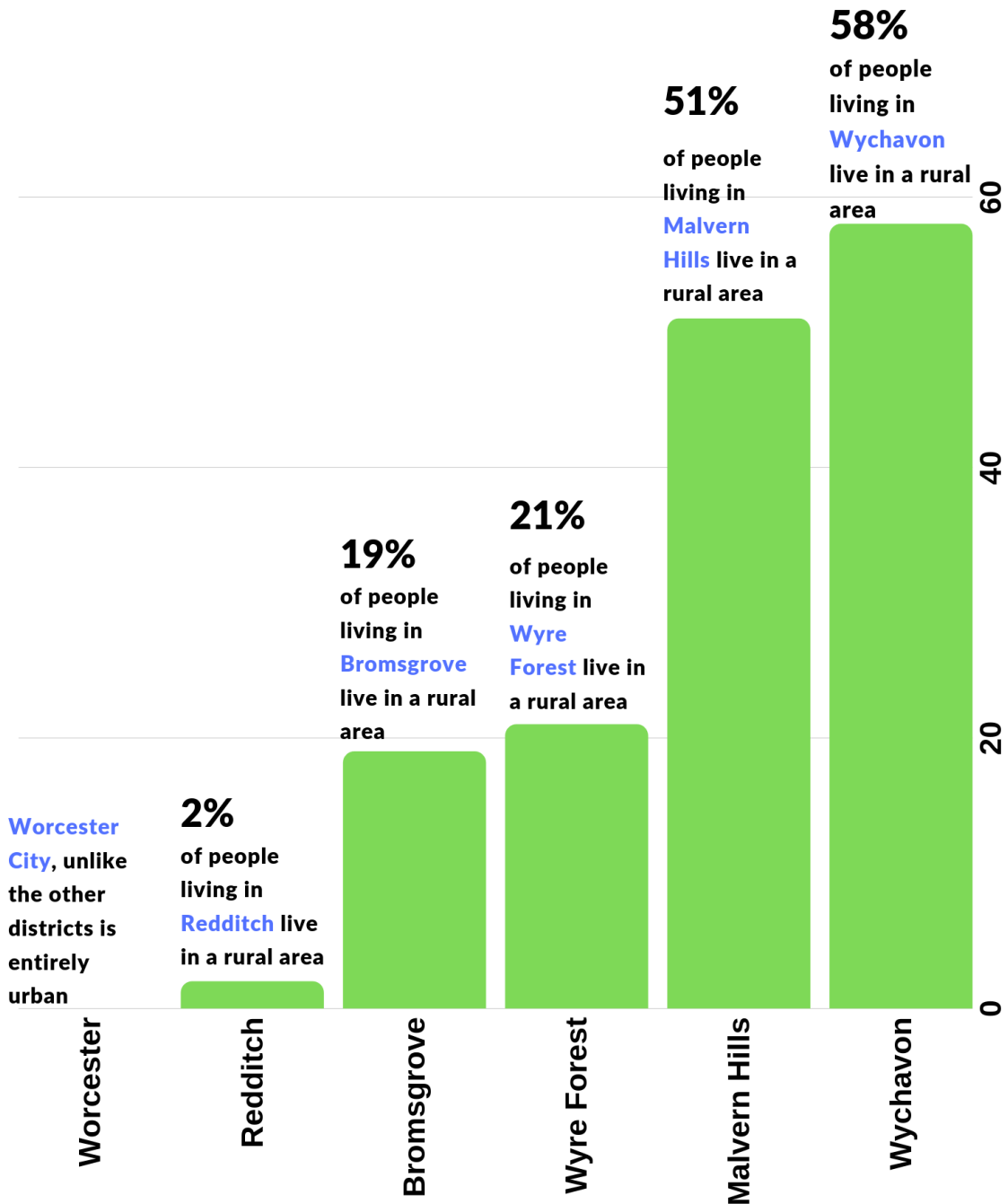


*FSM=free school meal eligible.

Source: Public Health Outcomes Framework

Environment

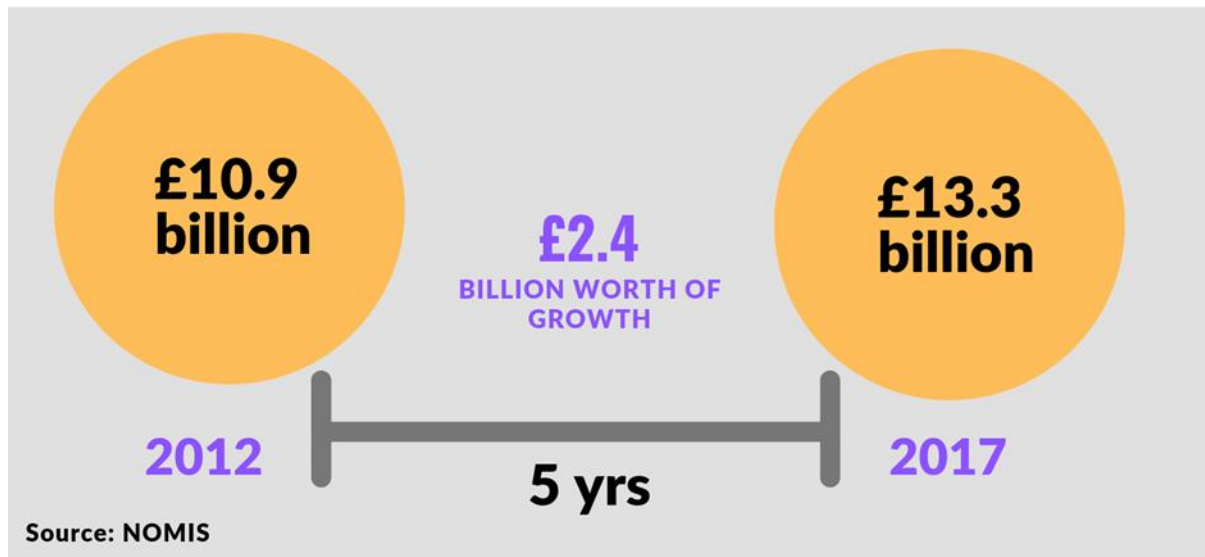
7. Percentage of People Who Live in a Rural Area



