

Aim

The 2014 Active Healthy Kids England Report Card aims to provide a systematic assessment of how England is performing in relation to engaging and facilitating physical activity in children and young people.

Methods

Comprehensive synthesis and assessment of the most recent evidence and data relating to nine indicators of physical activity conducted. As with any Report Card, grades were assigned to each indicator based on available data to reflect the proportion of children achieving a given benchmark.

Grade Boundaries

A = 80-100% B = 60-80% C = 40-60% D = 20-40% F = 0-20%



Key Findings

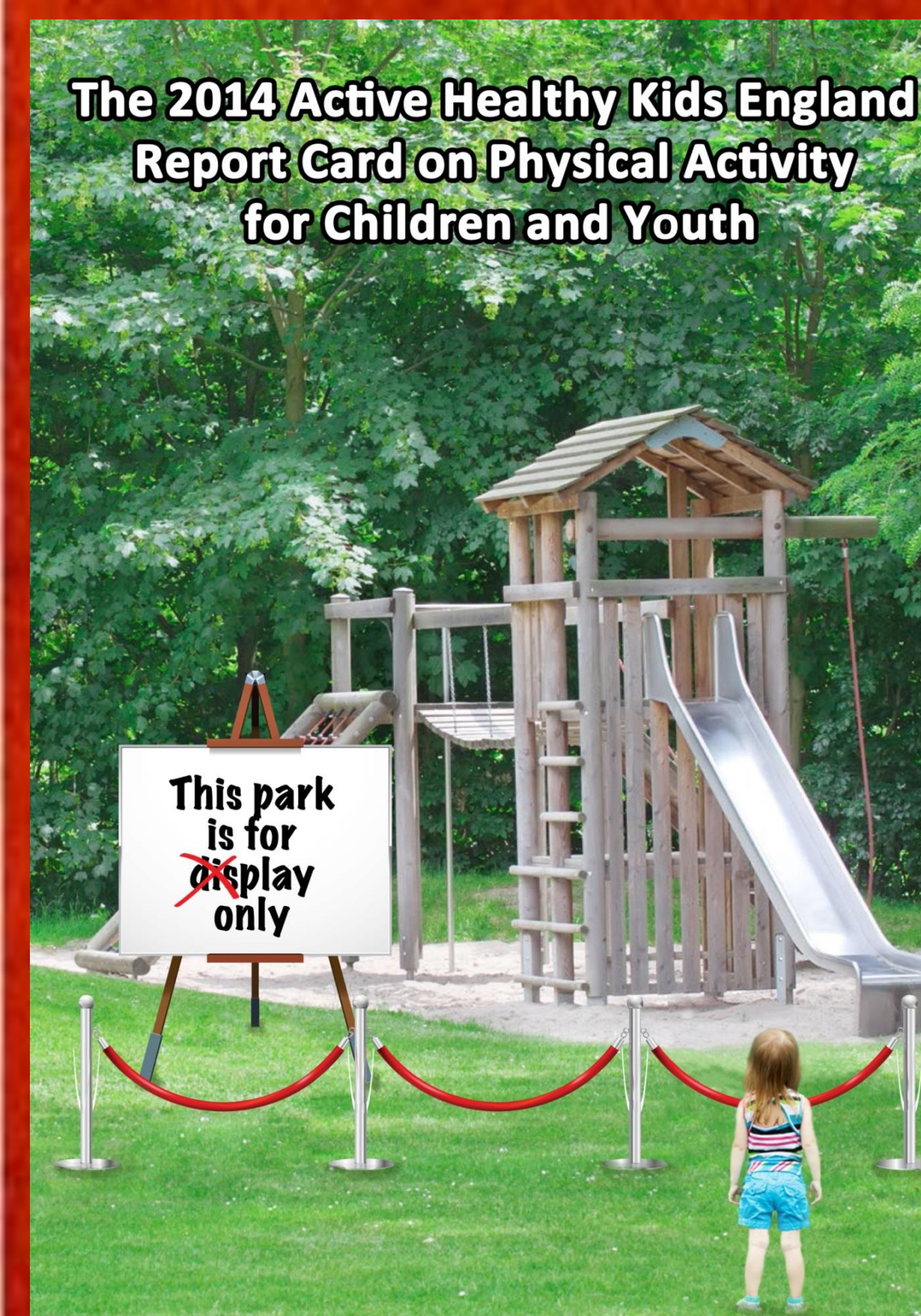
- Very good provision of parks, playgrounds and sports facilities to support physical activity opportunities exist in England. Also there are ample opportunities to engage in organised sport during and outside of school time. In view of a C/D grade for Overall Physical Activity, a major challenge and one highlighted in the 2014 Report Card is how best can we work with key stakeholders to motivate children and young people to engage with current (and ideally going forward “improved”) resource and provision.
- The proportion of children and young people travelling to school by foot has declined, whereas those travelling by car has increased during the past 20 years.
- No increase in the proportion of 5-15 year olds doing sport since 2008/09 even though London hosted the 2012 Olympic and Paralympic Games. It will, however, take some time before we can gauge whether its intended legacy has been realised.
- Long periods of time appears to be spent engaged in sedentary pursuits.



Results From England's 2014 Report Card on Physical Activity for Children and Youth

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Indicator	Data Source	Prevalence	Grade
Overall Physical Activity	MCS4, HBSC	15%-50.9%	C/D
Organised Sport	Omnibus Survey	57%	C-
Active Play	-	-	INC
Active Transport	NTS	By foot: 42% By bike: 2%	C
Sedentary Behaviour	-	-	INC
Family and Peers	-	-	INC
School	PESS School Legislation	49%-84%	A-
Community	MCS4, Tellus 4, FACS, HBSC	41%-90.5%	B
The Government	-	-	INC



Key Recommendations from 2014 Report Card

- Groups at-risk of physical inactivity require particular attention (e.g. girls, children with disabilities, and ethnic minority groupings).
- A variety of opportunities that are fun, socially supportive, and focussed on personal improvement are needed so as to motivate engagement with existing infrastructure.
- It is imperative that physical activity-related initiatives are subject to rigorous evaluation in order to inform, refine, and improve future attempts/policies.

Some Avenues for Future Research

- Ongoing nationally representative physical activity data collected via objective means are needed across the range of child and adolescent years.
- High quality research is needed in relation to the following topics: Sedentary Behaviours, Active Play, Family and Peers, Travel to Non-School Destinations, and Quality of PE provision.