

# The SCPN Art & Design Prize-winning design 2018

## Dougal



### Hello, I'm Dougal!

According to the European Code Against Cancer, you should be physically active in everyday life and limit the time you spend sitting - the recommendation is 30 minutes of moderate physical activity per day to help stack the odds against developing cancer. It doesn't have to be all at once - even 10 minutes brisk dog walking can make a difference.

Just like you, I need exercise too - and now you've got a dog to walk! Start adding those 10 minutes up!

**‘A dog with two tails’  
is dog walking a preventative  
strategy?**

Professor Nanette Mutrie  
Physical Activity for Health Research  
Centre  
University of Edinburgh

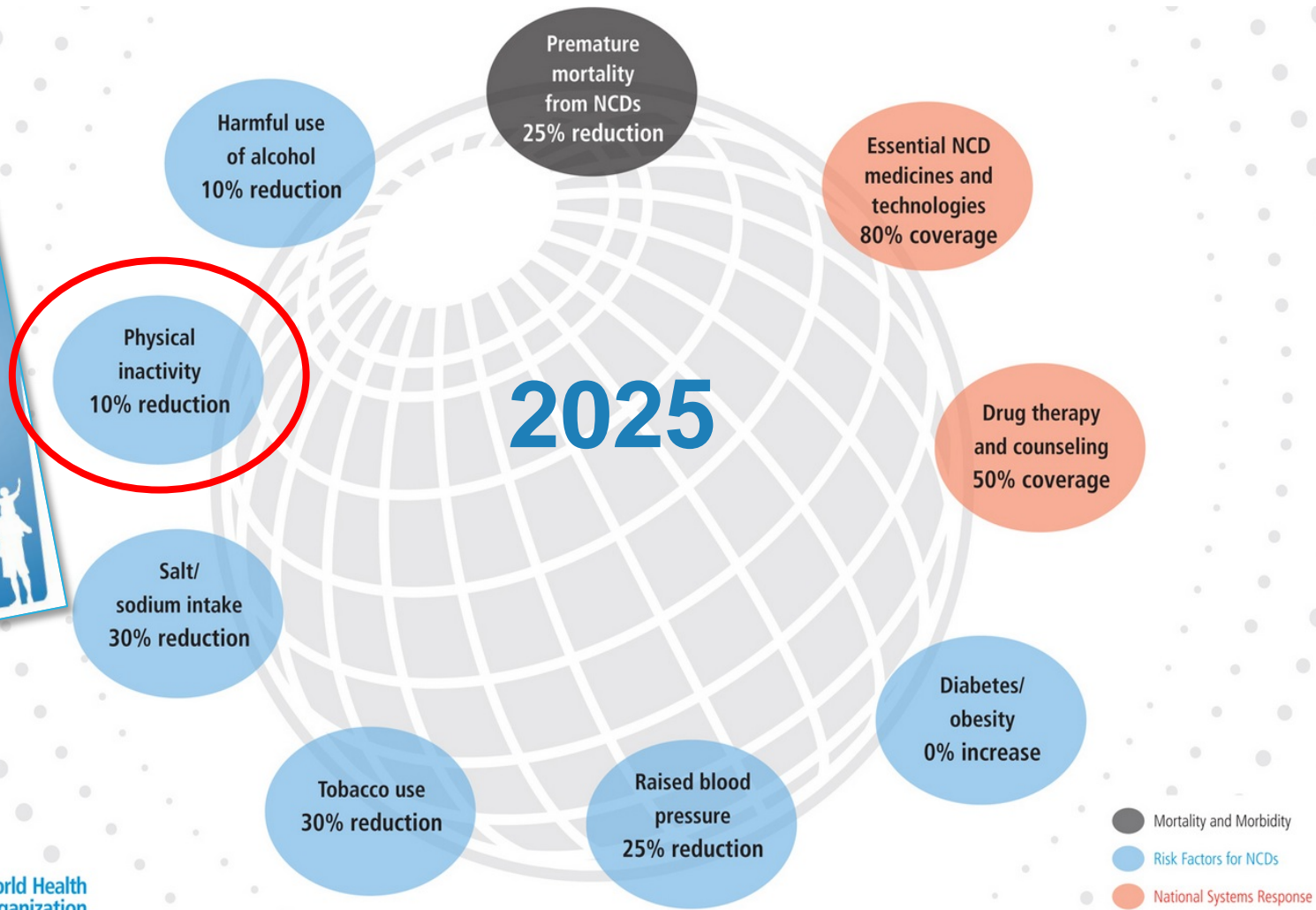
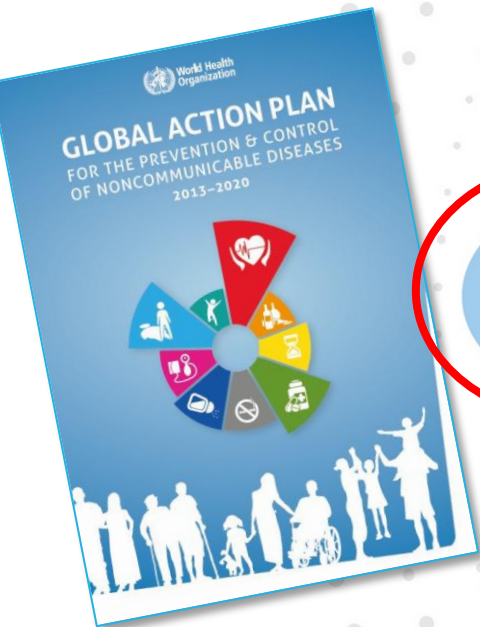




