NHS SCOTLAND

Nick Robin Memorial Lecture

Lessons learned from Running to the Sahara

Andrew Murray

healthier scotland
SCOTTISH GOVERNMENT

Background

- Scottish Government Physical Activity Champion (Public Health+ CMO team)
- GP, and Sports Med doc (European Tour Golf, Scottish Rugby)
- Runner and climber

Running Background

- 1st overall in
- North Pole Marathon
- The Sahara Race
- Gobi Challenge
- Indo Ultra
- Scottish Ultra

MOUNTAINMEDIA

an adventure show special

78 DAYS 2,659 MILES

THE ULTIMATE MARATHON MAN

SCOTLAND TO THE SAHARA

One man's attempt to push the limit of **ultra marathon running**

As seen on BBC Scotland

DVD VIDEO

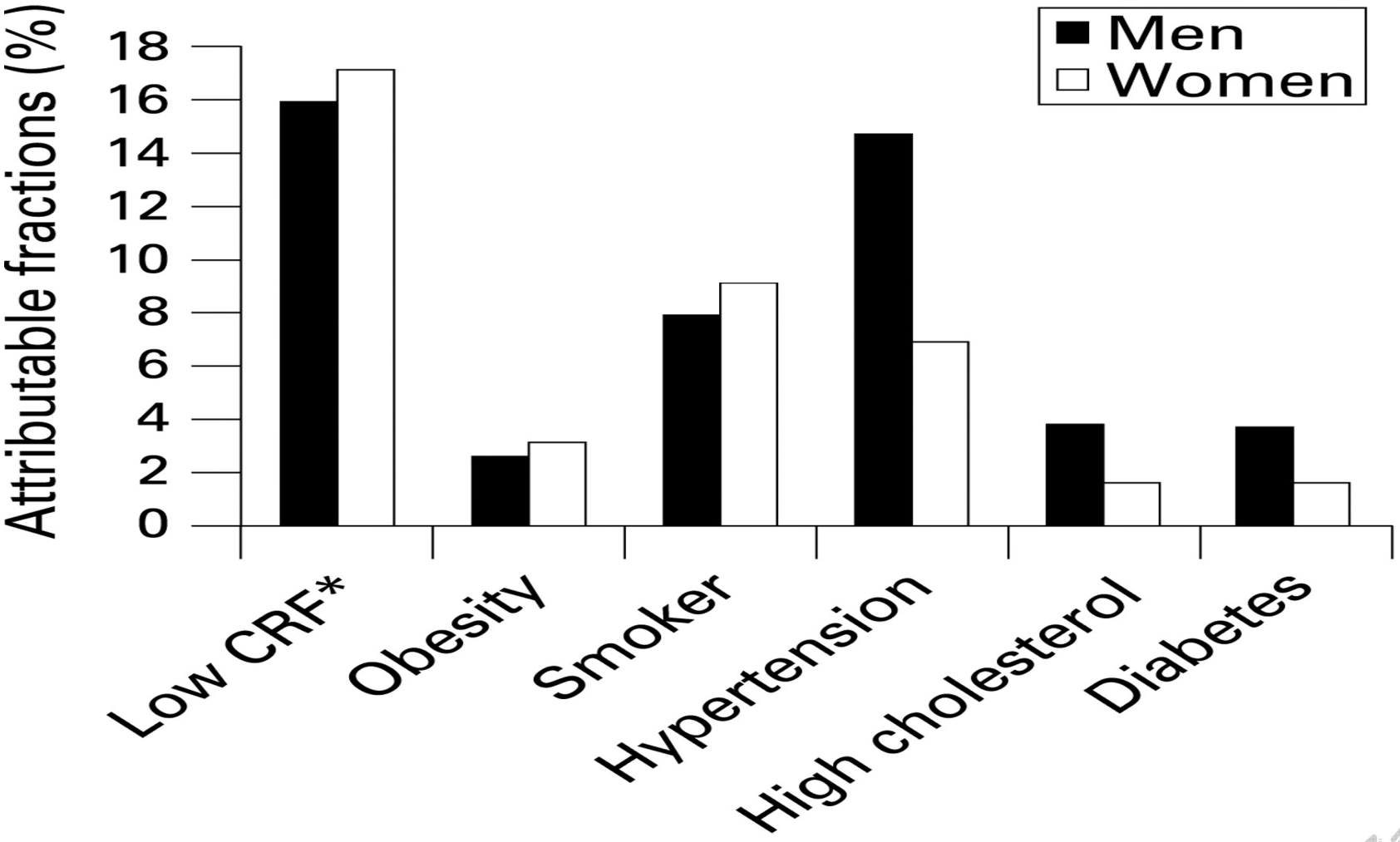
A DONATION IS GIVEN TO THE **YAMAA TRUST** WITH EVERY SALE

WWW.YAMAATRUST.COM

DINNY JUMP TAM.
YER ONLY 53. YOU'VE GOT
MONTHS AHEAD Ô YE.
CELTIC 2
RANGERS 4
CELTIC
CALTON BAR

SMOKADIABESITY

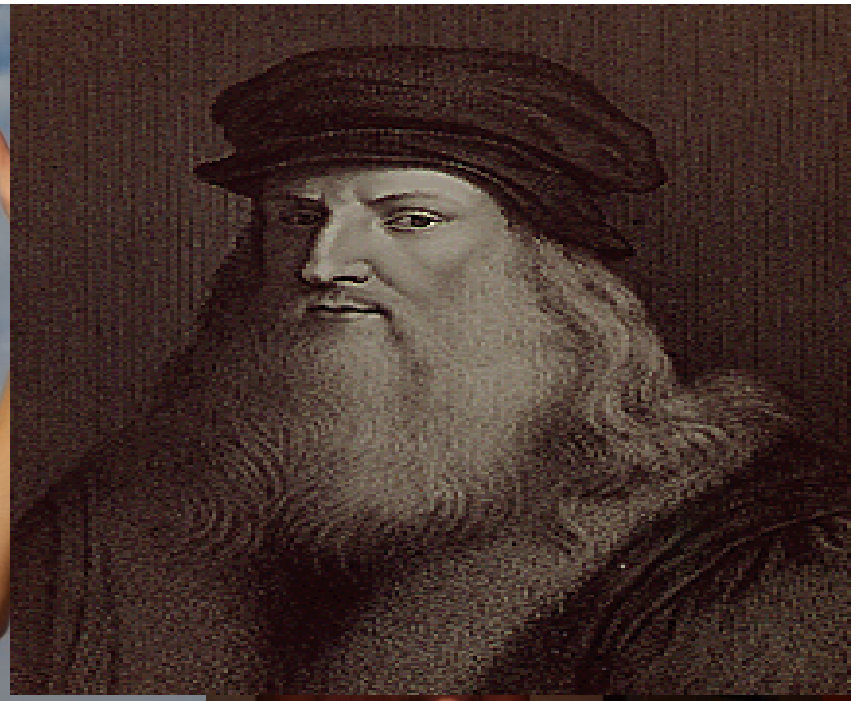
Risk Factors- mortality Blair et al BJSM 2009



