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

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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



81%–100%



61%–80%



41%–60%



21%–40%



0%–20%



Incomplete

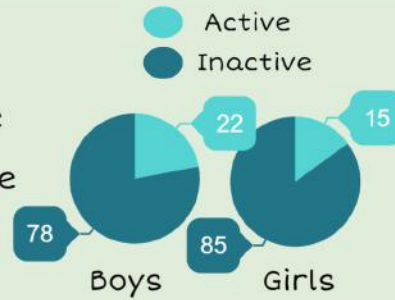
The Grades: Behavioural Indicators



Overall Physical Activity Levels

2014:
C/D

19% of young people do at least 60 minutes of moderate intensity physical activity per day¹



D-



Organised Sport Participation

2014:
C-

34% of 5-15 year olds do organised sport outside of school²

More boys do sport than girls³



35%



21%

% of 8-11 year olds doing organised leisure time activities⁴:



D

11-15 year olds that are members of a sports club²:



Active Play

2014:
INC

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 times⁵

Play declines with age⁶



INC

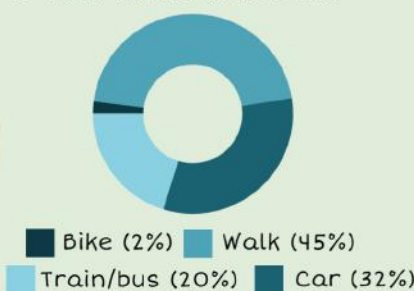
Thus data on adolescents' participation in unstructured physical activity is also needed



Active Travel

2014:
C

Travel Mode to school⁷



Boys are more likely to make a journey on their own by bike or by foot⁸



Non-school travel^{8,9}:



C-



Sedentary Behaviour

2014:
INC

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.



INC



2014 vs. 2016: The grades for four indicators have declined (overall physical activity levels, organised sport participation, active travel and school influence), while the rest remain the same.

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.

The Grades: Sources of Influence



Family & Peers

2014:
INC



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

INC

However, 41% of young people do physical activity with family once a week¹

8% of parents are 'completely engaged' in their children's sport at school¹⁰



Schools

2014:
A-



Schools providing¹⁰⁻¹²:

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%

B+



Neighbourhood & Built Environment

2014:
B

11 year olds with access to a playground¹³:

Weekly use of parks & outdoor spaces^{13,14}:



B



of young people think it's safe for children to play outdoors¹

Park visitors that say their park is in good condition¹⁵:



Government Strategies & Investment

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

INC



No freedom to roam?

The problem:

Fewer children walk to school than they did 20 years ago¹⁶; less than half of children travel to non-school destinations by active means^{8,9} and many parents feel that youngsters have less 'freedom to roam' than they did when they were kids.¹⁷

Potential reasons:

There are more cars on the roads today: 76% of households owned at least 1 car in 2014 compared to 42% in 1965.¹⁸ 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.¹⁹

Going forward:

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.

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ACTIVE HEALTHY KIDS ENGLAND



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