



The Scottish Parliament  
Pàrlamaid na h-Alba

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## Introduction

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Committee**

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## Strategic Plan and Vision

**In all our actions our overriding aim is to improve the health of the people of Scotland**

To meet the above we will test all activity we scrutinise against the following aspects:

- The impact it has on health inequality;
- The extent to which it has a prevention focus;
- Long term cost effectiveness and efficiency; and
- The implications of the UK's EU exit.

We will direct our focus on the outcomes being achieved and those proposed and examine and consider the identification and measurement of added value.

In undertaking our work we will be inclusive of all sections of Scottish society, we will be accessible and seek out the views of service users.

Additionally, in relation to sport and physical exercise we will look at the extent to which access is being widened and activity is reaching and empowering all sections of the community.

This vision looks to a timescale covering up to the next 15 years.



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## Health and Sport Committee

- Role to hold the Scottish Government and its agencies to account.
- Scrutinising Committee.
- Ask questions, challenge status quo.





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## Work Programme 2019 - 2021

Three large inquiries:

- Primary Care
- Social Care capacity
- Medicines





## Social Prescribing Inquiry

A short inquiry intended to complement our Primary Care inquiry, exploring wider aspects of health and wellbeing and healthy communities.

- to consider social prescribing's ability to tackle physical and mental wellbeing issues across Scotland
- focussing on the prescribing of sport, exercise and other recreational types of activity



## Social Prescribing Inquiry

Group 1. Using your experience and examples from your work:

- What are the barriers to, and drawbacks of, social prescribing?
- How does it help:
  - increase exercise and sporting participation levels?
  - increase on-going participation in activities?
  - promote preventative self-care for health and wellbeing?



## Social Prescribing Inquiry

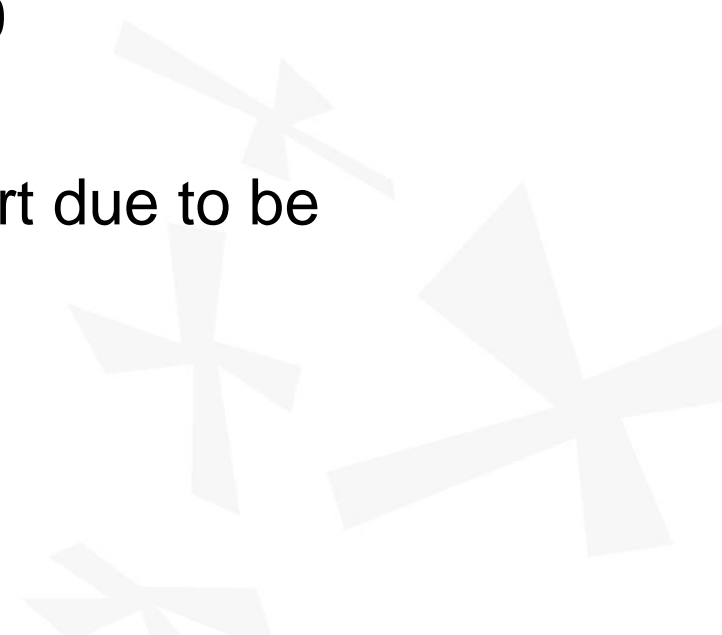
- Group 2. Your Perfect Model.
- If you were an MSP, what would you do to increase effectiveness and uptake of social prescribing? For:
  - referrers
  - individuals
  - organisations
- What type of model would you use?





## What's next?

- Consultation closed end of August 2019
- Health and Sport Committee scrutiny - Roundtable evidence session in October 2019
- Health and Sport Committee report due to be published by the end of the year







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# Any questions?

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