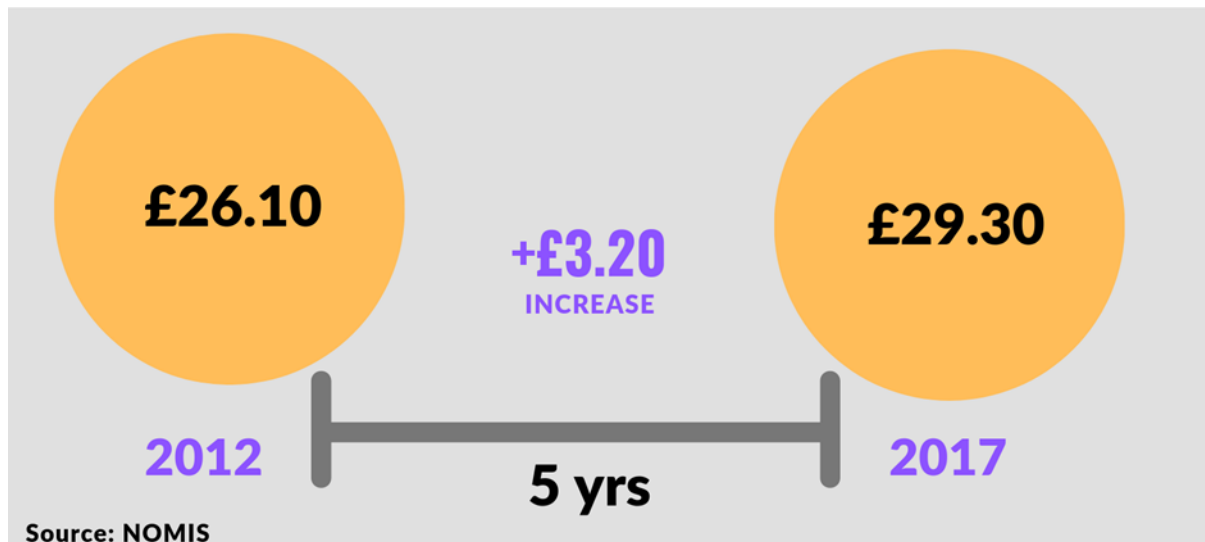
Graph developed using :Canva.com

Economy

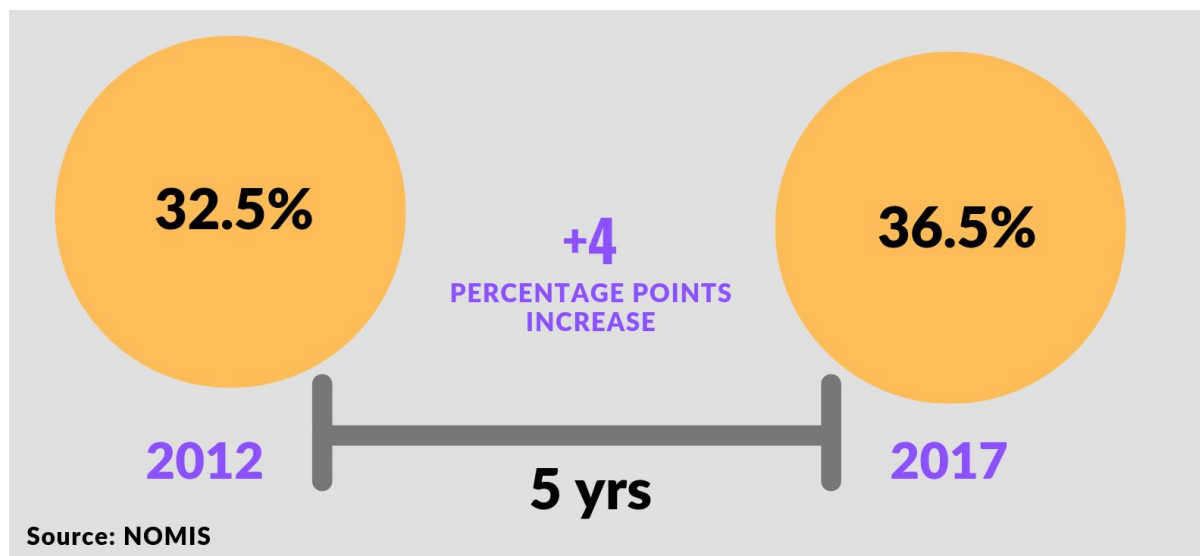
8. Gross Value Added (GVA)