Risk reduction associated with physical activity

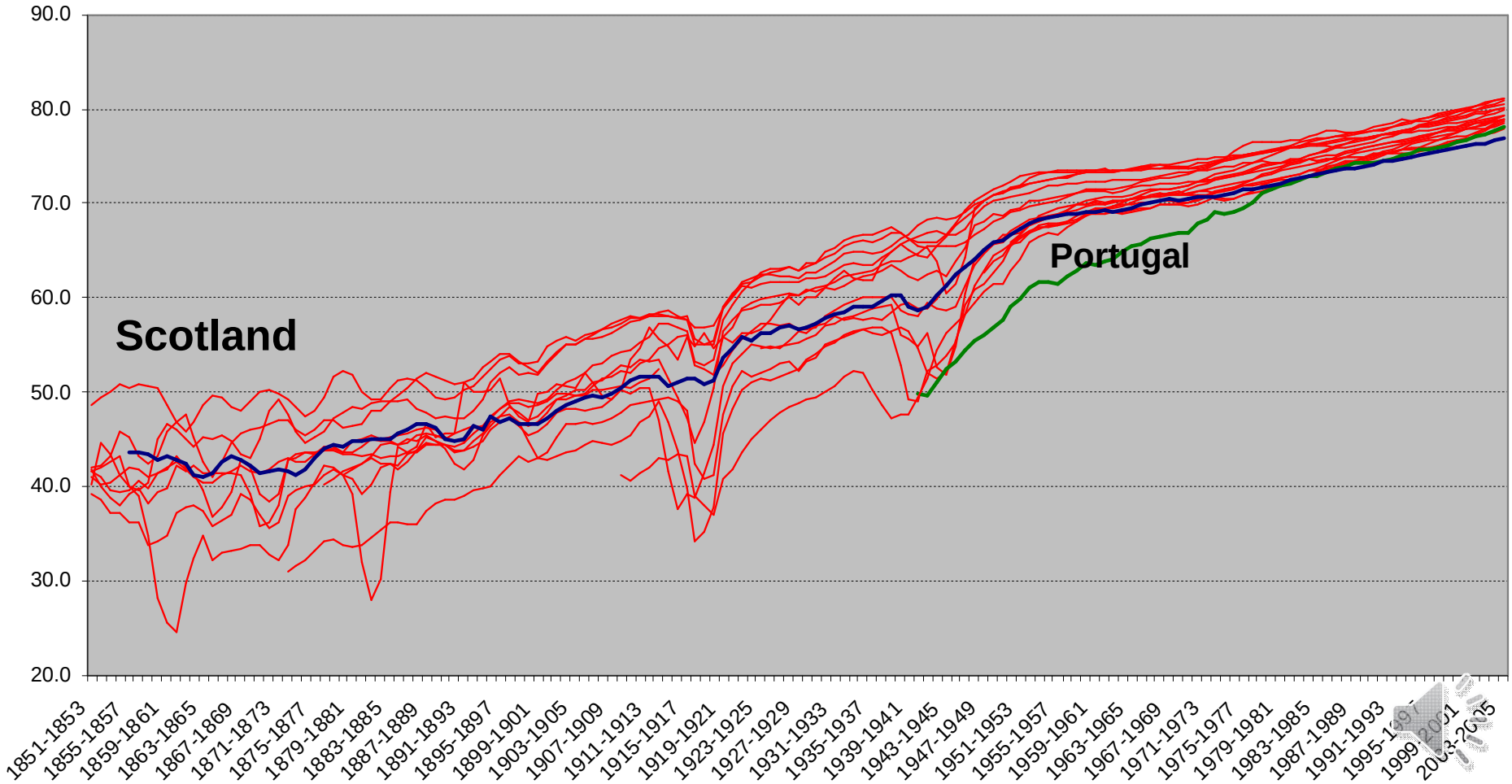
Chronic condition	Risk reduction
All cause mortality	30% risk reduction
CVD, stroke	20-35% reduction
Diabetes	30-40% reduction
Hip fractures	36-68% reduction
Colon cancer	30% reduction
Breast cancer	20% reduction
Loss of function	30% reduction
Depression/dementia	20-30% reduction

