

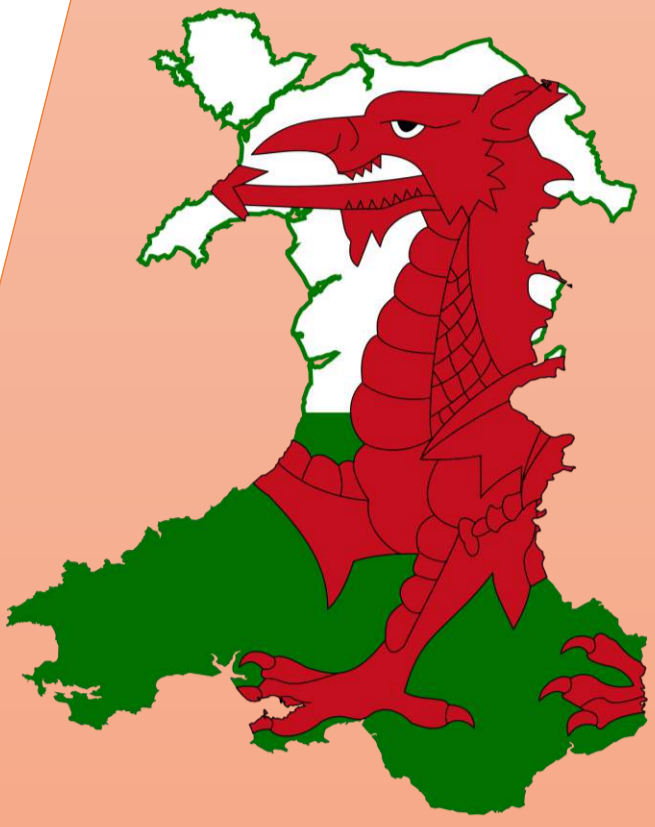


# THE FOURTH PANDEMIC OF CHILDHOOD INACTIVITY IN WALES

## ACTIVE HEALTHY KIDS WALES REPORT CARD 2021

**AIM: To provide a greater understanding of children and young people's physical activity across Wales**

### BACKGROUND



There are ~664,000 children aged 0 – 18 years in Wales<sup>[1]</sup> and only 51% who are aged 3-17 years meet the recommended levels of physical activity (PA) for at least 60 minutes every day of the week, decreasing to between 13% and 17% for 11-16 year olds<sup>[2]</sup>. Poor levels of PA have negative implications on both physical<sup>[3]</sup> and mental health<sup>[4]</sup>. Therefore, increasing PA can lead to better health outcomes and to a more active population, reducing burdens on healthcare and the economy. To increase PA levels, there needs to be a good understanding of trends and current levels which this Report Card aimed to provide.

### METHODS

The AHK-Wales Research Working Group (RWG) produced grades on children and young people's PA using pre-COVID-19 data. The methods used throughout were aligned to AHK Global Alliance (AHKGA) guidelines. Briefly, data was collated and synthesised from 11 sources and aligned to the AHKGA benchmarks. A standardised grading rubric, ranging from A+ (94-100% of children met the criteria) to F (<20% met the criteria) was used to provide a grade for each indicator.

QUALITY INDICATOR	GRADE
<b>Overall Physical Activity</b> 17% of 11-16 year olds and 22% of 8-11 year olds were active for at least 60 minutes across all seven days of the week.	<b>F</b>
<b>Organised Sport Participation</b> Between 44% and 51% of 7-17 year olds participated in sport on three or more occasions per week.	<b>C</b>
<b>Active Play</b> 42% of 5-17 year olds played outside most days and 33% reported playing outside a few days each week.	<b>C+</b>
<b>Active Transportation</b> On average 34% of 11 to 16 year olds used active transport to travel to school. 73% aged 4-18 years used active travel to places where they play.	<b>C-</b>
<b>Sedentary Behaviours</b> 86% of 11-16 year olds spent two or more hours sitting during weekdays. 32% of children aged 8-11 years watched TV/screens for two hours or more every day.	<b>F</b>
<b>Physical Fitness</b> When comparing to European Normative Values children in Wales were in the 40th percentile for both cardiorespiratory fitness and muscular fitness.	<b>C-</b>

QUALITY INDICATOR	GRADE
<b>Family and Peers</b> 46% of adults were happy with children playing out. 10% of adults had volunteered in sport in the past 12 months, whilst 53% of adults met the MVPA guidelines.	<b>D+</b>
<b>School</b> All but one benchmark scored between 45% and 94%. Between 1% and 6% of children were offered the recommended 120 minutes of PE per week.	<b>B-</b>
<b>Community and Environment</b> 88% of children were happy with their area whilst only 38% could walk to a PA facility.	<b>C</b>
<b>Government</b> Policies specific to PA promotion have expired and been replaced by an obesity policy.	<b>C</b>
<b>Physical Literacy</b> Four components were graded: physical competence 34%; confidence 69%; motivation 65% and PA 19%.	<b>C-</b>

### CONCLUSIONS

The AHK-Wales 2021 Report Card raised concerns for children and young people's health and well-being in Wales. It is the first Report Card from Wales that has been able to provide a grade for all indicators with none marked as inconclusive which emphasises the greater volume of data available since 2018. This has allowed for a more comprehensive understanding of children and young people's PA.

### WHAT NEXT?

- The results should be used to improve children and young people's PA levels and decrease physical activity inequalities highlighted in the Report Card
- Inform the decision making of policy makers
- Production of a COVID-19 Report Card

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