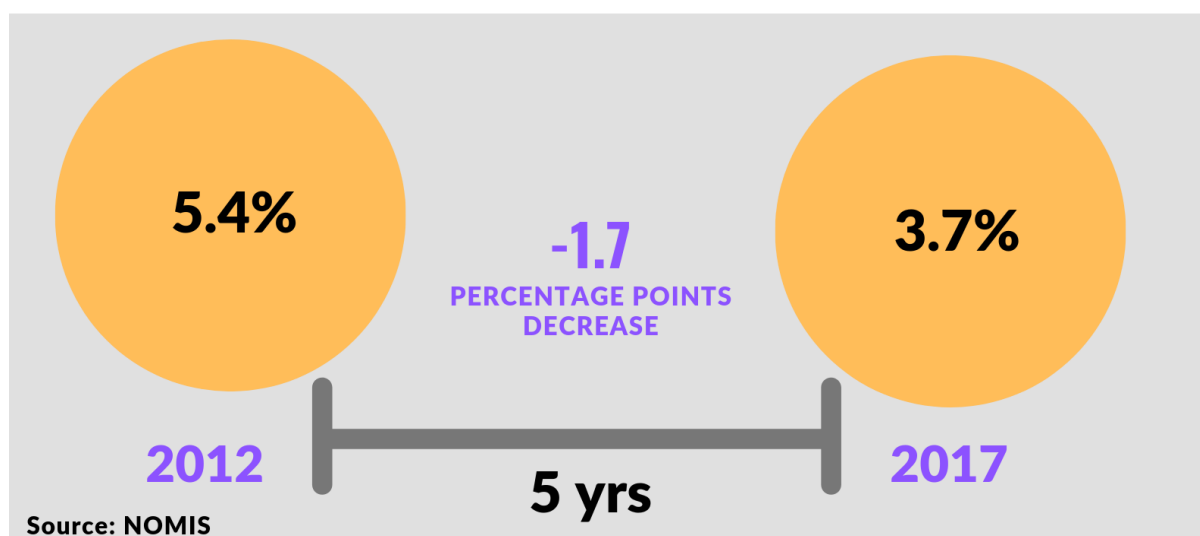
9. GVA per hour worked



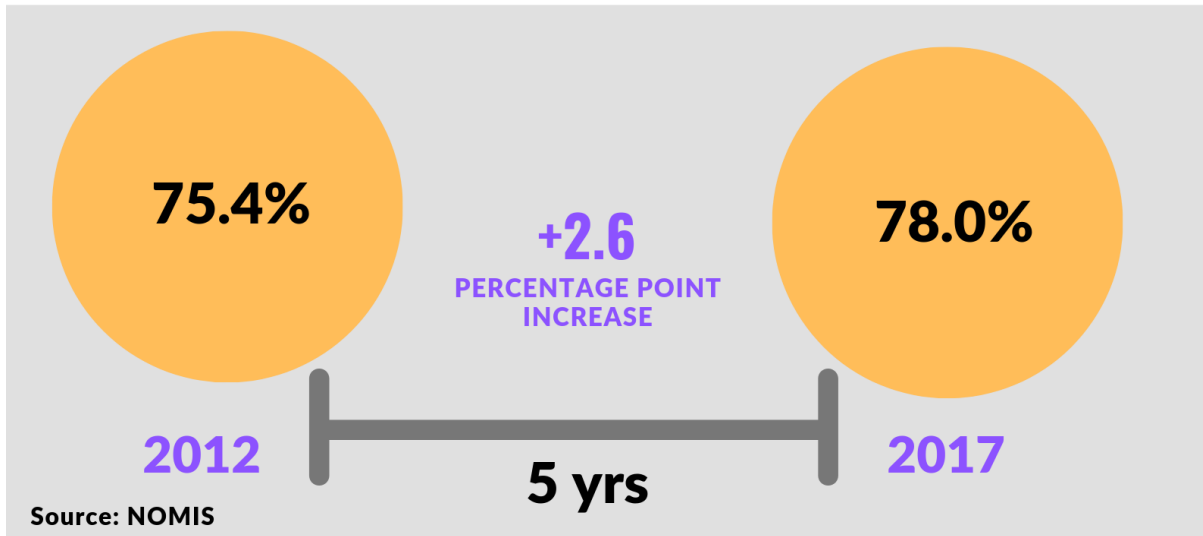
10. Workforce skills NVQ level 4 plus



11. Unemployment-Worcestershire



12. Employment-Worcestershire



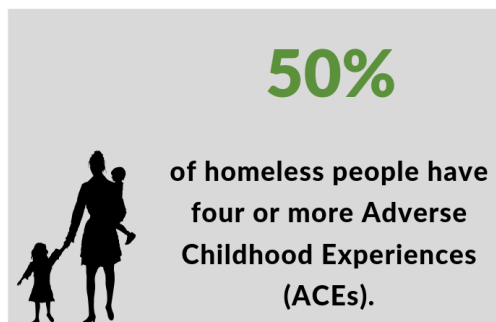
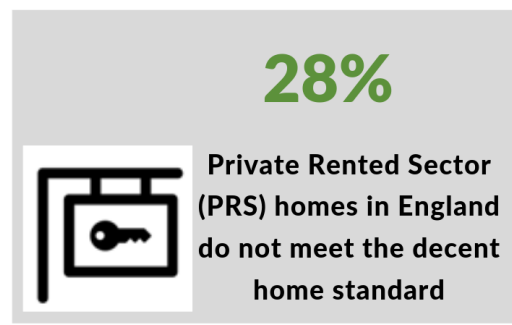
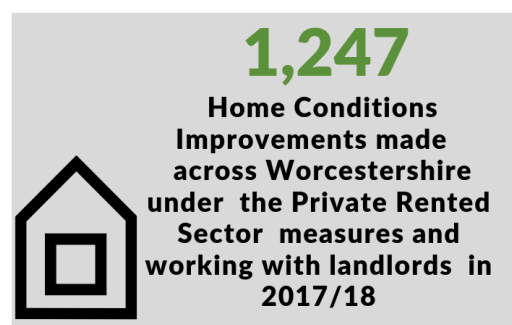
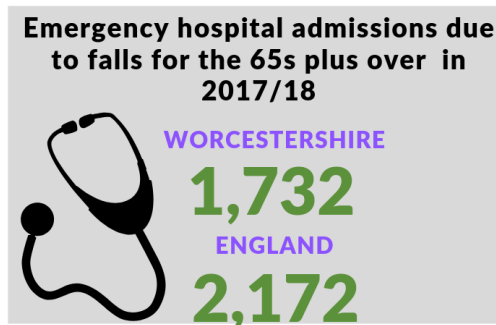
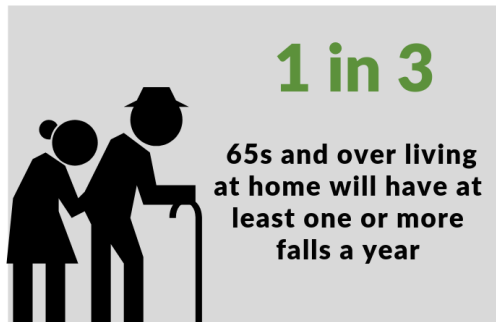
Housing

13. Relating Housing to Health and Wider Effects

Hazard	Health Impact	Wider Effects
Slips, Trips and Falls	Injury or death from accidents and fires	Healthcare costs
Air quality, Damp and Moulds	Respiratory symptoms asthma,	Environmental targets CO2
Fuel poverty	Hypothermia, lack of money	Educational attainment
Overcrowding	Sleep deprivation, stress	Community stability
Crime and Violence	Depression, stress	Crime and Disorder Costs
Radon	Lung Cancer	Environmental clean up costs

Created by Public Health Team using: Canva.com
Data source: Public Health England

14. Housing Stats and numbers

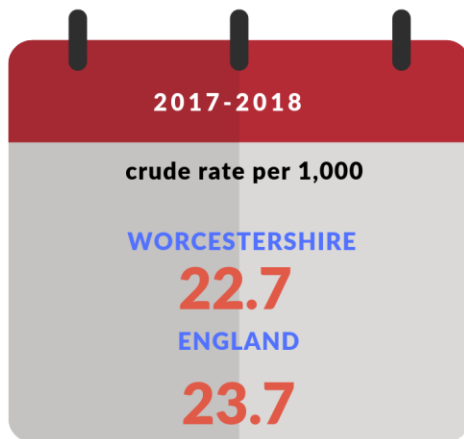


Created by Public Health Team using: [Canva.com](https://www.canva.com)
Data source: Public Health England

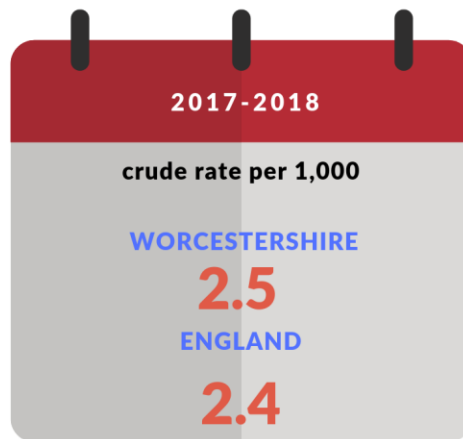
Violent Crime (Including Sexual Violence)

15. Crime: Key Facts

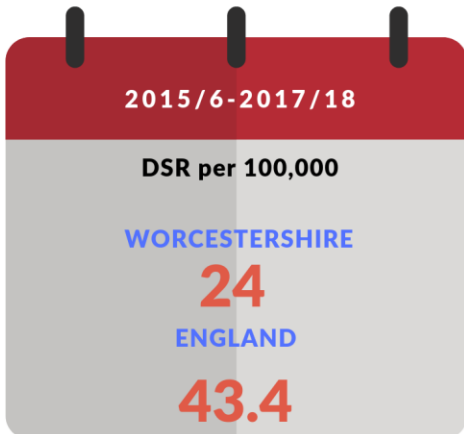
Violent crime - rate per 1,000 population



