



## 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).

## IS JERSEY ON THE RIGHT PATH TO BEING PHYSICALLY ACTIVE?

Strategies and  
Investment

**GOVERNMENT & NON GOVERNMENT**  
We currently do not collect this data in Jersey.  
**Grade: D**

Settings & Sources  
of Influence

**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+**

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

**SCHOOL**  
95% of primary schools and 100% of secondary schools report to having regular access to **facilities and equipment** that supports physical activity.  
**Grade: B-**

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

Daily Behaviours

**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**  
37% 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**

**PHYSICAL FITNESS**  
31% of 8 year olds in Jersey **meet the interim international criterion-referenced standards** for physical fitness indicators.  
**Grade: D**