# Tail 1

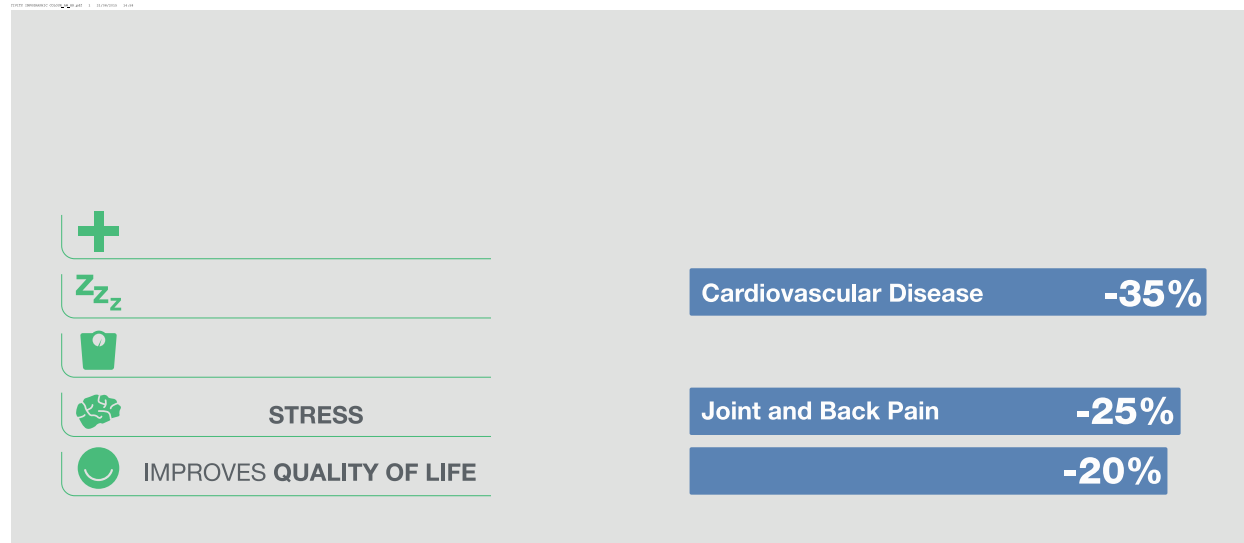
Reminder of the  
importance of physical  
activity for prevention

# Global targets for NCDs



# *[Insert 100s of slides about benefits of activity]*

## ONLY 30 MINUTES OF WALKING A DAY...



# Physical activity and cancer: an umbrella review of the literature including 22 major anatomical sites and 770 000 cancer cases

- Largest review to date
- Regular physical activity will have protective effects on both colon cancer and breast cancer
- Other cancers may also be shown to have reduced risk from physical activity as evidence builds

**To cite:** Rezende LFMde,  
Sá THde,  
Markozannes G, *et al.*  
*Br J Sports Med* Published  
Online First: [please include  
Day Month Year]. doi:10.1136/  
bjports-2017-098391

What is the UK Government recommended amount of moderate PA for adults?

