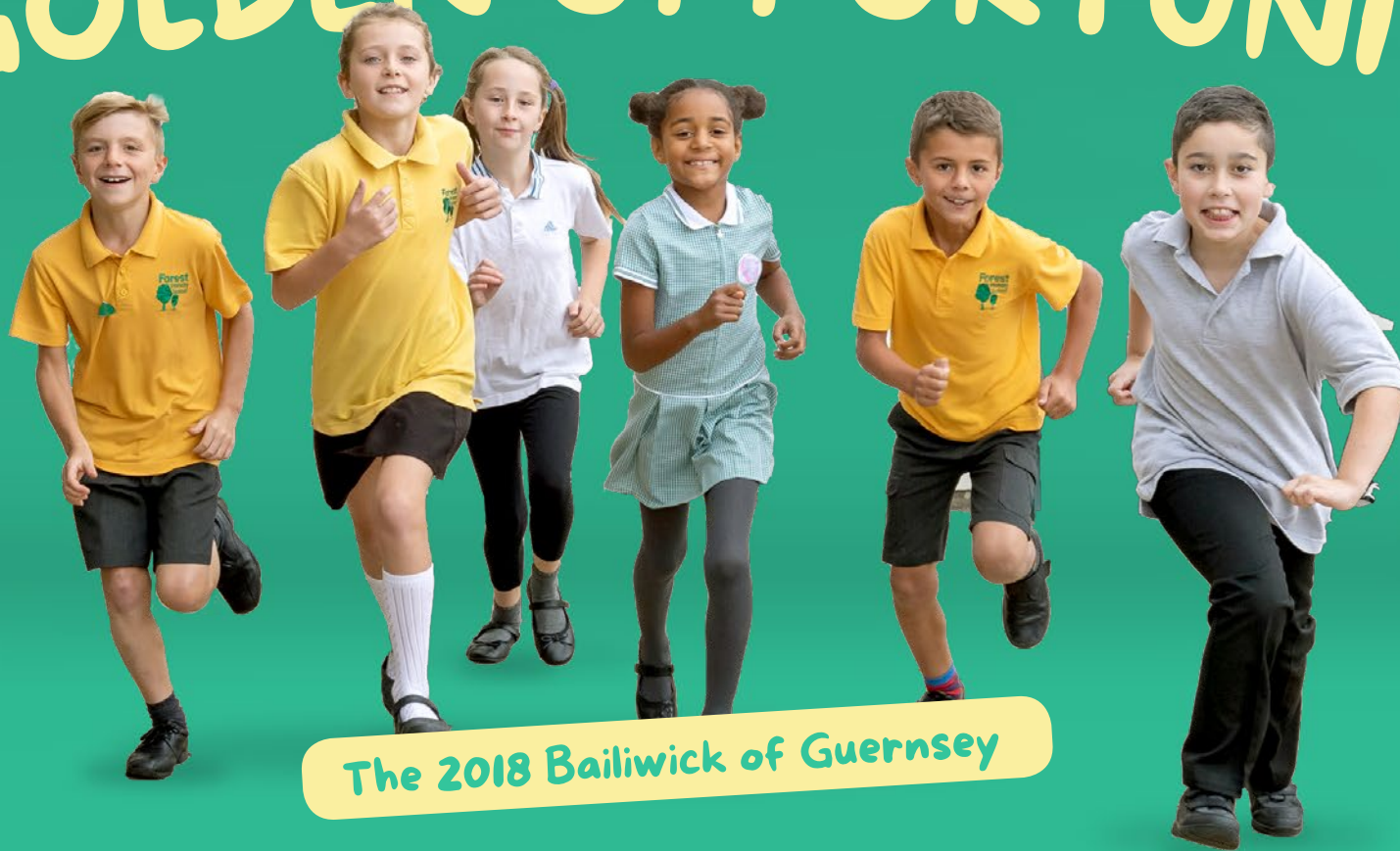


A GOLDEN OPPORTUNITY



The 2018 Bailiwick of Guernsey

Active Healthy Kids Report Card of physical
activity for children and young people



WHAT IS THE BAILIWICK OF GUERNSEY ACTIVE HEALTHY KIDS REPORT CARD?

The 2018 Bailiwick of Guernsey Active Healthy Kids Report Card is Guernsey's first physical activity Report Card and provides an assessment of the physical activity levels of Guernsey's children and young people. The Report Card was developed as part of The Active Healthy Kids Global Alliance which comprises 49 countries who have committed to producing Physical Activity Report Cards to form the 2018 Global Matrix.

