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!
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)
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 for details).
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 assigned 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

<table>
<thead>
<tr>
<th>Grade</th>
<th>% of children &amp; youth that we are succeeding with:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>94% - 100% Succeeding with a large majority (87% - 93%)</td>
</tr>
<tr>
<td>A</td>
<td>80% - 86%</td>
</tr>
<tr>
<td>B+</td>
<td>74% - 79% Succeeding with well over half (67% - 73%)</td>
</tr>
<tr>
<td>B</td>
<td>60% - 66%</td>
</tr>
<tr>
<td>C+</td>
<td>54% - 59% Succeeding with about half (47% - 53%)</td>
</tr>
<tr>
<td>C</td>
<td>40% - 46%</td>
</tr>
<tr>
<td>D+</td>
<td>34% - 39% Succeeding with less than half but some (27% - 33%)</td>
</tr>
<tr>
<td>D</td>
<td>20% - 26%</td>
</tr>
<tr>
<td>F</td>
<td>We are succeeding with very few (&lt;20%)</td>
</tr>
<tr>
<td>INC</td>
<td>Incomplete - insufficient or inadequate information to assign a grade</td>
</tr>
</tbody>
</table>
**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.%

### Organised Sport Participation

36.8% of 5-15 year olds take part in organised sport outside of school [3]  
39.8% of 5-15 year old children play for a sports team [3]  
More boys do sport than girls  
% of 11-15 year olds that are members of a sports club [3]

### 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.

### Active Travel

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

### 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.

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

Schools are Providing:
- 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%

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.

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%

References
Core Members of the 2018 Expert Panel:

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