



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.

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CONTACT DETAILS

Professor John Reilly (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; School of Education, University of Strathclyde, Glasgow)



MRC/CSO Social and Public Health Sciences Unit



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of Glasgow



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GRADES SUMMARY AND EVIDENCE OF INEQUALITIES

Indicator	Grade	Summary of inequalities identified
Sedentary Behaviours	F 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	INC Insufficient evidence to grade	Unlikely for socioeconomic deprivation; girls slightly less likely to meet guidelines than boys.
Organised Sport and Physical Activity	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	INC Insufficient evidence to grade	Reported participation in active play slightly lower in girls than boys.
Active Transportation	C- 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	INC Insufficient evidence to grade	-
Diet	INC Insufficient evidence to grade	Markedly poorer diet in the more socio-economically deprived individuals.
Obesity	INC 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	D- 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- We are succeeding with well over half of children (60-66%)	Perceived safety lower in more socio-economically deprived neighbourhoods.
Government	C We are succeeding with about half of children (47-53%) C+ We are succeeding with about half of children (54-59%)	(Physical activity policy) (Diet policy)

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