The Report Cards track children's activity globally and are intended to inform nations about the practices, education and planning that may help to improve the longer-term health of their communities. The Report Cards from 49 countries will be presented at the 'Movement to Move' conference to be held in Adelaide, Australia in November 2018.

WHO CAN USE IT?

The Report Card will be a useful tool for anyone involved in helping Guernsey children and young people to be more active (for example health professionals, community groups, third sector organisations, teachers, policy makers, politicians, parents and researchers).

WHO PRODUCED IT?

The Guernsey Report Card was produced by a working group representing a cross-sector of government departments, third sector organisations, and academics with diverse expertise in the activity levels of young people in Guernsey.



WHAT DOES THE REPORT CARD CONSIDER?

Countries can report on nine different indicators:

- Overall Physical Activity
- Organized Sport Participation
- Active Play
- Active Transportation
- Sedentary Behaviours
- Physical Fitness
- Family and Peers
- School
- Community and Environment
- Government

Using available evidence, Guernsey reported on five indicators; Overall Physical Activity; Organized Sport Participation; Active Transportation; Sedentary Behaviours and Government.

The panel graded five indicators as inconclusive as there was insufficient evidence. These were: Active Play; Physical Fitness; Family and Peers; School and Community and Environment. This highlights a need for increased insight, monitoring and evaluation of young people's physical activity in Guernsey for future Report Cards.



HOW ARE THE SCORES GRADED?