A. 60 minutes per day

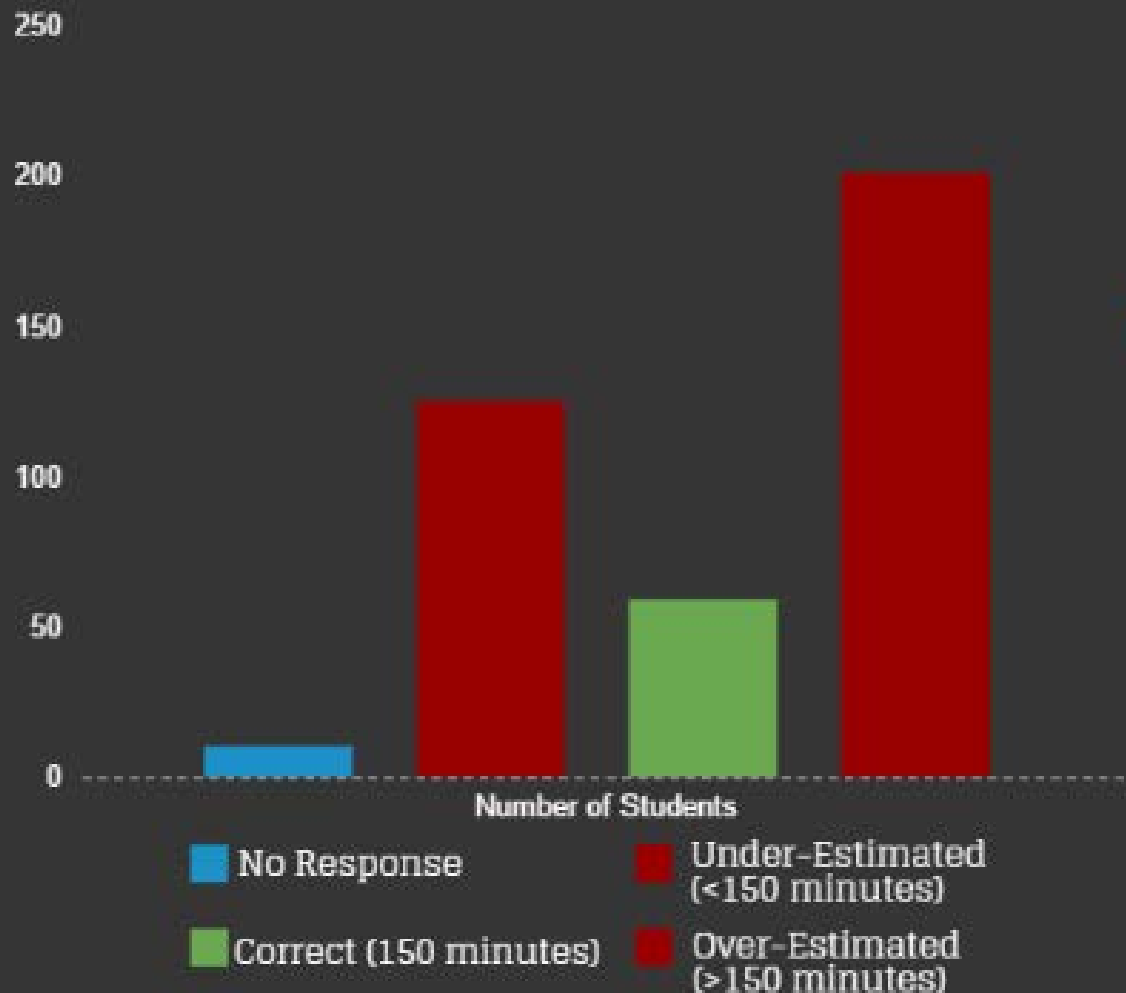
B. 30 minutes per day

C. 150 minutes per week

D. 5 x 30 minutes per week



## How Many Minutes of Moderate Intensity Activity Should Adults Accumulate Over 1 Week?



85.1%

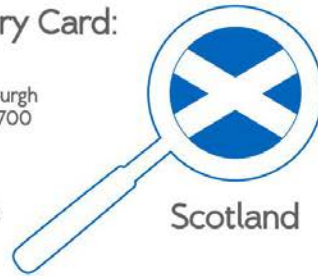
of students didn't know the recommended physical activity guidelines for adults



