

The Guernsey Young People's Survey 2019 Findings on Physical Activity



Why is activity important for children and young people?

- ▶ There is increasing evidence of the importance of keeping active for young people.

The physical benefits:

- ▶ improves fitness;
- ▶ builds a stronger heart, bones and healthier muscles;
- ▶ encourages healthy growth and development;
- ▶ improves posture and balance;
- ▶ encourages a better night's sleep.
- ▶ improves self-esteem; lowering stress.
- ▶ improves academic performance and increase concentration levels.



A word on obesity



Public Health
England

Obesity harms children and young people



Emotional and
behavioural

- Stigmatisation
- bullying
- low self-esteem



School absence



- High cholesterol
- high blood pressure
- pre-diabetes
- bone & joint problems
- breathing difficulties



Increased risk of
becoming overweight
adults

Risk of ill-health and
premature mortality in
adult life

Today's world has engineered activity out of our lives and built sedentary behavior in!

we are less active nowadays, both as adults and as children.

inactive children are likely to become inactive adults.

It is essential that we build up a picture of what activity means for young people and what makes them want to engage in activity

Physical Activity Guidelines for children and young people

Children aged 5 – 18 years old need to be physically active for **at least** and average of 60-minutes per day over the course of a week

- This can be accumulated
- More physical activity is better
- Some is better than none



Comment from the School Health Education Unit

Guernsey is taking a broad and multi-channel approach to promoting activity levels among young people and is being careful to collect good evidence about change along the way.

There have been some changes in the results since 2016, and although the shifts are not huge they are in the direction we are hoping for.

Most young people enjoy physical activity in and out of school and would like to travel more often using their own efforts by foot, bike or scooter, but there is a way to go before they are all active at the recommended level.

The Evidence – The Guernsey Young People's Survey 2019

1. Levels of Activity
2. Active travel
3. The Daily Mile
4. Gender differences
5. Impact of activity on other aspects of life
6. Enjoyment of physical activity at school
7. How far can you swim?

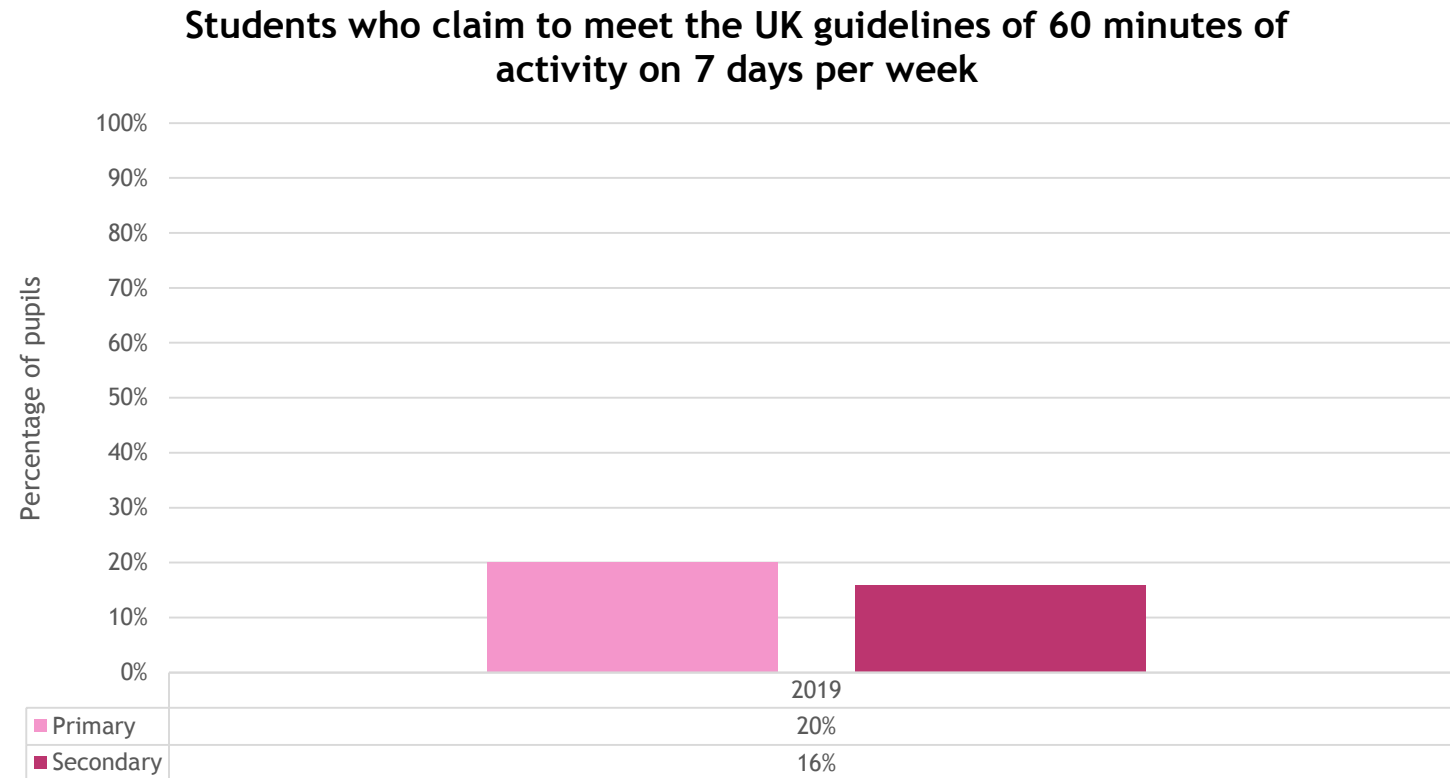
Levels of Activity and the Physical Activity Guidelines

