

RISE.

Active Lives

Children and Young People Survey

Academic Year 2019-2020

Northumberland, Tyne & Wear Analysis

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the UK Chief Medical Officer's physical activity guidelines released in September 2019, sta

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“Children and young people (aged 5 – 18 years) should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports”

The Children and Young Peoples Active Lives Results aims to illustrate a national picture of physical activity in English 5 – 18 year olds.

Guidance for 2019/2020 Release:

The 2019/2020 Children and Young People Active Lives release looks a little different to previous years, please see the notes below detailing the changes to the reporting of information:

There are two reports this year in order to address the impact of the COVID-19 Pandemic on physical activity levels in children and young people.

The survey was designed to report down to a local authority level but for this release there is no local authority data included for the following reasons:

- Responses rates were decreased due to the COVID-19 primarily during the summer term (from mid-May to end of July).
- Sample sizes were less reliable across the year to analyse by local authorities e.g. Northumberland's sample size was only 182 pupils.
- Inconsistencies in missing data due to restrictions which makes the data incompatible for comparison between local authorities and previous releases.

Due to the pandemic other changes to data collect were required such as the Active Lives Children and Young People survey had to be adapted for at home completion, rather than the historic school-based survey

England, during the academic year 2019/2020....

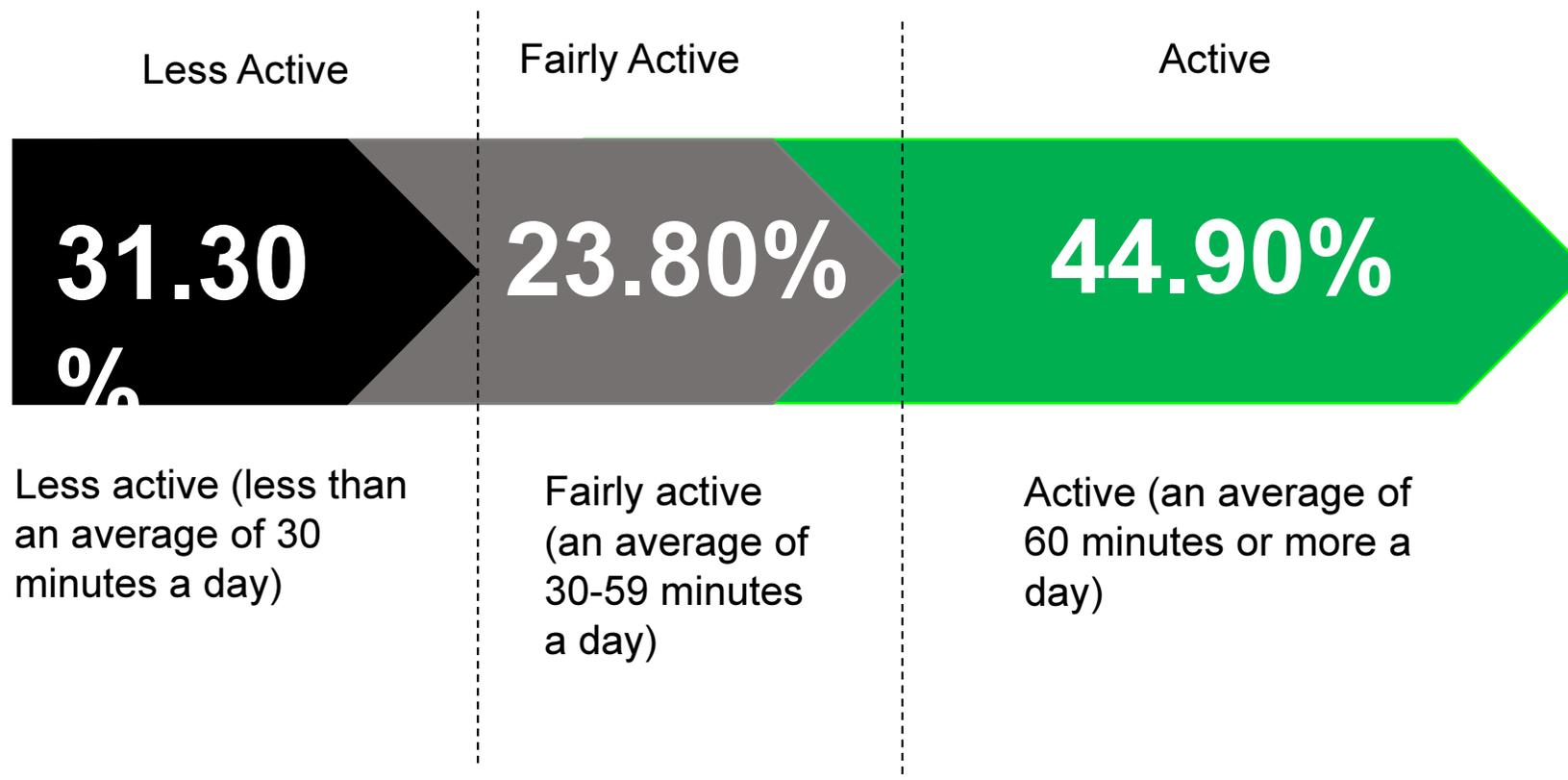


Figure 1: Children and Young People's (CYP) Physical activity levels between September 2019 – July 2020 in England.



Physical Activity

3.2 million (44.90%) children and young people met the new Chief Medical Officer guidelines of an average of 60 minutes of physical activity per day

In Northumberland 53.50% of children and young people were active on average for 60 minutes per day.

In Tyne and Wear 45.30% of children and young people were active on average for 60 minutes per day.

Children who participate in physical activity are more likely to have better levels of mental wellbeing, trust in their local community and decreased levels of loneliness.

Physical Inactivity

- Nationally, an additional 201,400 children have become 'Less Active' in the past year, meaning they do on average less than 30 minutes of physical activity per day.
- In Northumberland, there has been a significant decrease (-9.20%) in the number of children who are 'less active', whereas the figures for Tyne and Wear are not significantly different.

Additional Findings

- Nationally, activities such as walking, cycling and fitness saw large increases in the numbers, whilst activities such as swimming declined.
- The report identifies that there are still inequalities between boys and girls who take part (boys are still more likely than girls to be active).
- Children from ethnically diverse backgrounds and less affluent areas are less likely to be physically active and to participate in volunteering activities

Table 1: Physical activity data for Children and Young Persons Active Lives Survey January 2019/2020

	Northumberland	England
Response Rate (n)	182	89,303
Active (an average of 60 minutes or more a day)	53.50%	44.90%
Fairly Active (an average of 30-59 minutes a day)	25.40%	23.80%
Less Active (Less than an average of 30 minutes a day)	21.20%	31.30%

