Then

& Now?

The 2016 Active Healthy Kids England Report Card of Physical Activity for Children and Youth
Introduction

Who are we?
An expert panel who have produced the second edition of England’s Report Card of Physical Activity for Children and Young People.

What is the Report Card?
An assessment of children and young people's physical activity levels in England, using the most recently available and nationally representative data.

Using the data, grades are awarded to nine indicators of physical activity. This work is in collaboration with the Active Healthy Kids Global Alliance and the grades will be included in the Global Matrix 2.0.

Who can use it?
Local authorities, policy developers, researchers, funders, teachers, and public health practitioners. It can be used to develop physical activity programmes and communications with children and youth, parents and the community.

Active Healthy Kids Global Alliance

38 countries have produced a Report Card to form the 2016 Global Matrix of Grades
Methodology

The Report Card Process

#1 Data Search
A thorough search for new & relevant data is conducted

#2 Grade Assignment
Grades awarded by an expert panel using the available data

#3 Design
The Report Card is created, showing the grades & key findings

#4 Publish
The Report Card is published & shared

Indicators of physical activity

- Overall Physical Activity Levels
- Organised Sport
- Active Play
- Active Transport
- Sedentary Behaviour
- Family and Peers
- Neighbourhood & the Built Environment
- Schools
- Government, Strategies & Investment

Grade Boundaries

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>81%–100%</td>
</tr>
<tr>
<td>B</td>
<td>61%–80%</td>
</tr>
<tr>
<td>C</td>
<td>41%–60%</td>
</tr>
<tr>
<td>D</td>
<td>21%–40%</td>
</tr>
<tr>
<td>F</td>
<td>0%–20%</td>
</tr>
<tr>
<td>INC</td>
<td>Incomplete</td>
</tr>
</tbody>
</table>

The Grades: Behavioural Indicators

2014: C/D

Overall Physical Activity Levels

19% of young people do at least 60 minutes of moderate intensity physical activity per day.  

- 76 boys are active
- 85 girls are active

The grades for four indicators have declined (overall physical activity levels, organized sport participation, active travel and school influence), while the rest remain the same.

2014: C-  

Organised Sport Participation

34% of 5-15 year olds do organized sport outside of school.  

- 22 boys are active
- 15 girls are active

There is still a lack of nationally representative data for some indicators (e.g., active play and family/peer support), which highlights the need for a systematic measurement tool that assesses each indicator of physical activity on a regular basis.

2014: INC  

Active Play

A lack of nationally representative data are available to grade this indicator.

However, it is likely that young children are engaging in active play every day, particularly during school break times.

2014: C  

Travel Mode to school

Boys are more likely to make a journey on their own by bike or on foot.

<table>
<thead>
<tr>
<th>Mode</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike</td>
<td>28%</td>
</tr>
<tr>
<td>Walk</td>
<td>47%</td>
</tr>
<tr>
<td>Train/bus</td>
<td>20%</td>
</tr>
<tr>
<td>Car</td>
<td>32%</td>
</tr>
</tbody>
</table>

Thus data on adolescents' participation in unstructured physical activity is also needed.

2014: INC  

Active Travel

There are no specific guidelines for sedentary behaviour issued in the UK. As such, a threshold to grade this indicator is not available and an INC grade has been awarded.

2014 vs. 2016:
The Grades: Sources of Influence

**2014: INC**

There is a lack of national data on family and peer support.

However, 41% of young people do physical activity with family once a week. 8% of parents are 'completely engaged' in their children's sport at school.**

**Schools**

Schools providing: 10-12:
- 2 hours of PE per week: 58%-86%
- Extra-curricular PA and sport: >97%
- Specialist PE teachers: 57%
- PA as part of the school day: >85%
- PA facilities (e.g. outside courts/playgrounds): 46%-100%

**Neighbourhood & Built Environment**

2014: B

11 year olds with access to a playground: 93.4%

72% of young people think it's safe for children to play outdoors.

Weekly use of parks & outdoor spaces: 61%-70%

Park visitors that say their park is in good condition: 50%

2014: INC

Although there are several strategies in place, there is still a lack of independent and robust evaluation examining how successful these are in terms of increasing children's physical activity levels.

**Government Strategies & Investment**

No freedom to roam?

Fewer children walk to school than they did 20 years ago; less than half of children travel to nonschool destinations by active means, and many parents feel that youngsters have less 'freedom to roam' than they did when they were kids.

There are more cars on the roads today; 76% of households owned at least 1 car in 2014 compared to 42% in 1965. Children are therefore more likely to be driven to places instead, and parental safety concerns may be playing a role: 58% of 7-13 year olds who usually walk to school with an adult are accompanied because of traffic danger, while 33% do so due to fear of assault/molestation.

Strategies which promote time, space and freedom for safe but informal outdoor physical activity are needed, in order to encourage everyday active lifestyles. Nationally representative data on the number of parents who let their children out unsupervised, and how far they allow their children to go from home is also needed in order to understand the extent of the issue and how to tackle parental safety concerns.

**References:**

ACTIVE HEALTHY KIDS ENGLAND

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