### Physical Activity Country Card:

#### Scotland

Capital ..... Edinburgh  
 Inhabitants (2013) ..... 5,327,700  
 Life expectancy, UK (2012) ..... 82  
 GINI inequality index (Scottish ..... 0.34  
 Government, 2012/13)  
 Human Development Index, UK ..... 0.892  
 (2013)  
 Literacy rate, UK (CIA World ..... 99%  
 Factbook 2003)  
 Deaths by NCDs\*\*, UK (2014) ..... 89%



Scotland

#### Deaths related to physical inactivity

» 16.9% of all deaths in UK are due to inactivity.



#### Contact Information

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let's make scotland more active



#### Surveillance and policy status

##### Physical activity plan

Yes  No

##### Name:

A More Active Scotland (2014).

##### National survey

Yes

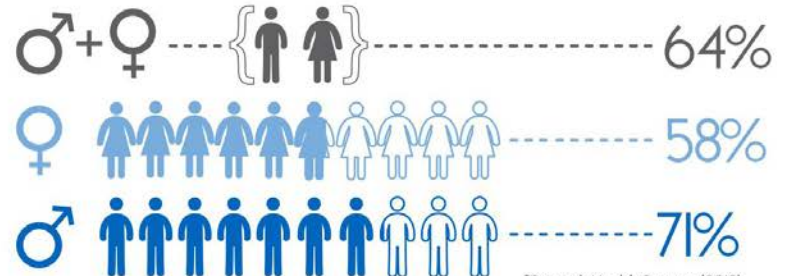
First survey: 1995

Most recent survey: 2013

Next survey

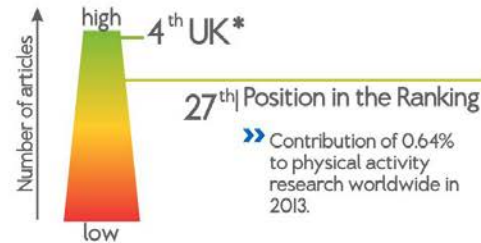
No

#### Prevalence of Physical Activity | Age 16+ years\*



\*Scottish Health Survey, (2013)

#### Research metrics (PubMed search in 2013)



» Contribution of 0.64% to physical activity research worldwide in 2013.

For description of the indicators and data sources:

[www.globalphysicalactivityobservatory.com/appendix](http://www.globalphysicalactivityobservatory.com/appendix)

Icons by Freepik

\* If United Kingdom as one country were included in the ranking it would be in the 4th position. Much of the research conducted in England, Scotland, Wales and Northern Ireland crosses the borders for funding, collaboration and dissemination.

\*\* Non-communicable diseases





# 7 Investments that work for physical activity

1. **‘Whole-of-school’** programs
2. **Transport policies** and systems that prioritise walking, cycling and public transport
3. **Urban design** regulations and infrastructure that provides for equitable and safe access for recreational physical activity, and recreational and transport-related walking and cycling across the life course
4. Physical activity and NCD prevention integrated into **primary health care** systems
5. **Public education**, including mass media to raise awareness and change social norms on physical activity
6. **Community-wide programs** involving multiple settings and sectors & that mobilize and integrate community engagement and resources
7. Sports systems and programs that promote **‘sport for all’** and encourage participation across the life span



## Tail 2

How can dogs help?

Ask your neighbor- how can dogs help or hinder?