85 DAYS
£100,000
SCOTLAND2SAHARA
8.11.10 - 31.01.11
TRIBESPORTS.COM

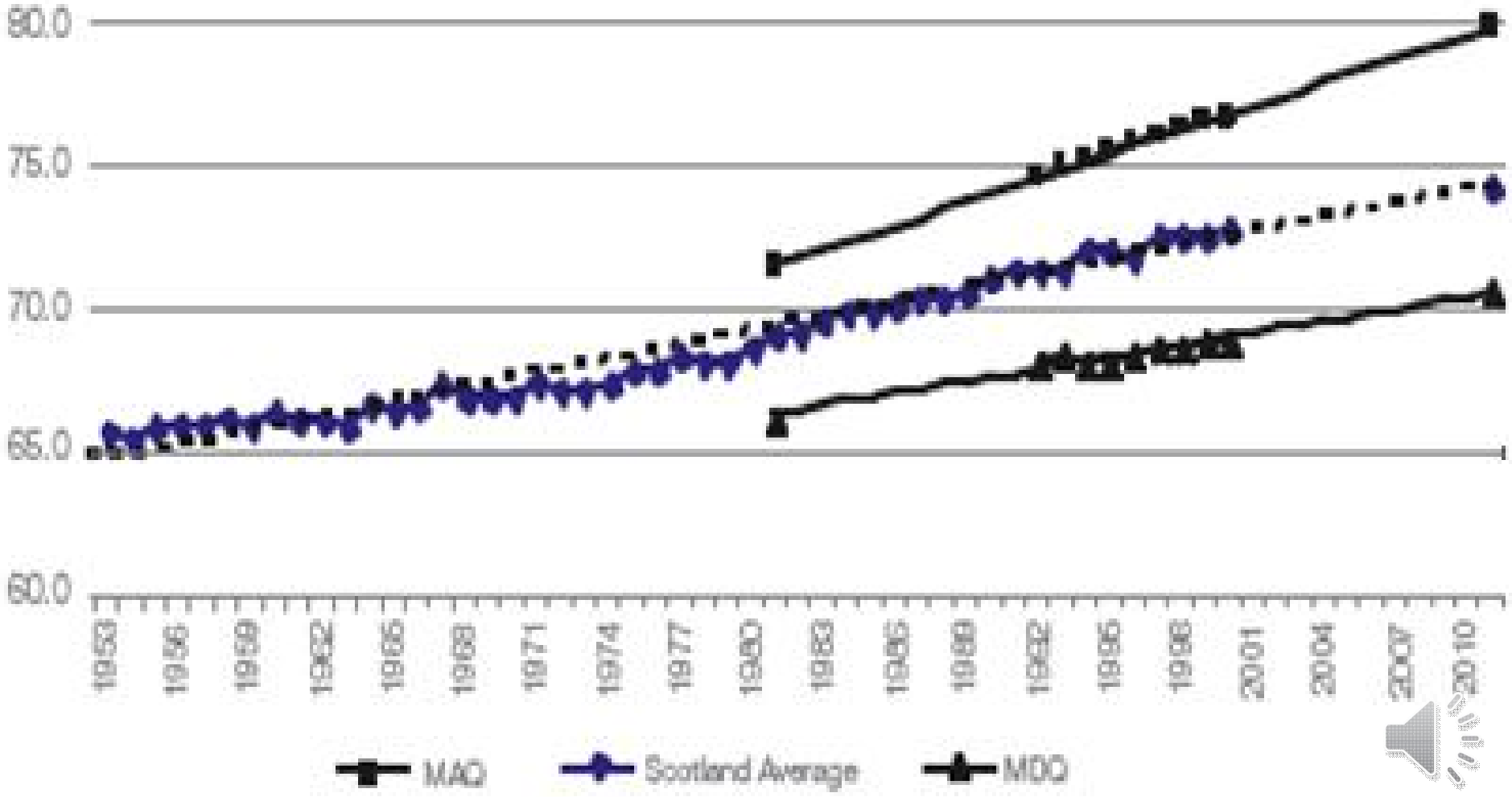


Life expectancy trends

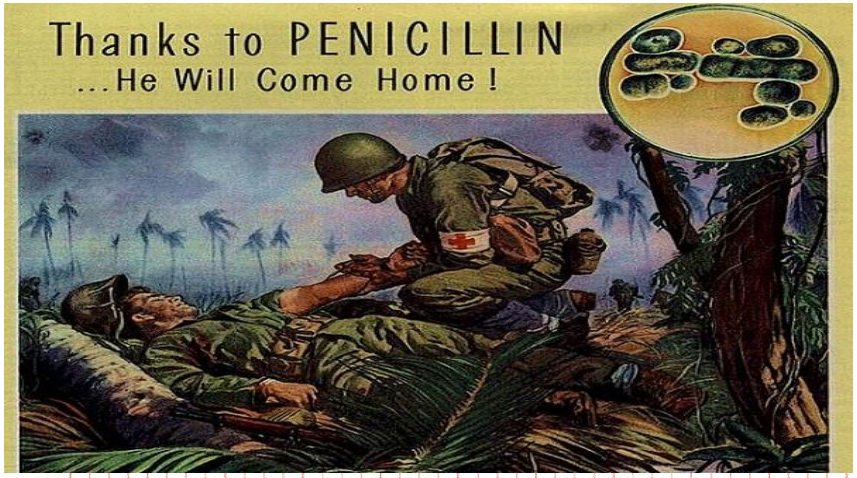
Life expectancy: Scotland & other Western European Countries, 1851-2005
Source: Human Mortality Database

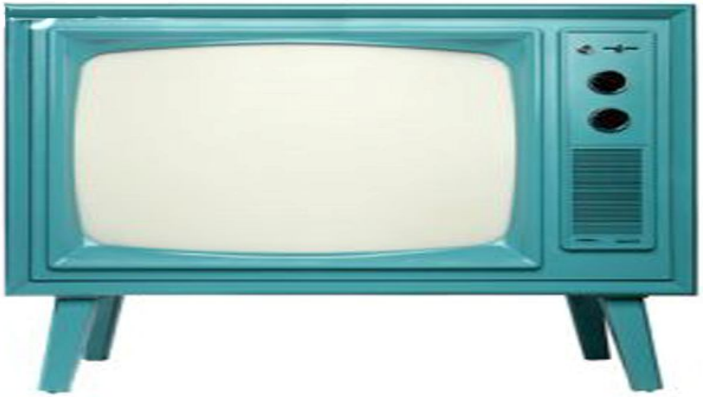