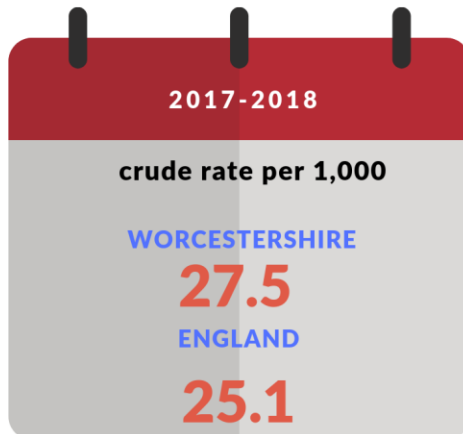
Rate of sexual offences per 1,000 population



Hospital admissions for violence



Domestic abuse-related incidents and crimes



Q14 **How safe or unsafe do you feel when outside in your local area after dark and during the day?**



Data source: Public Health England
Image source: Canva.com

Killed or Seriously Injured on the Roads

16. Killed or Seriously Injured on the Roads: Key Facts



Traffic accidents are a major cause of preventable early death particularly for children and young people



Nationally for children and men between 20-64 years mortality from traffic accidents is higher in lower socio-economic groups



In Worcestershire the rate of people reported Killed or Seriously Injured on the Roads has been rising since 2012



Between 2015 and 2017 there were 679 people reported Killed or Seriously Injured on Worcestershire's roads



The local rate of reported killed or seriously injured on the roads is 38.8 per 100,000 population



Locally there are higher rates in the 16-25 age group and an emerging increase in 41-55 year old age group with particularly high rates on two wheeled vehicles

MOST ROAD TRAFFIC COLLISIONS ARE PREVENTABLE



Data Sources: Public Health England, Public Health Outcomes Framework and West Mercia Police. Graphic created by Public Health Team using Canva and incorporating Crown Copyright images and "Slow" by Gregor Cresner from the Nounproject.com



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South Worcestershire
Clinical Commissioning Group

Viewpoint Survey

17. Viewpoint Survey 2018: Key Results

People living in Worcestershire said that the top 5 things that need improvement are.....



Road and
Pavement
Repairs



Health
services



Level of traffic
congestion



Public
Transport



Activities for
teenagers



People living in Worcestershire said that the top 5 things most important to them are.....



Health
services



Affordable
housing



Level of
crime



Clean
streets



Access to
nature



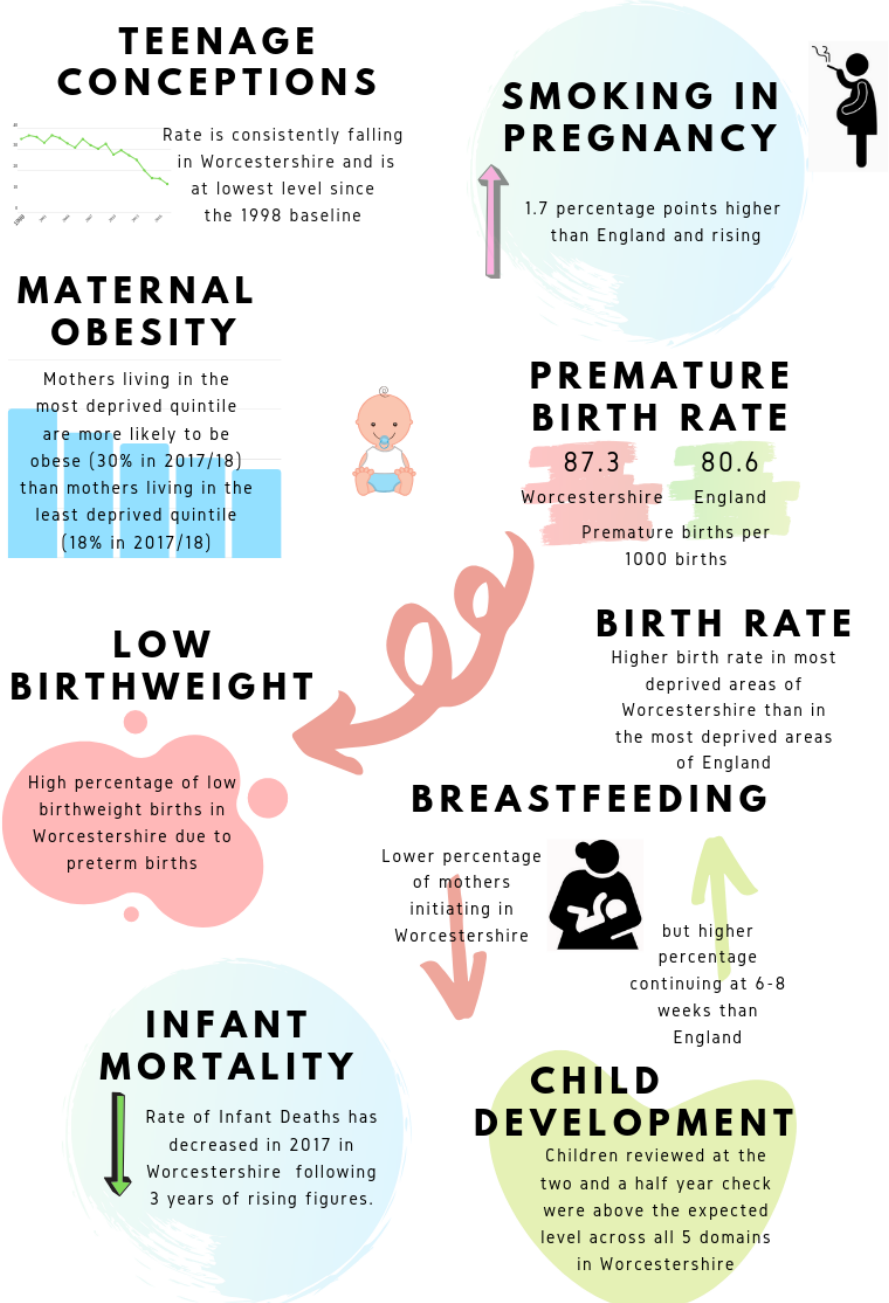
Images put together by the Public health Team using:Canva.com

Data source: Worcestershire Couty Council

- Health services are viewed by Worcestershire residents as important and needing improvement

Starting Out: Mothers, Babies, Children, Young People, Early Help and Prevention

18. Starting Out in Worcestershire: Key Facts



Created with Canva by the Public Health Team, images courtesy of the Noun Project (Pregnant Woman Smoking by Gan Khoon Lay, Breastfeeding by Luis Prado)

19. Childhood Immunisation: Key Facts



VACCINATION SAVES LIVES AND PROMOTES GOOD HEALTH

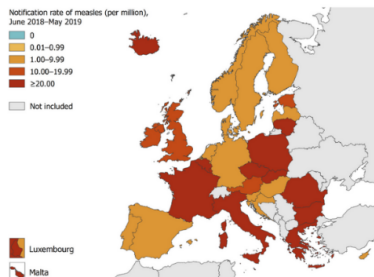
Focus on.....