# How can dogs help?

- 1. Dog owners are more active than non-owners

# How can dogs help?

- 2. Dog walking is
  - A sustainable activity built into every day
  - With wide reach
    - UK 25 % of households own dogs
    - US 47%
    - Australia 39%

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- 3. People with dogs have personal trainers!
  - The Lassie effect
  - The weather is irrelevant
  - Happiness is the motivation



# 'The Lassie Effect'


- Dogs can help us be active by providing
  - Motivation
  - Encouragement
  - Obligation
  - Social support
- And thus be performing 'life saving' acts!

RESEARCH ARTICLE

Open Access



# Understanding how dogs encourage and motivate walking: cross-sectional findings from RESIDE

C. Westgarth<sup>1\*</sup> , M. Knuiman<sup>2</sup> and H. E. Christian<sup>2,3,4</sup>

1. Associated with both E & M when modelled separately, but not when both in model
2. Associated with both E & M, and remains after adjustment for E or M
3. Associated with both E & M. Remains in model of M if adjusted for E, but disappears in model of E if adjusted for M
4. Associated with M only but disappears if adjusted for E
5. Associated with M only



**Fig. 2** Findings from multivariable models of factors associated with encouragement and motivation provided by dogs for walking in the RESIDE dataset

# Some take away messages from that study

- Even small dogs need 60 mins a day
- Involve children in dog walks to build habit
- Add 5 mins to dog walks
- Add additional dog walks per day in summer months?
- Add long walks at weekends [with family]

# If weather prevents you walking- get a dog!

- EPIC Norfolk study with 3123 participants [older adults]
  - 18% reported having a dog in their households
  - Two-thirds of dog owners walked their dogs at least once a day.
- Dog walkers were on average
  - 20% more physically active and spent 30 minutes less time sitting on the **coldest, wettest, and darkest days** than non-dog owners did on **long, sunny, and warm summer days**.
- Wu Y, Luben R, Jones A Dog ownership supports the maintenance of physical activity during poor weather in older English adults: cross-sectional results from the EPIC Norfolk cohort *J Epidemiol Community Health* Published Online First: 24 July 2017. doi:10.1136/jech-2017-208987

# Happiness not health

- Owners are motivated to go dog walking because it **makes them feel happy**, not because of other health and social benefits.
- Messages focused on owner or canine health or social benefits have not been particularly successful.
- **'I Walk My Dog Because It Makes Me Happy: A Qualitative Study to Understand Why Dogs Motivate Walking and Improved Health'** is published in the *International Journal of Environmental Research and Public Health* [[DOI:10.3390/ijerph14080936](https://doi.org/10.3390/ijerph14080936)]

open happiness™



# Happiness and physical activity?

Richards *et al.* *BMC Public Health* (2015) 15:53  
DOI 10.1186/s12889-015-1391-4



