

Active Healthy Kids England present.....

# The 2018 Report Card

## on Physical Activity for Children & Youth

### BREAKING NEWS

English Children Urged to “Re-Engage with Reality” to Improve and Maintain Their Health and Wellbeing



Motivation to Engage with the Nation’s Many Facilities, Opportunities, and Environments Identified as Being Critical to National and Regional Physical Activity Promotion Efforts

**Born to be Active, Born to Play!**



Sport



School



Community and  
Environment



# INTRODUCTION

## Who Are We?

Established in 2014, Active Healthy Kids England (AHKE) comprises an expert panel of researchers, health professionals, and stakeholders who produce the 'England Report Card of Physical Activity for Children and Young People.'



## What is the 2018 Report Card?

The Active Healthy Kids England 2018 Report Card provides an up-to-date "state of the nation" resource regarding performances on the provision of, and support for, physical activity opportunities for children and young people.

## Who is the Report Card For?

The Report Card is a 'go to' source for knowledge, insight, and understanding that influences thinking and action among stakeholders to help them build better programmes, campaigns, and policies in order to increase physical activity among children and youth. In addition to academic audiences, it is an important "real world tool" for numerous stakeholders including Government, Local Authorities, teachers, coaches, public health promoters, recreation professionals, community development leaders, and funders.

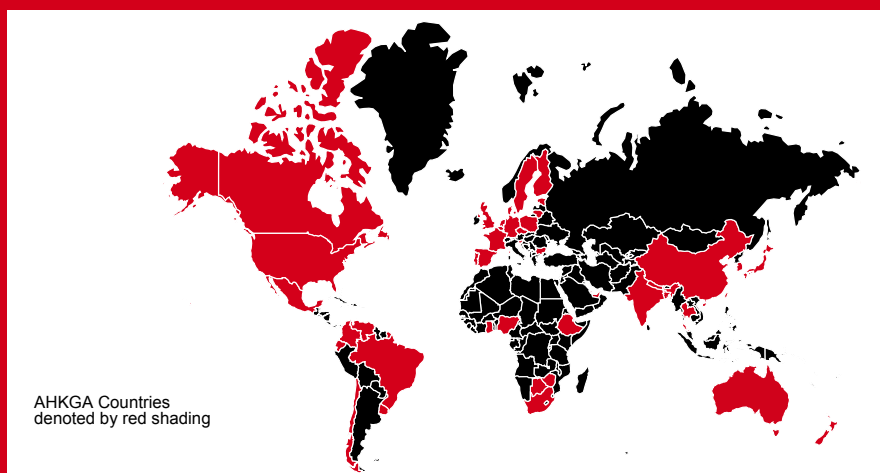


## Active Healthy Kids Global Alliance

([www.activehealthykids.org](http://www.activehealthykids.org))



We are part of 'The Active Healthy Kids Global Alliance' which is a network of researchers, health professionals, and stakeholders who are working together to advance physical activity in children and youth from around the world. A third Global Matrix was published in November 2018 based on the concurrent preparation of Report Cards from 49 countries across 6 continents using an harmonised development process and standardised grading system (see [www.activehealthykids.org](http://www.activehealthykids.org) for details).



# METHODOLOGY

## Report Card Process



#1

Data Search

A thorough search of the most recent data relating to each indicator was conducted



#2

Grade Assignment

Using the available evidence, grades were awarded by an expert panel



#3

Design Report

The Report Card infographics were designed, presenting the grades and key information



#4

Publish Report

Results published and disseminated nationally. Also presented and published as part of the Global Matrix 3.0

## 10 Graded Indicators of Physical Activity



Overall Physical Activity Levels



Organised Sport



Active Play



Active Transport



Sedentary Behaviour



Family and Peers



Neighbourhood and Built Environment



School Policy



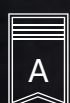
Government Strategies and Investment



Physical Fitness

## Grade Boundaries

Grade      % of children & youth that we are succeeding with:



