



Results from Jersey's 2022
Report Card on Physical
Activity for Children and Youth

Active Healthy Kids Jersey 2022

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Introduction:

Once again, a high prevalence of physical inactivity in Jersey children has been identified and is concerning due to the associated health and economic consequences, particularly in adulthood. For the second time, a Report Card on PA for children and youth has been developed in Jersey.

Methods:

The 2022 Report Card included the 10 core PA indicators that are common to the Global Matrix 4.0. The sources that informed the grades included national surveys, peer-reviewed literature, grey literature such as government and nongovernment reports, and the Report Card Research Working Group (RWG) expertise.

Results:

This year four indicators (Organized Sport and PA; Active Play; Physical Fitness; Community and Environment), were not graded due to insufficient or non-existing data, twice as many as 2018. The other six indicators for the 2022 Jersey Report Card were assigned grades.

Indicator	Grade 2022	Rational 2022
Overall Physical Activity	F	National survey Almost one in five (19%) young people reported being physically active at or above the UK NHS recommended level (at least one-hour MVPA per day). It should be noted that this is self-reported data and the questions do not differentiate between intensity level of type of PA only asking about 'activity amount'. The RWG were concerned about the lack of data around vigorous physical activity and strengthening activities central to the guidelines.
Organized Sport and Physical Activity	INC	Once again, Jersey still does not monitor the number of children participating in organized sport and PA.
Active Play	INC	Once again, Jersey still does not monitor the number of children participating in active play.
Active Transportation	D	National survey data showed that 33.5% of school aged children chose to walk or cycle to school.
Sedentary Behaviours	D	National survey data show that 68.6% of children in Jersey report spending 2 hours or more on recreational screen time in addition to academic screen time.
Physical Fitness	INC	Since 2018 national surveillance of physical fitness has ceased. Currently there is no data available providing insight into children's multidomain physical fitness.
Family and Peers	B	National survey data showed 84.2% of school aged children surveyed answered yes to being encouraged to be physically active by parents.

		<p>28% of school ages children stated that they have no one to be active.</p> <p>51% of adults meet the National Health Service guidelines of 150 minutes of moderate exercise per week.</p>
School	B+	<p>The RWG identified that 69.5% of schools have active policies.</p> <p>63% of schools have PE specialist teachers.</p> <p>All schools reported to offer their children the mandated amount of Physical Education per week.</p> <p>The RWG agreed that 96.5% of schools offered PA opportunities outside of PE provided a fair representation.</p> <p>The RWG agreed that 96.7% of school offered students with appropriate access to equipment to support PA.</p>
Community and Environment	INC	<p>The RWG did not feel there was sufficient data available to assign a grade.</p> <p>It should be noted that there was significant natural infrastructure and some reasonable built infrastructure to support children's PA. For example, trim</p>

		trails, extensive coastal paths, beaches, parks, natural green space, and leisure/sporting venues.
Government	C	The RWG identified a significant improvement from 2018 in national policy agenda and formation with a new body for Physical Activity and Sport and a detailed 'Inspiring and Active Jersey' Strategy which takes a collaborative whole systems approach to tackling inactivity and advocacy for a collective effort across all government, corporate, volunteer and community institutions. In 2020 an annual budget was applied of £1.68 million as well as a facility budget of £2.5million. A special Fiscal Stimulus stand alone budget has been made of £7million enhance facilities. Limiting factors are that it has not been possible to demonstrate the impact of such new strategy or review.
Obesity	B	On average 32.17% of children between reception and 18 years old are obese.
Psychosocial	B+	National survey data showed a lack of confidence (37%); lack of perceived time to be active (52%); no one to be active with (28%) and not knowing 'where to start' (31%) as the main psychosocial limitations to PA.

Conclusions and Recommendations:

Physical inactivity is at epidemic levels in Jersey and is in urgent need of being given 'top table' political priority in the Island. This requires the allocation of appropriate funding to allow the systematic enhancement of meaningful intervention programmes that are well resourced, scientifically valid, and impactful. A collaborative approach and the coordinated efforts

of government ministries, health authorities, non-profit, private, and voluntary sectors are essential to achieve this.

This approach must continue to be supported by an over-arching strategic plan linked to national policy with a focus on the systematic surveillance of the core indicators of the Global Matrix. Strategy should continue to recognise the need for joined up proactive rather than reactive physical activity measures whilst addressing the key barriers, education, inequality, resourcing and surveillance concerns that have surfaced through the process again.