



# Results of the 2021 Active Healthy Kids Scotland Report Card

## SUMMARY OF PUBLISHED DATA SOURCES AND GRADES

This document is a brief summary of the results of the 2021 Active Healthy Kids Report Card. The 2021 Active Healthy Kids Scotland Report Card is a 'state of the nation' report on the physical activity and health of Scottish children and adolescents, prior to the Covid-19 pandemic. There is a long form (available at <https://www.activehealthykidsscotland.co.uk/>) which provides information on the indicators and benchmarks, all the data sources used to grade the indicators, why and how they were used, and a summary of the findings.

## ACKNOWLEDGEMENTS

The report card was produced by the University of Strathclyde (Prof John J Reilly; Dr Farid Bardid), University of Aberdeen (Dr Leone Craig), Robert Gordon University (Jenni Robertson), MRC/CSO Social and Public Health Sciences Unit, University of Glasgow (Dr Avril Johnstone) and University of Stirling (Dr Simone Tomaz). The draft grades were reviewed by stakeholders from a range of sectors within Scotland and the Active Healthy Kids Global Alliance.

No funding was received for the 2021 Report Card.

## CONTACT DETAILS

**Professor John Reilly** ([john.j.reilly@strath.ac.uk](mailto:john.j.reilly@strath.ac.uk); Physical Activity for Health Group, School of Psychological Sciences & Health, University of Strathclyde, Glasgow), and **Dr Farid Bardid** ([farid.bardid@strath.ac.uk](mailto:farid.bardid@strath.ac.uk); School of Education, University of Strathclyde, Glasgow)



MRC/CSO Social and Public Health Sciences Unit



Medical  
Research  
Council



CHIEF  
SCIENTIST  
OFFICE



University  
of Glasgow



1495  
UNIVERSITY OF  
ABERDEEN

UNIVERSITY of  
STIRLING



# GRADES SUMMARY AND EVIDENCE OF INEQUALITIES

Indicator	Grade	Summary of inequalities identified
Sedentary Behaviours	<b>F</b> We are succeeding with very few of children (<20%)	Screen time much higher in the more socio-economically deprived individuals, and slightly higher in boys than girls.
Overall Physical Activity	<b>INC</b> Insufficient evidence to grade	Unlikely for socioeconomic deprivation; girls slightly less likely to meet guidelines than boys.
Organised Sport and Physical Activity	<b>B-</b> We are succeeding with well over half of children (60-66%)	Reported participation lower in more socio-economically deprived individuals; no marked differences between boys and girls.
Active Play	<b>INC</b> Insufficient evidence to grade	Reported participation in active play slightly lower in girls than boys.
Active Transportation	<b>C-</b> We are succeeding with about half of children (40-46%)	Active commuting to school via cycling lower in more socio-economically deprived individuals.
Physical Fitness	<b>INC</b> Insufficient evidence to grade	-
Diet	<b>INC</b> Insufficient evidence to grade	Markedly poorer diet in the more socio-economically deprived individuals.
Obesity	<b>INC</b> Insufficient evidence to grade	Markedly higher prevalence of obesity in the more socio-economically deprived individuals, and socio-economic gap in obesity risk in Primary 1 is widening substantially with time.
Family and Peers	<b>D-</b> We are succeeding with less than half of children (20-26%)	Family and peer diet, obesity, participation in sport and physical activity, volunteering in sport and physical activity all less favourable in the more socio-economically deprived individuals.
Community and Environment	<b>B-</b> We are succeeding with well over half of children (60-66%)	Perceived safety lower in more socio-economically deprived neighbourhoods.
Government	<b>C</b> We are succeeding with about half of children (47-53%)	(Physical activity policy)
	<b>C+</b> We are succeeding with about half of children (54-59%)	(Diet policy)

There is no grade for the AHKGA ([www.activehealthykids.org](http://www.activehealthykids.org)) 'School' indicator in Scotland (see Active Healthy Kids Scotland Report Card 2013 and related publications at <https://www.activehealthykidsscotland.co.uk/>).

