



Department
of Health &
Social Care

FUSE Workshop

**How policy becomes real – a policy
maker's perspective**

6 December 2018

adults and older adults

- + BENEFITS HEALTH
- IMPROVES SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGES STRESS
- IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

Type 2 Diabetes	-40%
Cardiovascular Disease	-35%
Falls, Depression and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

What should you do?

Stay healthy and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls



 TV	 GYM	 DANCE
 SOFA	 YOGA	 TAI CHI
 COMPUTER	 CARRY BAGS	 BOWLS
 WALK UP	 2 DAYS ² PER WEEK	







How policy becomes real

What do the people who matter think

What are you trying to achieve

What's it got to do with me?

Will it actually work and how do you know

What does the evidence say

Have you been imaginative enough?

Why it matters?

What it means?

What does doing it well look like?

Who to engage with?

