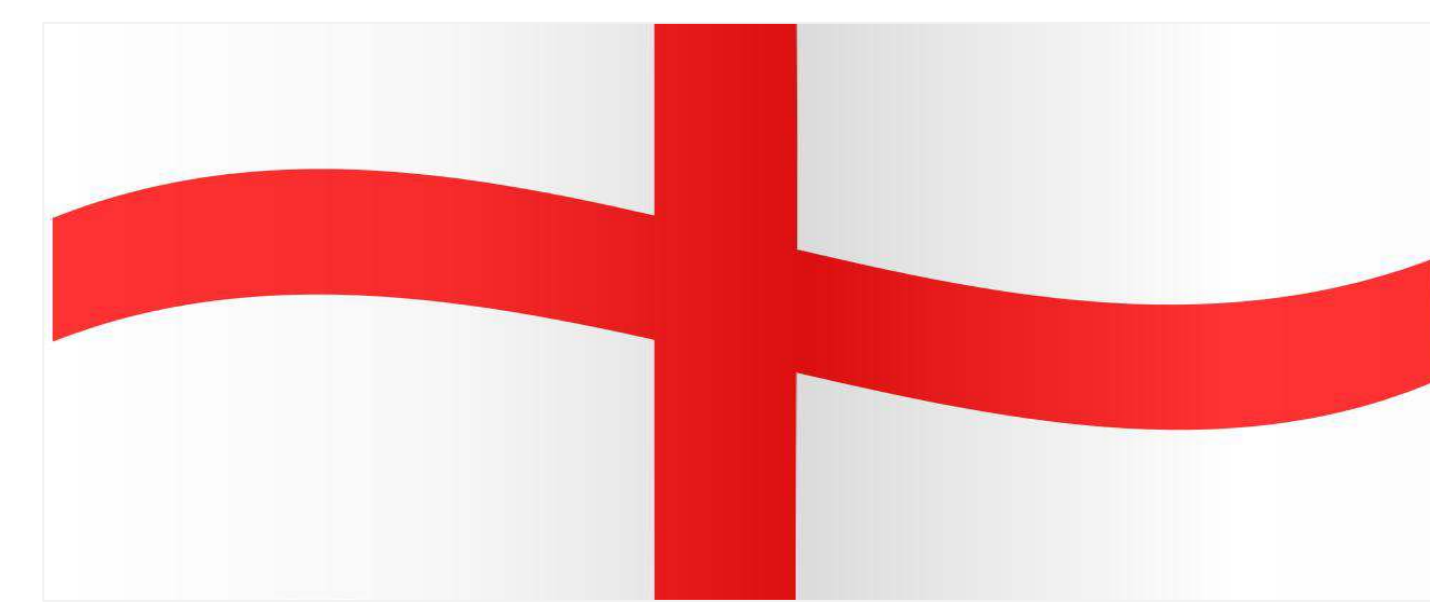


The 2016 Active Healthy Kids England Report Card of Physical Activity for Children and Young People



Hannah Wilkie, Professor Martyn Standage, Dr Lauren Sherar, Dr Sean Cumming, Caley Parnell, Professor Adrian Davis, Dr Charlie Foster, Professor Russ Jago



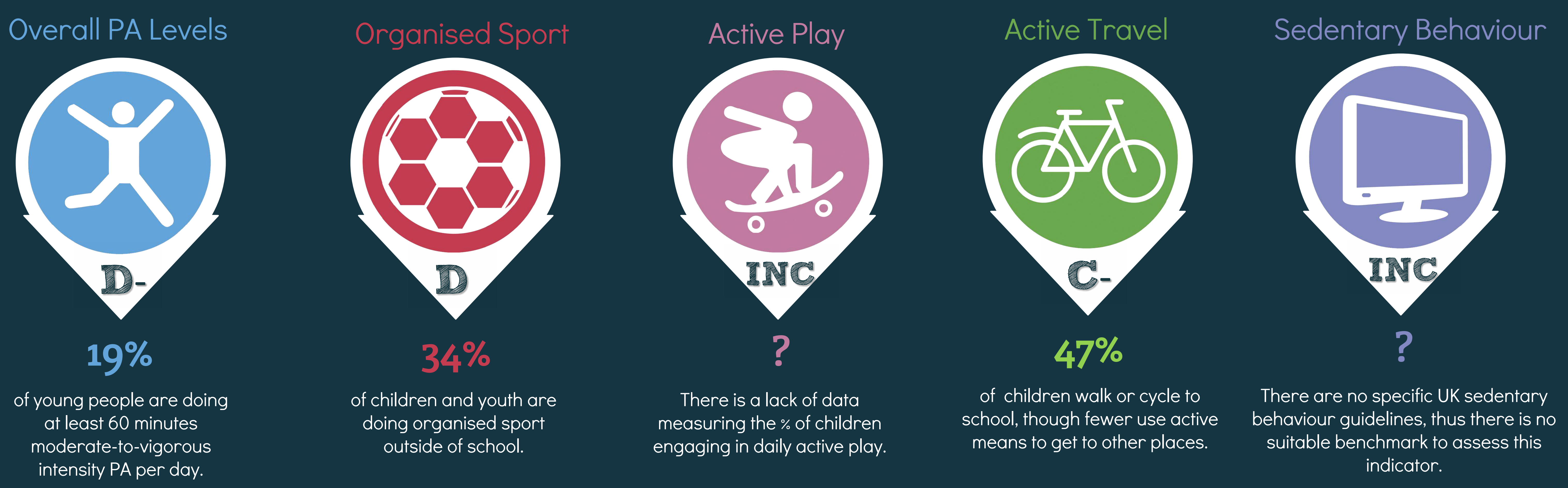
Aim: Update the 2014 Report Card to assess participation in and promotion of physical activity (PA) among children and young people across England

Methods: 9 indicators of PA were assessed using the most recently available data on children's PA levels in England. An expert panel awarded grades to each indicator according to the % of children and young people meeting specific benchmarks, using the following grade boundaries.