Health Inequalities increase

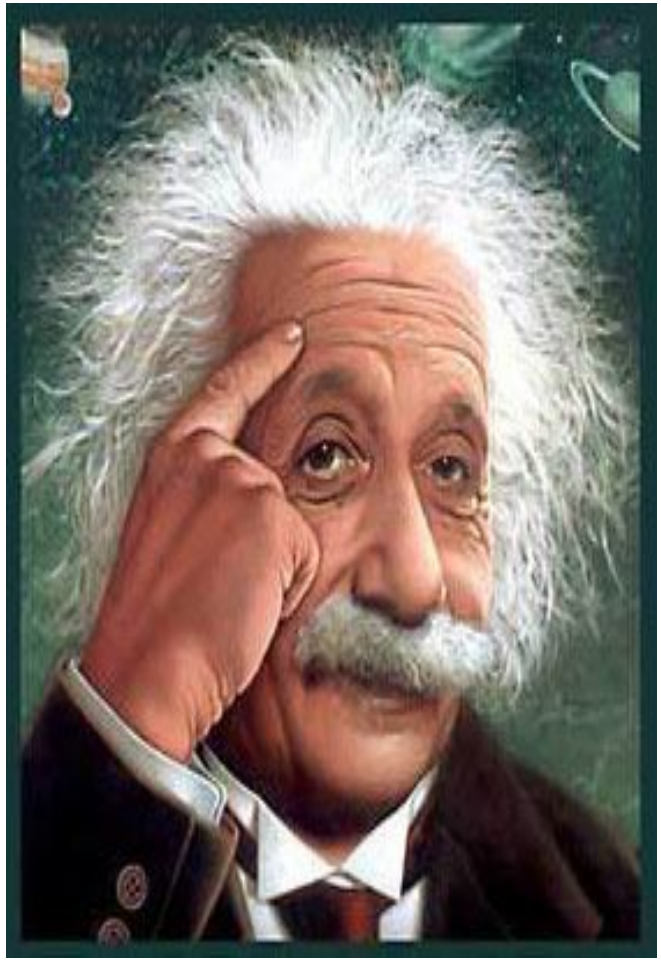


Is Inactivity Scotland's Fault





Time for action is now



Simple, clear message

- Major, major benefits
- Recommend 30 mins 5x per week adults
- 60 mins daily for children 5-18 yo
- 3hrs daily for 1-5yo
- Best present you can give children
- Myth Busting
- Everything counts

