

## Council – 20<sup>th</sup> March

### Notice of Motion

#### Motion: Disability, Poverty, and Exercise

It is well established that children and adults living in poverty are twice as likely to be at risk of obesity, with rates rising to 30-40% for those with disabilities. Additionally, two-thirds of disabled people living alone are in poverty, compounding the challenges they face in accessing opportunities for an active lifestyle.

National research consistently highlights the significant health risks associated with physical inactivity and obesity among disabled individuals, including higher rates of cardiovascular disease, diabetes, and mental health issues. Despite this, Sport England reports that disabled people are twice as likely to be physically inactive compared to non-disabled individuals. Many face barriers such as financial constraints, lack of accessible facilities, and limited opportunities for inclusive exercise programs.

Beyond the health benefits, physical activity has been shown to improve mental well-being and foster social inclusion, helping disabled individuals build confidence, independence, and stronger community connections.

Given the importance of addressing these issues, this Council resolves to:

1. **Investigate and publish** the impact of obesity and inactivity among those living in poverty and those with disabilities in Southend, using this data to inform policy and decision-making.
2. **Develop a dedicated strategy** focused on increasing physical activity levels among disabled people in Southend, addressing financial, social, and accessibility barriers.
3. **Work closely with stakeholders** including community organisations, sports providers, and disability advocacy groups to maintain, enhance, and, where possible, expand inclusive and accessible exercise opportunities within public and private facilities.
4. **Commit to an annual review** of obesity and physical activity levels among disabled people in Southend, ensuring that progress is tracked, and initiatives are adapted to meet community needs effectively

By prioritising inclusive physical activity and addressing the systemic barriers disabled individuals face, we can create a healthier and more equitable Southend for all.

**Proposed by**

Cllr Daniel Nelson

**Seconded by**

Cllr Jack Warren