# A Spotlight on Inequality: The 2021 Active Healthy Kids Scotland Report Card

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Grade</th>
<th>More deprived</th>
<th>Less deprived</th>
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</thead>
<tbody>
<tr>
<td>Screen time*</td>
<td>F &lt;20% meet guidelines</td>
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<tr>
<td>Overall Physical Activity</td>
<td>INC</td>
<td></td>
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<tr>
<td>Organised Sport &amp; Physical Activity</td>
<td>B- 60-66% participation</td>
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<tr>
<td>Active Play</td>
<td>INC</td>
<td></td>
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<tr>
<td>Active Transportation</td>
<td>C- 40-46% engagement</td>
<td></td>
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<tr>
<td>Physical Fitness</td>
<td>INC</td>
<td></td>
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<tr>
<td>Diet</td>
<td>INC</td>
<td></td>
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<tr>
<td>Obesity</td>
<td>INC</td>
<td></td>
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<tr>
<td>Family and Peers</td>
<td>D- 20-26% involvement</td>
<td></td>
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<tr>
<td>Community and Environment</td>
<td>B- 60-66% have access to safe local outdoor space</td>
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<tr>
<td>Government</td>
<td>C+ (Physical activity)</td>
<td></td>
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<tr>
<td></td>
<td>C (Diet)</td>
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**Exceeding 2hr/day of TV time:**

- More deprived: 74%
- Less deprived: 60%

**Exceeding 2hr/day of gaming:**

- More deprived: 61%
- Less deprived: 49%

**Not engaging in sport:**

- More deprived: 53%
- Less deprived: 18%

**With obesity in Primary 1:**

- More deprived: 14%
- Less deprived: 6%

**Adults volunteered in sport:**

- More deprived: 16%
- Less deprived: 33%

**Meeting physical activity guidelines:**

- More deprived: 13%
- Less deprived: 19%

**Have safe outdoor spaces:**

- More deprived: 50%
- Less deprived: 72%

Inequalities also exist between more and less deprived children in: Computer time, Outdoor excursions, Diet and Access to safe outdoor spaces. More information is needed about inequalities in Active Play and Fitness.

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Inc: inconclusive, insufficient evidence to grade; *Screen time is referred to as ‘Sedentary Behaviours’ in other Report Card documents.

Further information on the methodology, grading, data sources and inequalities can be found in the Active Healthy Kids Scotland Report Card (long form) available at [https://www.activehealthykidsscotland.co.uk/](https://www.activehealthykidsscotland.co.uk/).

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