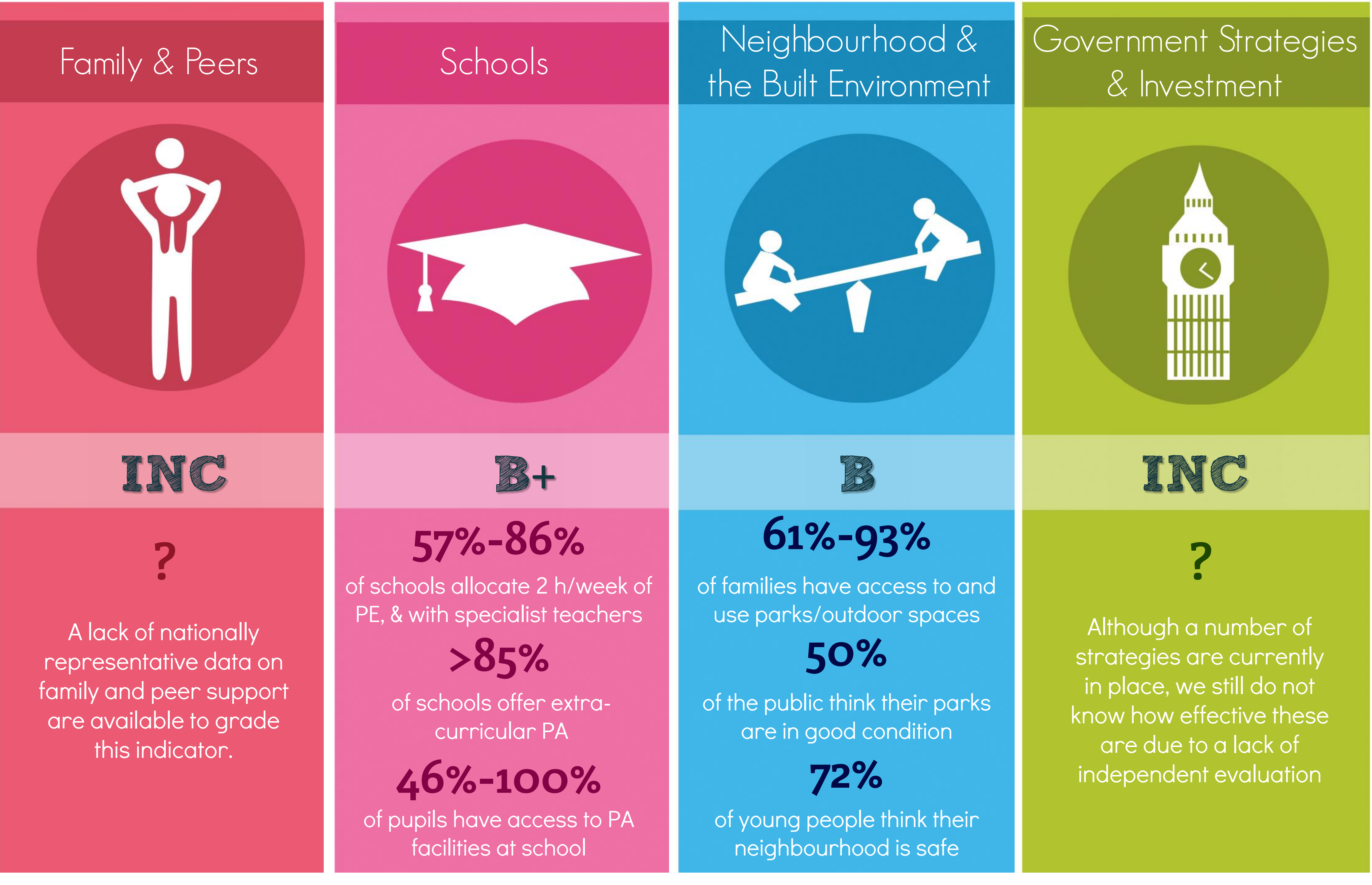
A: 81%–100% **B:** 61%–80% **C:** 41%–60% **D:** 21%–40% **F:** 0%–20% **INC:** Incomplete

Results: Five Behavioural Indicators



Results: Four Levels of Influence

Cover Story:



Our Front Cover was chosen to portray the lack of freedom to roam among children and youth of today. Not only are there more cars on the road but children are more likely to be driven to places, and parental-perceived safety concerns may be creating an indoor culture of kids, where sedentary screen-based technologies are now readily available. Strategies which promote time, space and freedom for safe but informal outdoor physical activity are needed. Nationally representative data on the proportion of parents who allow their children to roam freely are also required, in order to understand the extent of the issue.