IS JERSEY ON THE RIGHT PATH TO BEING PHYSICALLY ACTIVE?

Overall Physical Activity Level

2018
Active Healthy Jersey
Report Card on Physical Activity for Children and Youth
Authors: John Scriven, Josephine Cabot, Demri Mitchell and David Kennedy

22% of children and youth in Jersey meet the minimum Global Recommendations for physical activity (one hour per day).

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COMMUNITY AND THE ENVIRONMENT
43% of people in Jersey report that they have well maintained facilities, parks and playgrounds in their community that are safe to use.
Grade: C

SEDENTARY BEHAVIOURS
49% of 10-15 year olds meet the international Sedentary Behaviour Guidelines of spending less than 2 hours a day watching television.
Grade: C

ACTIVE TRANSPORTATION
33% of 10-15 year olds in Jersey use active transportation to get to and from places (e.g. school, park, friend’s house).
Grade: D+

ACTIVE PLAY
We currently do not collect this data in Jersey.
Grade: INC

ORGANISED SPORT AND PHYSICAL ACTIVITY PARTICIPATION
We currently do not collect this data in Jersey.
Grade: INC

FAMILY AND PEERS
52% of parents meet the global recommendations for physical activity.
Grade: C

PHYSICAL FITNESS
35% of 8 year olds in Jersey meet the interim international criterion referenced standards for physical fitness indicators.
Grade: D

SCHOOL
55% of primary schools and 100% of secondary schools report to having regular access to facilities and equipment that supports physical activity.
Grade: B-

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