MEASLES

is a highly infectious disease which can only be controlled by vaccination.

Why does it matter?

01 Vaccination Rates are Falling across the World, UK and Europe. This means that the virus is able to transmit more easily



02 Falling vaccination rates have led to more outbreaks

In the UK in 2018, there were 991 cases of measles. Compared to 284 in 2017.

03 The MMR vaccination rate has fallen significantly in Worcestershire

In England, the MMR vaccination is given in 2 doses - the first dose is given at 12-13 months, and the second dose is given at 3 years and 4 months.

First dose MMR at Age 2 has declined over the past 2 years in Worcestershire with current coverage of 92.4%, but remains significantly better than the England average.



2nd dose MMR at Age 5 has increased significantly since 2012/13, and has remained stable over the last 2 years with current coverage of 92.2%. This is significantly better coverage than England.

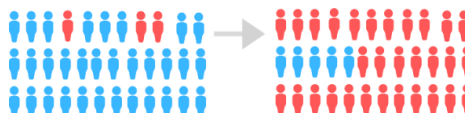


After clean water, vaccination is the most effective public health intervention in the world.

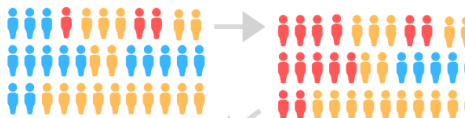
Public Health England, 2018

How does vaccination work?

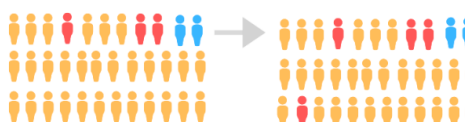
1. When *no one* is immunised
2. Disease spreads rapidly through the population



3. When *some* people are immunised
4. Disease spreads through some of the population



5. When *most* people are immunised
6. The spread of disease is limited



■ Not Vaccinated but healthy
 ■ Vaccinated & healthy
 ■ Not Vaccinated, sick, contagious

FOR A VACCINATION PROGRAMME TO BE EFFECTIVE THE UPTAKE RATE NEEDS TO BE

95%

at this level, protection is also provided for people who cannot be vaccinated

including babies or those with a weakened immune system, such as people undergoing cancer treatment.

This is called Herd Immunity

Data sources: Public Health Outcomes Framework, <https://fingertips.phe.org.uk>, COVER Immunisation Statistics, www.gov.uk, Herd Immunity Diagram adapted from <https://medium.com/@gidmk/herd-immunity-is-pretty-cool-adbc52630f9f>
 Graphic created by Public Health Team using Canva

Physical activity







Figure 20. Physical activity for pregnant women




Figure 21. Physical activity guidelines for Under-5s










Physical activity for early years (birth – 5 years)

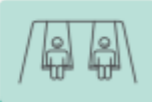
Active children are healthy, happy,
school ready and sleep better

 <p>BUILDS RELATIONSHIPS & SOCIAL SKILLS</p>	 <p>MAINTAINS HEALTH & WEIGHT</p>	 <p>CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING</p>
 <p>IMPROVES SLEEP</p>	 <p>DEVELOPS MUSCLES & BONES</p>	 <p>ENCOURAGES MOVEMENT & CO-ORDINATION</p>


Every movement counts




<p>Under-1s at least 30 minutes across the day</p>  <p>TUMMY TIME</p>		 <p>OBJECT PLAY</p>	 <p>DANCE</p>	 <p>GAMES</p>	 <p>PLAY</p>
		 <p>SWIM</p>	 <p>WALK</p>	 <p>SCOOT</p>	 <p>BIKE</p>




PLAYGROUND




JUMP




CLIMB



MESSY PLAY



THROW/CATCH



SKIP

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Figure 22. Physical activity guidelines for Children and Young People

Physical activity for children and young people (5 – 18 Years)

 BUILDS CONFIDENCE & SOCIAL SKILLS	 MAINTAINS HEALTHY WEIGHT
 DEVELOPS CO-ORDINATION	 STRENGTHENS MUSCLES & BONES
 IMPROVES CONCENTRATION & LEARNING	 IMPROVES SLEEP
 IMPROVES HEALTH & FITNESS	 MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least

60

minutes per day across week

All activities should make you breathe faster & feel warmer

 PLAY	 RUN/WALK	 BIKE	 ACTIVE TRAVEL
 SWIM	 SKATE	Activities to develop movement skills, and muscle and bone strength ACROSS WEEK	
 SKIP	 CLIMB	 SPORT	 PE
 WORKOUT	 DANCE		

Get strong



INACTIVITY

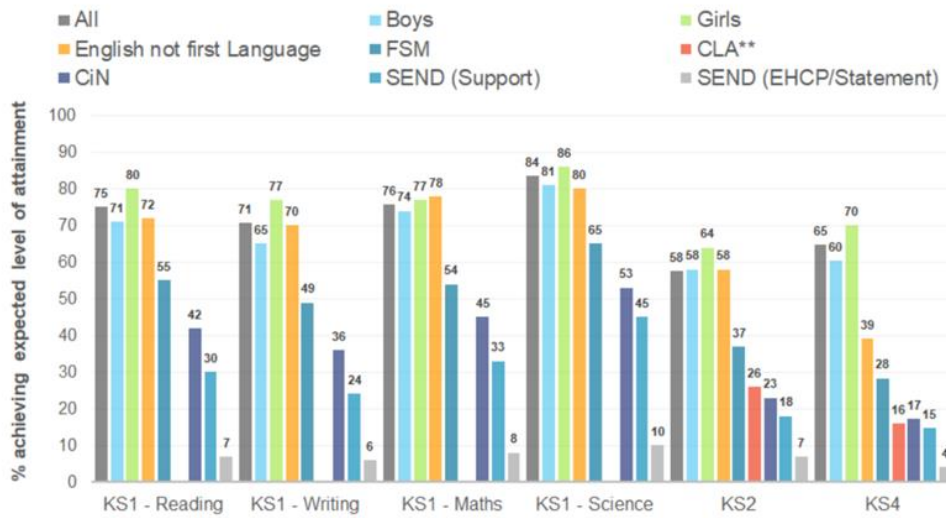
Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Educational Outcomes

23. Attainment at Each Key Stage by Pupil Characteristics for Worcestershire (2017-18)



21%
is the average gap in attainment at KS1 for Children receiving Free School Meals

43%
is the average gap at KS1 for Children requiring SEND Support

26%
is the average gap at KS4 for Children who do not speak English as their first language

48/49%
is the average gap at KS4 for Children in Need and Looked After Children (LAC)