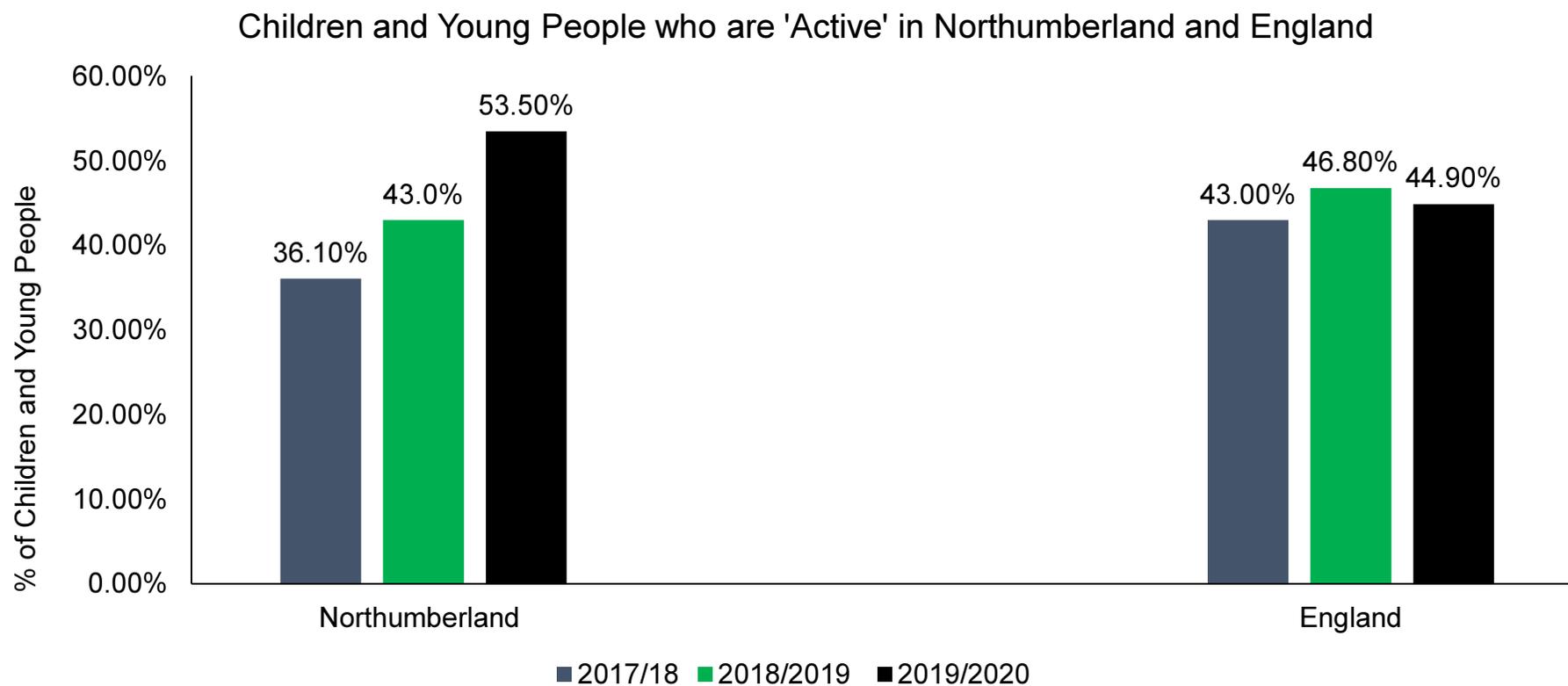


Figure 3: Local trend data taken from the past 3 years illustrating numbers of children who are 'Active' (Average of 60 minutes of physical activity per day) across Northumberland and England.