THE PANEL USED AN INTERNATIONAL STANDARDISED GRADING SCHEME

A

81 – 100% WE ARE SUCCEEDING
WITH A LARGE MAJORITY OF
CHILDREN AND YOUTH

B

61 – 80% WE ARE SUCCEEDING
WITH WELL OVER HALF OF
CHILDREN AND YOUTH

C

41 – 60% WE ARE SUCCEEDING
WITH ABOUT HALF OF CHILDREN
AND YOUTH

D

21 – 40% WE ARE SUCCEEDING
WITH LESS THAN HALF, BUT SOME
CHILDREN AND YOUTH

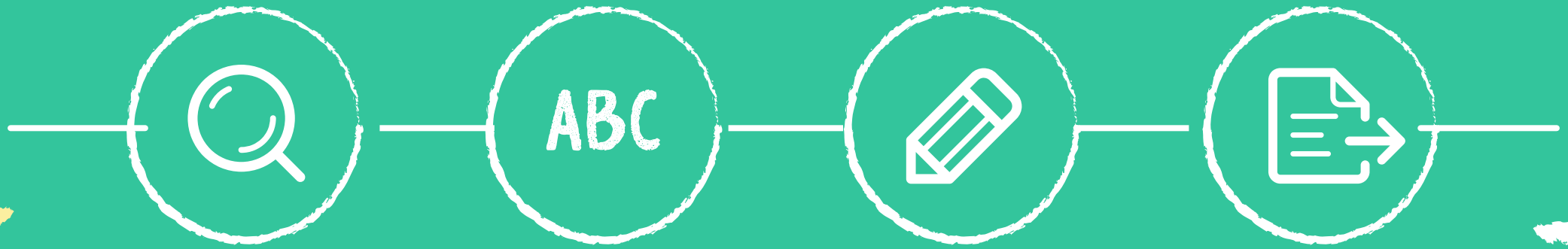
F

0 – 20% WE ARE SUCCEEDING
WITH VERY FEW CHILDREN AND
YOUTH

INC

INCONCLUSIVE, NOT ENOUGH
DATA EXISTS ON THIS INDICATOR

THE REPORT CARD PROCESS



1 RELEVANT LOCAL DATA

A thorough search for new and relevant data is conducted

2 GRADE ASSIGNMENT

Grades awarded by an expert panel using the available data

3 DESIGN REPORT

The Report Card is created showing the grades and key findings

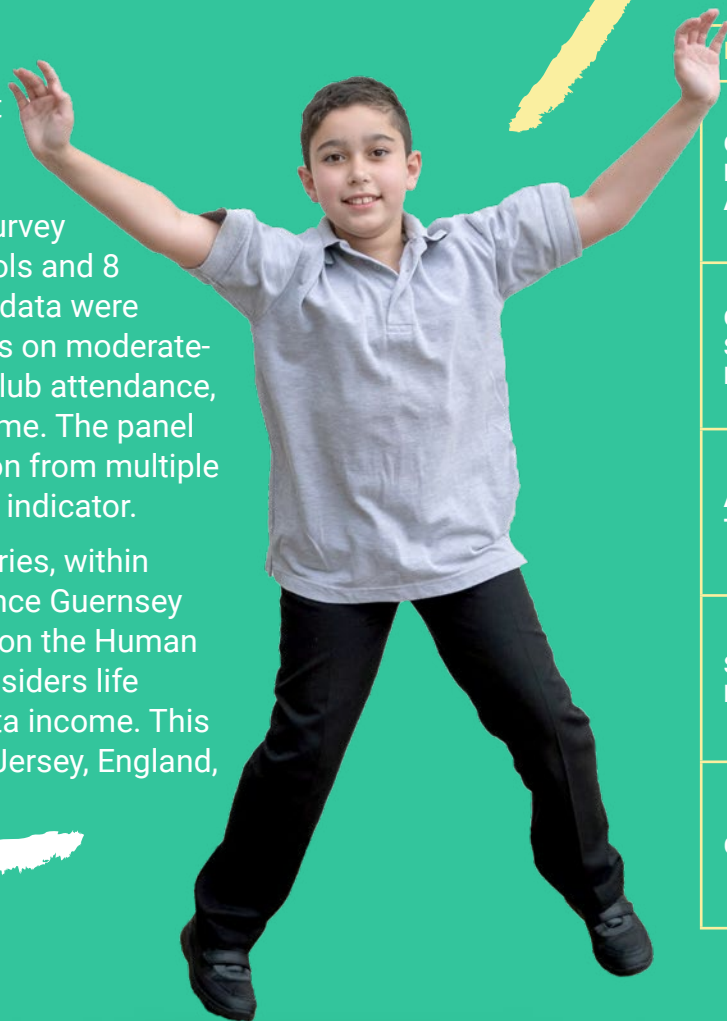
4 PUBLISH REPORT

The Report Card is published and shared

WHAT EVIDENCE IS THE REPORT CARD BASED ON?

The main data source was the most recent Guernsey Young People's Survey which was undertaken in spring/ summer 2016. The online survey was undertaken in 16 primary schools and 8 secondary and post-16 schools. All data were self-reported and included questions on moderate-to vigorous physical activity, sport club attendance, active travel to school and screen time. The panel drew on local insight and information from multiple sectors to evaluate the Government indicator.

To allow comparison to other countries, within the Active Healthy Kids Global Alliance Guernsey was defined as a **very high** country on the Human Development Index (HDI) which considers life expectancy, education and per capita income. This includes close neighbours such as Jersey, England, Scotland, Wales and France.



OUR GRADES

Indicator	Grade	Rationale
Overall Physical Activity	D	27% of primary school pupils and 22% of secondary pupils did physical activity that caused them to breathe faster and feel warmer for an hour or more on at least 4 days in the week before the survey.
Organized Sport Participation	C+	66% of primary school pupils and 52% of secondary school pupils reported attending a sports club (not school club & not just watching) in the 4 weeks before the survey.
Active Transportation	D	43% of primary pupils and 25% of secondary school pupils reported active travel to school on the day of the survey (walking/ bicycle/ scooter). Years 6, 8+10 average = 31%
Sedentary Behaviours	C	74% of primary school pupils and 39% of secondary school pupils reported no more than 2 hours of screen time on the day before survey. Years 6, 8+10 average = 57%.
Government	D	The States of Guernsey & Alderney, alongside community partners are showing an increased commitment to promoting and facilitating physical activity opportunities for Children and Youth.



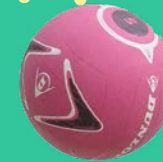
WHAT DOES THE REPORT CARD TELL US ABOUT PHYSICAL ACTIVITY LEVELS OF GUERNSEY CHILDREN AND YOUNG PEOPLE?

Guernsey is similar to other Very High HDI countries in recording a small proportion of Guernsey children and youth accumulating the recommended amount of moderate-to-vigorous intensity physical activity on a daily basis. Equally, the levels of sedentary behaviour are of concern especially amongst older children. Few young people (especially of secondary school age) undertake active transportation to and from school.

HOW DOES GUERNSEY'S REPORT CARD GRADES COMPARE WITH OTHER, SIMILAR COUNTRIES?

Below are indicators from neighbouring countries

Indicator	Guernsey	Jersey	England	Scotland	Wales	France
Overall Physical Activity	D	D-	C-	F	D+	D
Organized Sport Participation	C+	Inc	D+	B	C+	C-
Active Transportation	D	D+	C-	C	D+	C-
Sedentary Behaviours	C	C	D+	F	F	D-
Government	D	D	INC	C	C+	C
Average Totals (for all indicators)	D+	D+	C-	D+	D+	C-



A GOLDEN OPPORTUNITY?