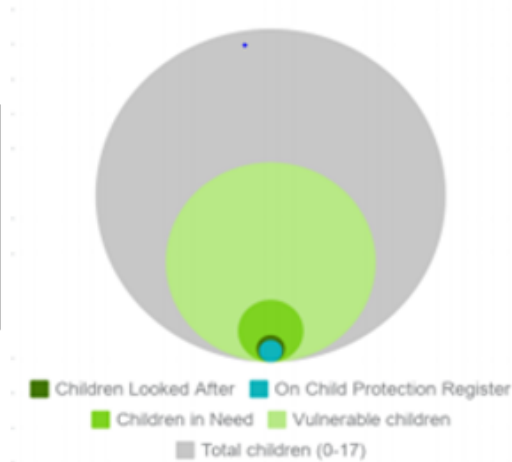
FSM - Free School Meals, **CLA** - Children Looked After, **CiN** - Children in Need, **SEND (Support)** - Children receiving SEND support without statement, **SEND (EHCP/Statement)** - Education, Health and Care Plan or Statement of Need

Data sources: Department for Education, Children Looked After in England 2018, Characteristics of Children in Need 2017 to 2018
Graphic created by Public Health Team using Canva

Children Needing Social Care

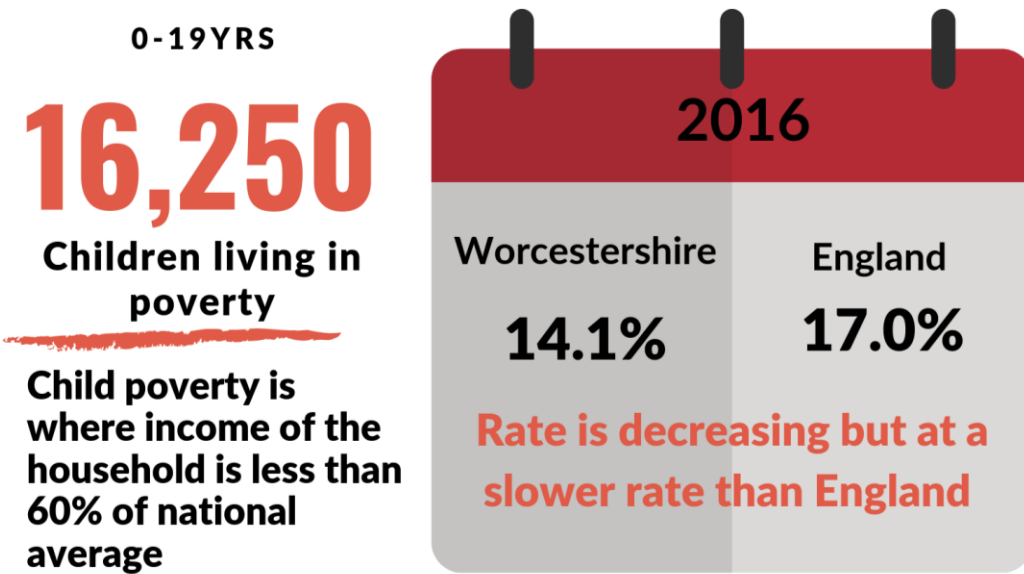
24. Vulnerable Children in Worcestershire

	2018	%
Children Looked After*	793	0.7
On Child Protection Register*	682	0.6
Children in Need*	3386	2.9
Vulnerable Children (Other)	36984	31.4
Total vulnerable	41845	35.5
Total Children (0-17)	117783	



Child Poverty

25. Children in Low Income Families (All Dependent Children Under 20) 2016



Infographics created by the Public Health Team using : Canva.com
 Data source: Public Health England

26. Children Needing Social Care: Key Facts

Children in Care

AS AT 31ST MARCH 2018
THERE WERE

793

CHILDREN IN CARE

There is a higher rate of children in care compared to England

WORCESTERSHIRE: 68/10,000 0-17YRS

ENGLAND: 64/10,000 0-17YRS



When a child is referred to children’s social care, an assessment is carried out to identify if the child is in need of services, These services can include, for example, family support, leaving care support, adoption support or disabled children’s services

CHARACTERISTICS OF CHILDREN IN NEED



Children in Need

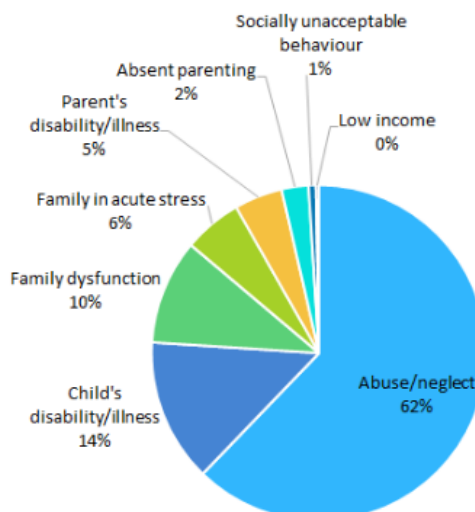
AS AT 31ST MARCH 2018
THERE WERE

3,386

CHILDREN IN NEED



Primary Need at Assessment



Child Protection

AS AT 31ST MARCH 2018
THERE WERE

682

CHILDREN WERE SUBJECT TO A CHILD PROTECTION PLAN

Data sources: Department for Education, Children Looked After in England 2018, Characteristics of Children in Need 2017 to 2018
Graphic created by Public Health Team using Canva

Children Killed or Seriously Injured on the Roads

27. Priority Actions for Reducing Injuries on the Roads for Children and Young People



1) Improving safety for children travelling to and from school



2) Introducing 20mph speed limits and zones in priority areas



3) Co-ordination of action through strong local partnerships

Graphic created by the Public Health Team using Carva. Images from the nounproject.com: "Children" by Musmellow and "Partnership" by ST.



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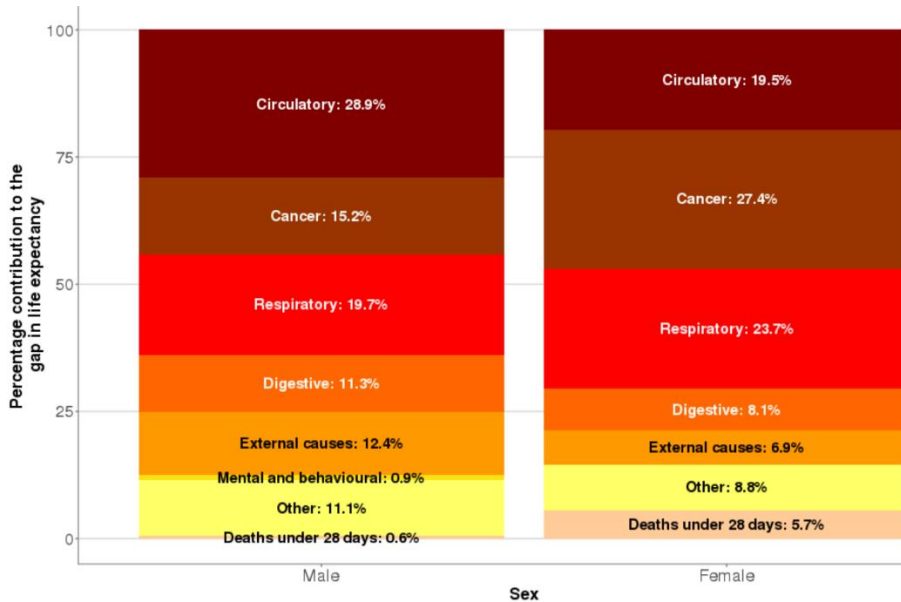
Being Well: Health of Adults

Life Expectancy and Healthy Life Expectancy

28 Inequalities in Life Expectancy



Life expectancy gap by broad causes of death



Underlying causes

01 **Deprivation**
The 7 domains of deprivation included in the index are: income, education, employment, health, crime, barriers to housing and living environment.