**A+** 94% - 100%  
**A** Succeeding with a large majority (87% - 93%)  
**A-** 80% - 86%



**B+** 74% - 79%  
**B:** Succeeding with well over half (67% - 73%)  
**B-** 60% - 66%



**C+** 54% - 59%  
**C** Succeeding with about half (47% - 53%)  
**C-** 40% - 46%



**D+** 34% - 39%  
**D** Succeeding with less than half but some (27% - 33%)  
**D-** 20% - 26%



**F** We are succeeding with very few (<20%)



**INC** Incomplete - insufficient or inadequate information to assign a grade



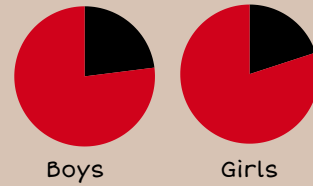
# HEADLINES



## Overall Physical Activity Levels

Nationally-representative survey data show 23% of boys and 20% of girls aged 5-15 years to meet national physical activity guidelines [1]. Whereas regional accelerometer data show 73% (boys) and 54% (girls) and 62% (boys) and 36% (girls) to meet the PA guidelines in Years 1 and 4, respectively [e.g., 2]. Our grade takes into account the strengths of objective data, yet recognises that these data are regional

■ Active  
■ Inactive



% of 5-15 year olds meeting the guidelines of at least 1 hour of moderate intensity PA 7 days a week [1]

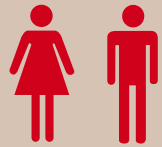
C-



## Organised Sport Participation

36.8% of 5-15 year olds take part in organised sport outside of school [3]

More boys do sport than girls



39.8% of 5-15 year old children play for a sports team [3]



% of 11-15 year olds that are members of a sports club [3]

D+



## Active Play

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

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

Play declines with age [4]



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

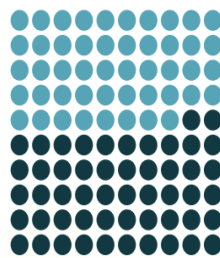
INC



## Active Travel



Active Travel to school



Based on 5-16 year olds' usual mode of travel to school, as reported in the National Travel Survey (2016)



2%



46%



34%



18%

[5]



37%

Percentage of children who walk to school every day [6]

C-



## Sedentary Behaviour



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

62% of children engage in more than 2 hours of screen time per day[1]



# HEADLINES



Family & Peers

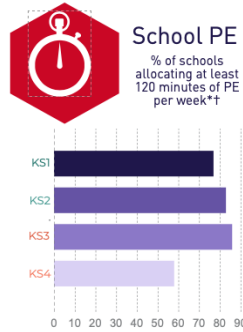


An INC grade was awarded to this indicator due to a lack of nationally representative data on family and peer support for PA in England

**INC**



School



**Schools are Providing:** [7]

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%

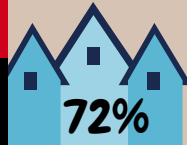
**B+**



Community and Environment

% of 11 year olds with access to a playground where they live [8]

Weekly use of parks & outdoor spaces [8]



% of children who endorsed their community/environment as safe [8]

% satisfied with their parks [8]



**C**



Government



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**



Physical Fitness



**Available fitness data on English children show:**

For VO2 peak, data aligned with a grade of D+ (Boys 10-14yrs = 38%; Girls 10-14yrs = 36%) [9]

For Handgrip Strength, data aligned with grade of C- (Boys 10-14yrs = 42%; Girls = 46%) [10]

**Average value of 40.5%**

**C-**

## References

[1] Inchley J et al. eds. Adolescent obesity and related behaviours: trends and inequalities in the WHO European Region, 2002–2014. *Observations from the Health Behaviour in School-aged Children (HBSC) WHO collaborative cross-national study*. Copenhagen, WHO Regional Office for Europe, 2017. [2] Jago R et al. Change in children's physical activity and sedentary time between Year 1 and Year 4 of primary school in the B-PROACT1V cohort. *The International Journal of Behavioral Nutrition and Physical Activity*. 2017;14:33. [3] Department for Digital, Culture Media & Sport. Taking part survey 2016/17 annual child report. London, UK: Department for Culture Media and Sport; 2017. [4] Byers, JA. The biology of human play. *Child Development*, 1998; 69, 599-600. [5] Department for Transport. National Travel Survey: England 2016. Statistical Release. [6] NatCen Social Research, University College London. Department of Epidemiology and Public Health. *Health Survey for England, 2015*. UK Data Service, 2017. [7] Youth Sport Trust Knowledge and Evaluation Team. PE provision in secondary schools 2018. February 2018. [8] Platt L. Millennium Cohort Study: Initial findings from the age 11 survey. Centre for Longitudinal Studies; 2014. [9] Sandercock et al. Centile curves and normative values for the twenty metre shuttle-run test in English schoolchildren. *Journal of Sports Sciences*, 2012; 30:7, 679-687. [10] Cohen D et al. Handgrip strength in English schoolchildren. *Acta Paediatrica*, 2010; 99, 1065-1072.

# ACTIVE HEALTHY KIDS ENGLAND



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