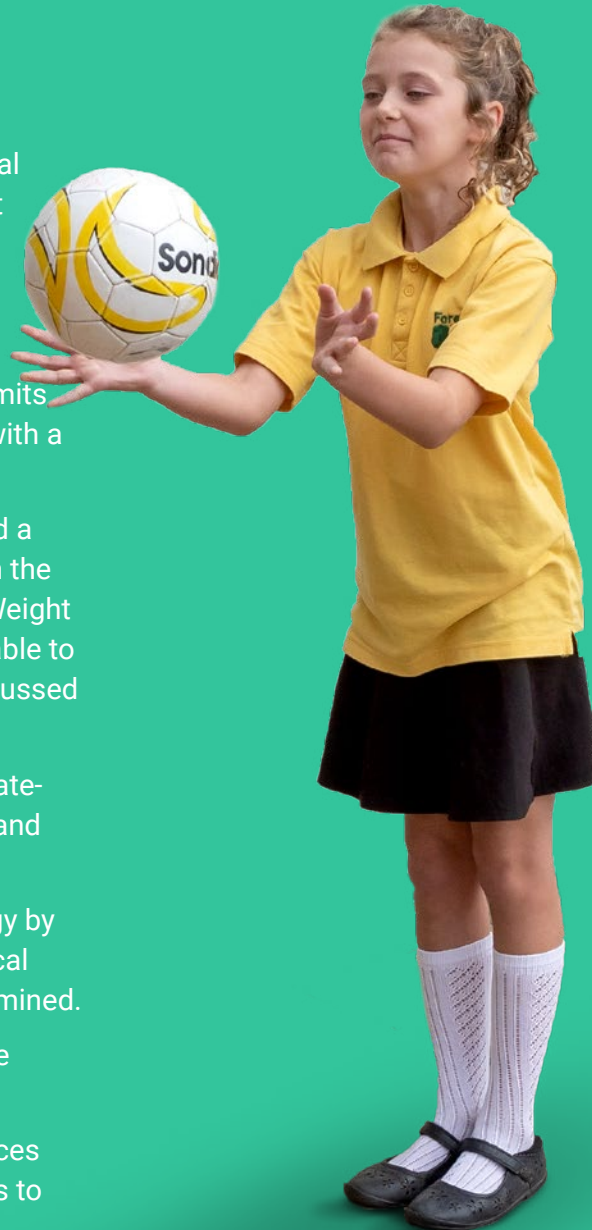
Guernsey's young people are not immune to global trends towards low levels of physical activity and high levels of sedentary behaviour. Yet, islands like Guernsey have a golden opportunity to develop a coordinated and collaborative community response to increasing young people's physical activity. Since the data reported here were collected in 2016, the panel believes that there has been a positive shift in attitudes towards supporting young people to be more physically active. There has been recent promising evidence of government commitment to support a community response and ensuring that this remains a priority and that child and youth physical activity becomes "everyone's business" will be key to its success.



OPPORTUNITIES TO INCREASE YOUNG PEOPLE'S PHYSICAL ACTIVITY

The States of Guernsey & Alderney, alongside community partners are showing an increased commitment to promoting and facilitating physical activity opportunities for Children and Youth. This includes commitment demonstrated through:

- Having 'Healthy and Active' as a priority in the Children and Young People's Plan
- Guernsey and Alderney's Healthy Weight Strategy (2016-2023) commits to supporting the community to increase levels of physical activity with a core focus being children and young people.
- The Guernsey Committee for Health and Social Care has established a Health Improvement Commission, an independent organisation with the remit and resources to, amongst other actions, deliver the Healthy Weight Strategy. As a charitable organisation, the commission will also be able to raise additional funds to support its work (some of which will be focussed on physical activity of children and young people).
- The Guernsey Sports Commission is a well-established (and part State-funded) organisation which provides and supports organised sport and physical activity opportunities to young people.
- There is a commitment to establish a comprehensive Sports Strategy by 2019, although the positioning of children and young people's physical activity in this (including and beyond formal sport) is yet to be determined.
- An integrated transport strategy is also in place that promotes active travel.
- Recent inspections have identified that schools and education services are providing young people with an increasing range of opportunities to include activity as a part of everyday life.



These policy intentions and additional funding streams represent an exciting and promising time for the support and facilitation of physical activity amongst children and young people in the Bailiwick of Guernsey. The panel recognises that activity levels amongst young people in Guernsey are lower than desired (this is a similar position to almost all the countries engaged in the global matrix). What is needed now is a move from intention to action, to help make being active a normal, easy and enjoyable part of the lives of Guernsey's young people.



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be active