02 **Inequality**
Simply an unfair situation in society when some people have more opportunities, money, access to health services etc. than other people.

Created by Public Health Team using : Canva.com
Data source: Public Health England

Emergency Hospital Re-admissions within 30 Days¹

29. Emergency Hospital Re-admissions: Key Facts



NHS Digital publish statistics on emergency re-admissions within 30 days of discharge from hospital. These are available by Clinical Commissioning Group (CCG).



The indicator will be reported annually and is a percentage adjusted by various factors to allow comparisons to be made between CCGs.



Nationally, the rate of emergency re-admissions has been increasing. This trend has also been seen locally and all Worcestershire Clinical Commissioning Groups (CCGs) have seen a significant increase in emergency re-admissions since 2013.



This indicator requires careful interpretation and should be considered alongside information from other indicators and alternative sources such as patient feedback, staff surveys and similar material.

Graphic created by the Public Health Team using Canva. Images from the nounproject.com: "Repeat" by Puput Nugroho, "Increase" by Vectorstall, "Emergency" by Logan and "Investigation" Adrien Coquet

Physical Activity

30. Physical Activity Guidelines for adults

Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

Reduces your chance of

- Type II Diabetes -40%
- Cardiovascular disease -35%
- Falls, depression etc. -30%
- Joint and back pain -25%
- Cancers (colon and breast) -20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

Be active

at least

150

minutes moderate intensity per week

increased breathing able to talk



OR

or a combination of both

at least

75

minutes vigorous intensity per week

breathing fast difficulty talking



to keep muscles, bones and joints strong

Build strength

on at least **2** days a week



Minimise sedentary time

Break up periods of inactivity





Improve balance

For older adults, to reduce the chance of frailty and falls

2 days a week



UK Chief Medical Officers' Physical Activity Guidelines 2019

Figure 31. Physical activity for disabled adults



Figure 32. Physical activity for women after birth



Smoking

33. Smoking: Key Facts



Smoking is a Major Risk Factor for many diseases including

- Lung cancer,
- Chronic Obstructive Pulmonary Disease (COPD)
- Heart Disease

Smoking is responsible for around 16% of all deaths each year

Key Facts

In 2018 there were an estimated

55,000

smokers in worcestershire



It is estimated that smoking costs Worcestershire

£144 MILLION PER YEAR

in lost productivity illness & early death

11.8%

OF ADULTS SMOKE IN WORCESTERSHIRE

23.5%

OF ROUTINE AND MANUAL WORKERS SMOKE, THIS IS TWICE AS HIGH AS THE GENERAL POPULATION

12.8%

OF PREGNANT WOMEN SMOKE. THIS IS SIGNIFICANTLY HIGHER THAN THE ENGLAND AVERAGE, AND IS INCREASING.

32.0%

OF PEOPLE USED E-CIGARETTES AS THEIR PREFERRED METHOD OF QUITTING, THIS WAS HIGHER THAN NICOTINE REPLACEMENT THERAPY

Data sources: Public Health England, www.fingertips.phe.org.uk
Graphic created by Public Health Team using Canva



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Clinical Commissioning Group



Redditch and Bromsgrove
Clinical Commissioning Group



South Worcestershire
Clinical Commissioning Group

Alcohol

34. Alcohol: Key Facts



AROUND A THIRD OF ADULTS DRINK ALCOHOL AT A LEVEL THAT IS HAZARDOUS TO HEALTH (14+ UNITS PER WEEK)

THIS IS ESTIMATED TO BE APPROXIMATELY

147,372

PEOPLE IN WORCESTERSHIRE



48

People a year die from Alcoholic Liver Disease in Worcestershire before the age of 75

3800

People are admitted each year to hospital due to an alcohol related condition

67%

Reduction in alcohol related hospital admissions in Under 18s but reduction has stalled recently



Data sources: Public Health England, www.fingertips.phe.org.uk
Graphic created by Public Health Team using Canva

Substance Misuse (including treatment for alcohol addiction)

35. Drugs: Key Facts

THERE HAS BEEN AN

Significant

INCREASE IN PEOPLE COMPLETING DRUG TREATMENT IN WORCESTERSHIRE

OPIATES

4.8%

IN 2013-14

8.0%

IN 2017-18

NON-OPIATES

18.4%

IN 2013-14

41.2%

IN 2017-18

THERE WAS A

60% INCREASE

In drug misuse deaths compared to 51% in England

between 2011-13 and 2016-18

Deaths from drug misuse are

TWO TIMES HIGHER

in Males compared to Females

6.1 

2.6 

Data sources: Public Health England, www.fingertips.phe.org.uk
Graphic created by Public Health Team using Canva



Wyre Forest
Clinical Commissioning Group



Redditch and Bromsgrove
Clinical Commissioning Group



South Worcestershire
Clinical Commissioning Group

Screening

36. NHS Cancer Screening Programme: Key Facts



Did you KNOW?

Cervical Screening uptake rates for women with a Learning Disability in Worcestershire are **less than half** that of women who don't have a learning disability

There is an association between deprivation and screening uptake

We also know death rates from all three types of cancer are higher in more deprived areas



Wyre Forest
Clinical Commissioning Group




Redditch and Bromsgrove
Clinical Commissioning Group



South Worcestershire
Clinical Commissioning Group

37. Antibiotic Prescribing in Primary Care

WHAT IS THE PROBLEM?




ANTIBIOTICS CAN BECOME LESS EFFECTIVE THROUGH INAPPROPRIATE USE AND IN THE FUTURE WE MAY NOT BE ABLE TO TREAT EVERYDAY INFECTIONS


CERTAIN GROUPS ARE VULNERABLE TO INFECTION:

- OLDER PEOPLE
- BABIES
- PEOPLE WITH UNDERLYING HEALTH CONDITIONS

WHAT IS HAPPENING LOCALLY?



ALL THREE WORCESTERSHIRE CCGS HAVE HIGHER RATES OF ANTIBIOTIC PRESCRIBING IN PRIMARY CARE THAN ENGLAND



IMPROVEMENT IS BEING SEEN I.E. RATES ARE DECLINING

FURTHER GUIDANCE

PUBLIC HEALTH ENGLAND HAVE PUBLISHED "ANTIMICROBIAL RESISTANCE (AMR): APPLYING ALL OUR HEALTH". THIS IS A RESOURCE TO HELP FRONT-LINE HEALTH AND CARE STAFF USE THEIR TRUSTED RELATIONSHIPS WITH PATIENTS, FAMILIES AND COMMUNITIES TO PROMOTE THE BENEFITS OF PREVENTING ANTIMICROBIAL RESISTANCE (AMR).