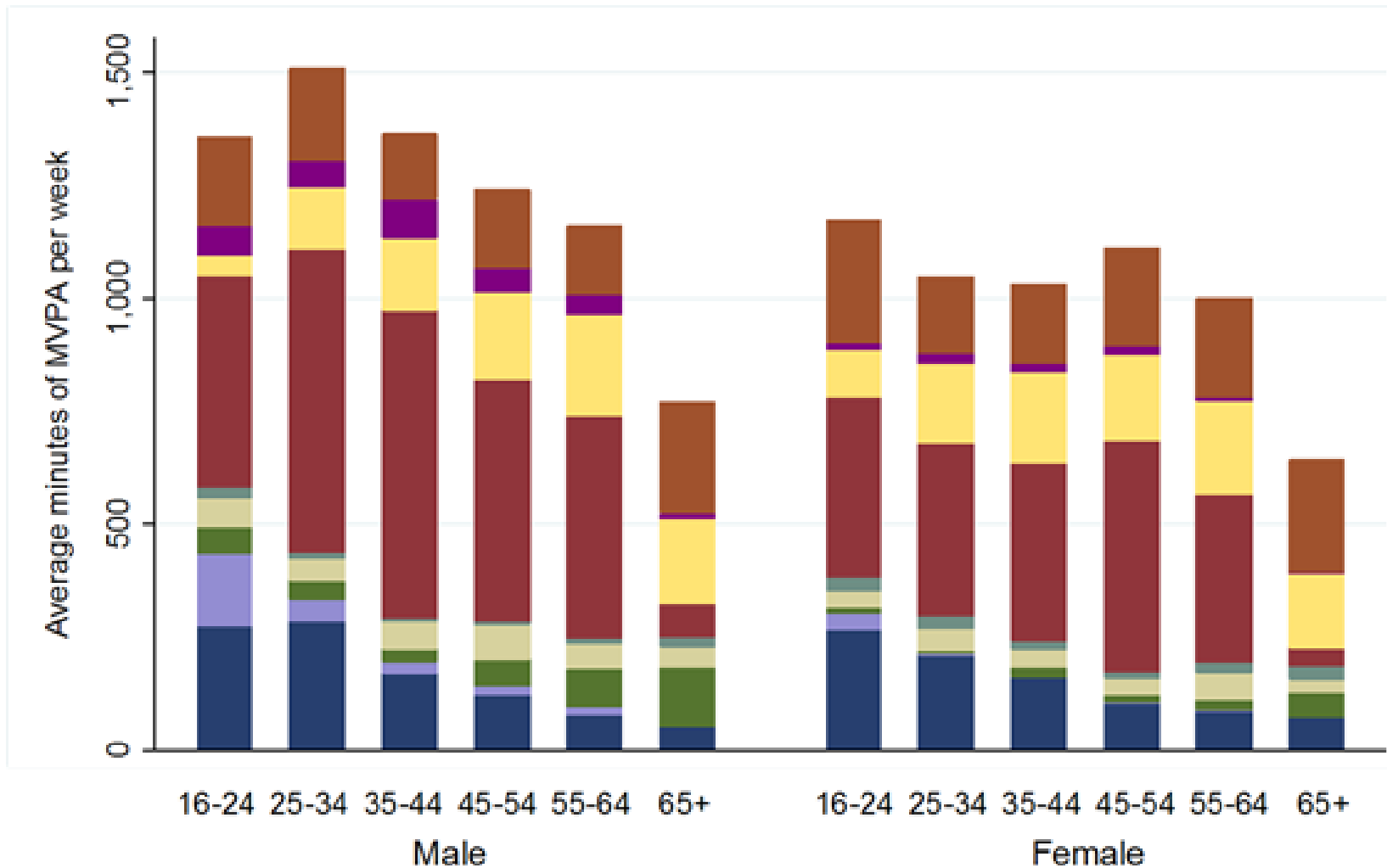
**RESEARCH ARTICLE**

**Open Access**

## Don't worry, be happy: cross-sectional associations between physical activity and happiness in 15 European countries

Justin Richards<sup>1\*</sup>, Xiaoxiao Jiang<sup>2</sup>, Paul Kelly<sup>3</sup>, Josephine Chau<sup>1</sup>, Adrian Bauman<sup>1</sup> and Ding Ding<sup>1</sup>





Age- and sex-related differences in the domain-specific mean weekly minutes of MVPA and their relative contributions to total MVPA of adults who met the aerobic physical activity guidelines in Scotland (n=3016)

Walking	Cycling
Domestic activity	Occupational activity
Leisure pursuit	Outdoor pursuit
Non-team sport	Team sport
Exercise & fitness	



# Active Living

Taking every opportunity to make an active choice

- Walk to train, stand on bus
- Cycle to shops
- Take stairs
- Wash car by hand
- Play outside with kids
- Standing/walking meetings at work
- Put movement into every day activity
- Sit less, walk more

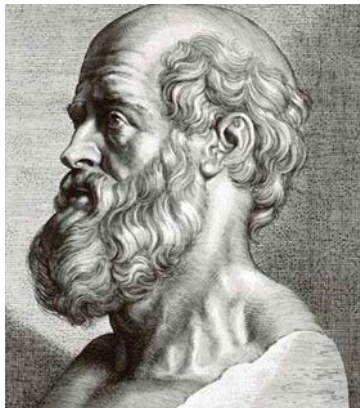
And use the dog as your personal trainer- use Dougal if you do not have your own dog!

- Walk more often
- Walk longer
- Involve others
- BONUS
  - You are always outside!



# How long have we known?

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health”



Hippocrates (460-370 BC)