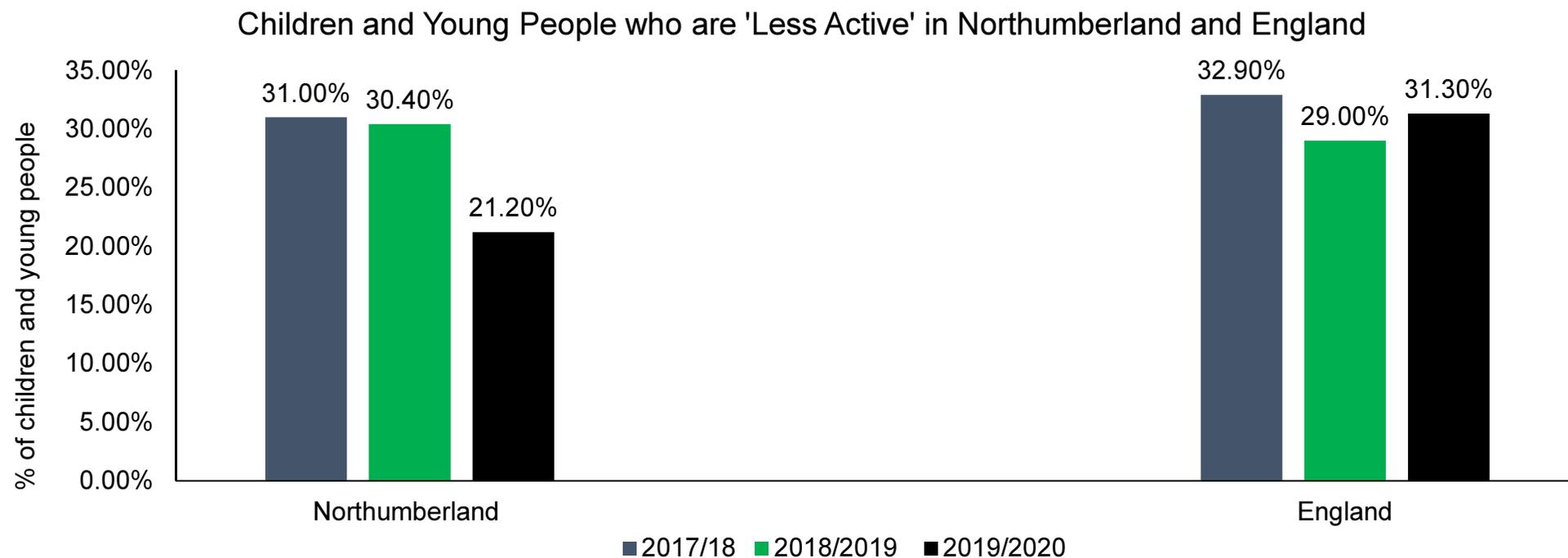


Figure 4: Local trend data taken from the past 3 years illustrating the percentage of children who are 'Less Active' (Less than an average of 30 minutes a day) across Northumberland, Tyne & Wear and England.

Exploring the relationship between physical activity and deprivation in children living in Northumberland:

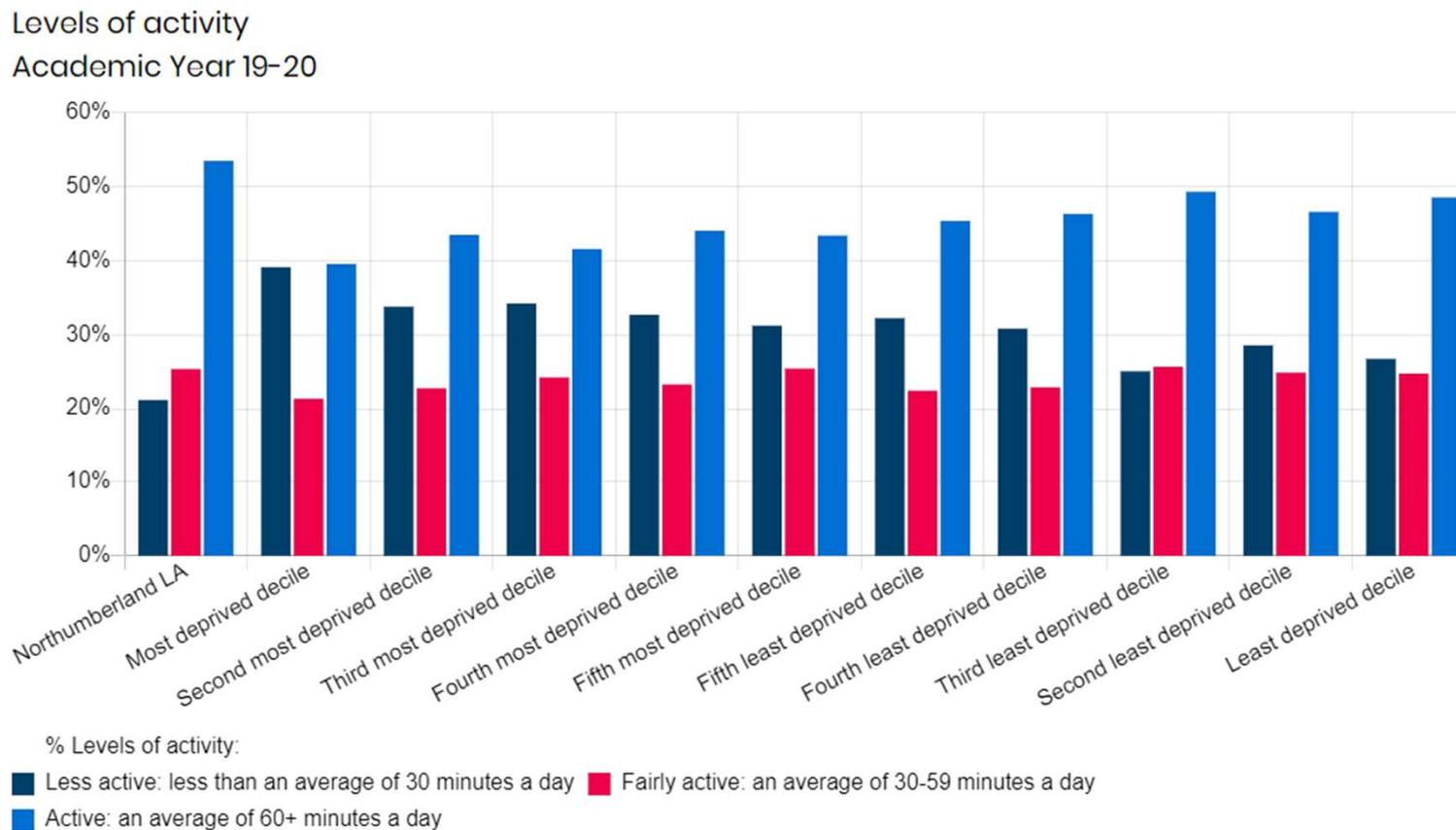


Figure 5: Sport England analysis of Children and Young Persons Active Lives findings trend data. Graph displays the percentage (%) of population who are active, fairly active, and inactive per deprivation decile.

Exploring the relationship between children's physical activity levels, and rural/urban in Northumberland