Graphic created by the Public Health Team using Canva and images from the NounProject.com ("Pill" by Rick, "Pills" by Evgeny Filatov and "Decrease" by dilakusan).

Ageing: People Aged 65 Years and Over

38. Older People's Health in Worcestershire: Key Facts

There are a higher proportion of adults aged 65+ when compared to the national average

THIS IS EXPECTED TO INCREASE BY
32%
BETWEEN 2019 AND 2035

There is considerable variation across the county

the highest proportion of older people is in Malvern Hills (27.9%), and the lowest proportions are in Worcester (17%) and Redditch (18.2%).



Physical Health



THERE ARE
93,310
PEOPLE AGED 65+ IN WORCESTERSHIRE WITH SOME HEARING LOSS

THERE ARE
4,010
PEOPLE AGED 65+ IN WORCESTERSHIRE WHO ARE VISUALLY IMPAIRED



THERE ARE
2,300
FALLS PER YEAR IN THE OVER 65'S THAT RESULT IN AN EMERGENCY HOSPITAL ADMISSION

Stroke prevalence in Worcestershire is higher than the England average.

Mental Health



One in Three people aged over 65 live alone

Depression affects approximately 11,630 people aged over 65 in Worcestershire.

Cases of Dementia are predicted to increase by
56%
between 2019 and 2035

Living Conditions



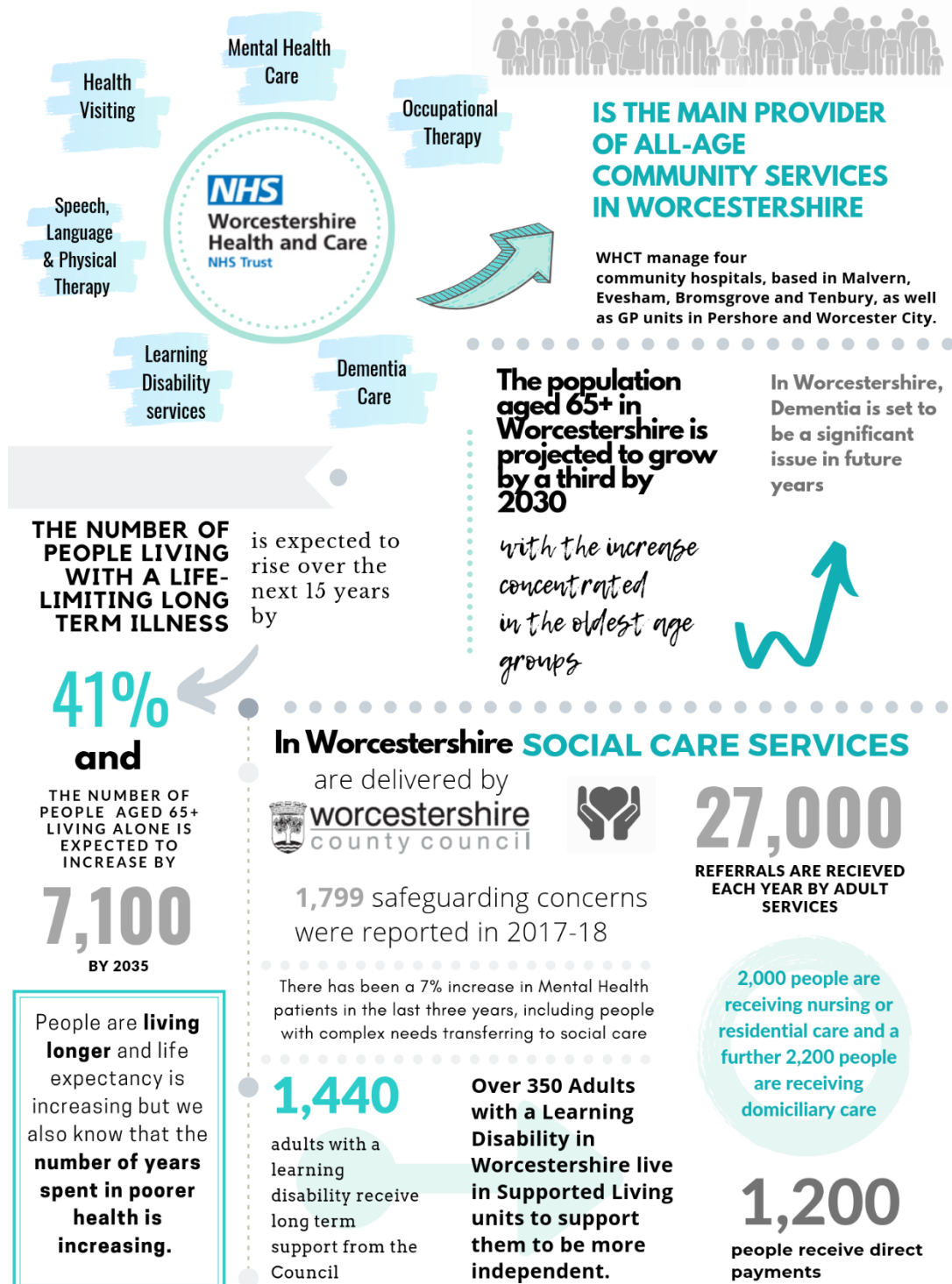
One in Five
EARLY WINTER DEATHS ARE RELATED TO LIVING IN COLD HOMES

29,000
PEOPLE IN WORCESTERSHIRE ARE LIVING IN FUEL POVERTY

A third of older people in Worcestershire are providing unpaid care of more than 50 hours per week

Data sources: Public Health England, www.fingertips.phe.org.uk, Images from theNounProject.com, (Blind by Bluu)
Graphic created by Public Health Team using Canva

39. Care of Adults in Worcestershire: Key Facts



Data sources: Worcestershire Health and Care Trust. Images from TheNounProject.com (Community By Gan Khoon Lay)
Graphic created by Public Health Team using Canva

Physical activity

Figure 40. Physical activity for older adults



Figure 41. Physical activity for muscle and bone strength across the life course

Type of sport, physical activity or exercise	 Improvement in muscle function	 Improvement in bone health	 Improvement in balance
 Running	★	★★	★
 Resistance Training	★★★	★★★	★★
 Aerobics, circuit training	★★★	★★★	★★
 Ball Games	★★	★★★	★★★
 Racquet Sports	★★	★★★	★★★
 Yoga, Tai Chi	★	★	★
 Dance	★	★★	★
 Walking	★	★	☆
 Nordic Walking	★★	?	★★
 Cycling	★	★	★

★★★ Strong effect ★★ Medium effect ★ Low effect ☆ No effect ? Not known