The Question

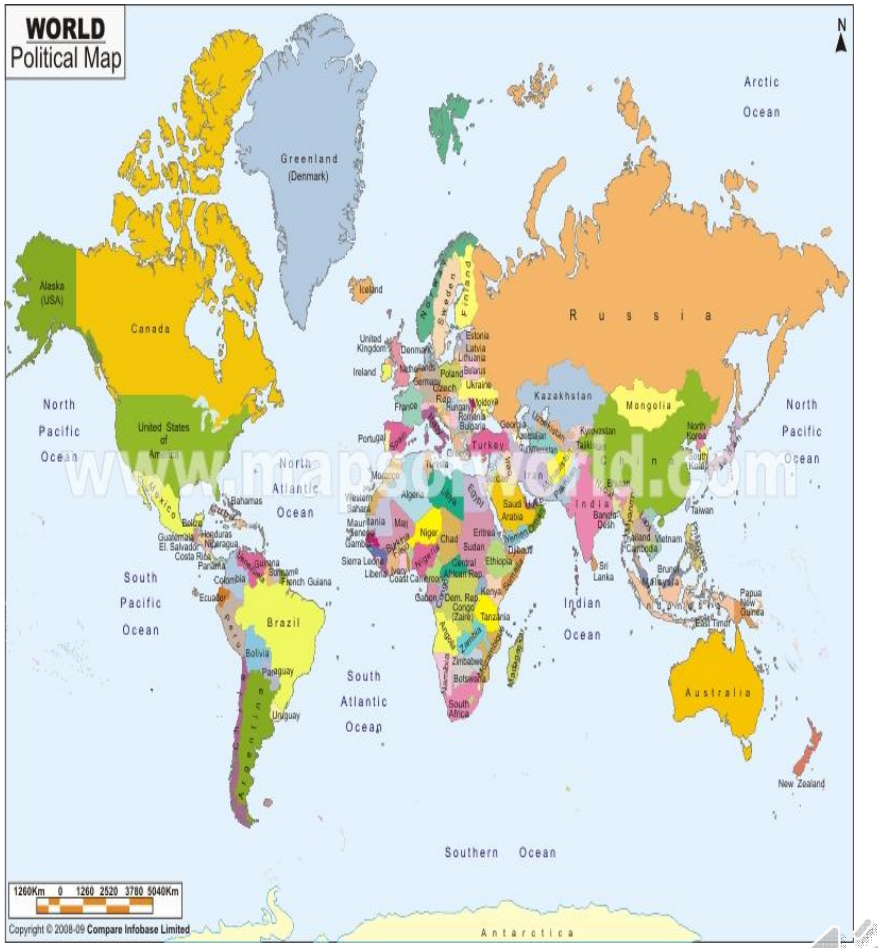
- How many days a week do you do physical activity?
- How long on each of those days?
- Everything counts

National Health Service

- The envy of he world

-We can be world leading, and drive innovation

-And we can practice what we preach



Call to action

- Each patient encounter is an opportunity to make a difference

- Ask the question, and offer simple brief advice

-Educate colleagues, and build into policy

"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

THE
PERFECT STORM

Next challenge

- 7 ultras 7 continents in 7 days

- Mass participation @
- www.5x50.co.uk

- How can we change the culture, to make physical activity normal

Resources

- 23 and a half hours - spread the word

- www.takelifeon.co.uk
- Physical Activity and Health Alliance website

- My details
- www.docandrewmurray.com

@docandrewmurray / twitter

Sign up www.5x50.co.uk