Dear Colleague

PHYSICAL ACTIVITY INFOGRAPHICS

In September last year I sought your support to disseminate an infographic which had been developed by the UK CMOs expert group on physical activity and was designed to be used by health professionals to encourage physical activity in adults and older adults. Since then the expert group, led by Professor Charlie Foster, has developed two more infographics based on the physical activity guidelines for children and young adults (5-18 years old) and very young children (birth-5 years old).

The importance of being active is unarguable. It is the duty of health professionals to support their patients to lead a healthier life. The infographics are designed to educate health professionals and help to engage patients in discussions around levels and types of physical activity which they might want to consider. They are an important part of our effort to engage health professionals in helping to create a more active Scotland.

I would be grateful if you could tell me how you have used this series of infographics within your Royal College’s clinical area, so we can identify and share successful activities. Please could you send details of your activities to Louise Unwin, Head of Strategy in Active Scotland Division, Scottish Government (louise.unwin@gov.scot), before the end of November, and she will collate and feedback progress to me soon after.

Yours sincerely

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Chief Medical Officer for Scotland