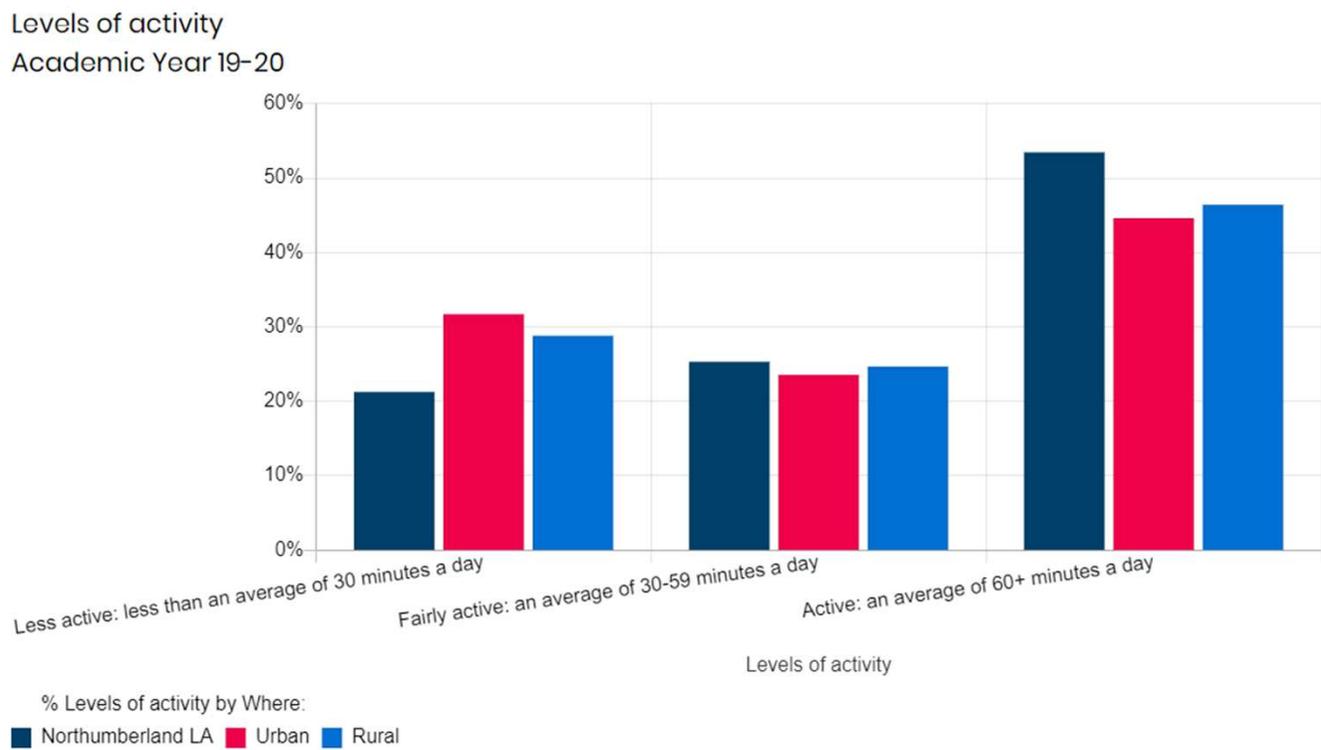


Figure 6: Sport England analysis of Children's Active Lives findings trend data for Northumberland November 2019. Graph displays the percentage (%) of population who are active, fairly active, and inactive in urban and rural locations in Northumberland.