- ▶ Children and young people 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.
- ▶ They should also do physical activity that strengthen muscles and bones at least three times per week

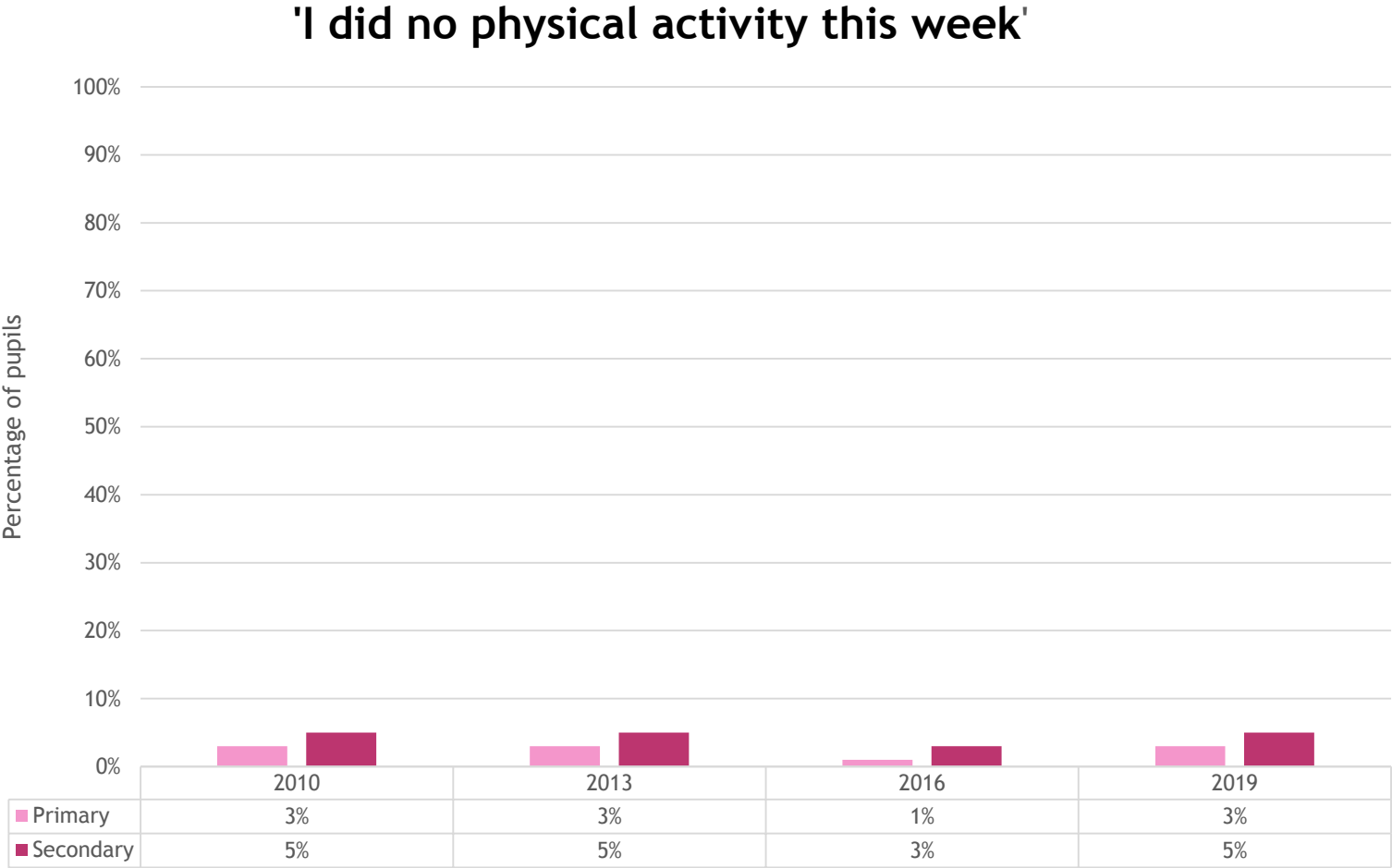
The Bailiwick of Guernsey

- ▶ **20% of primary and 16% of secondary school students say that they are achieving 60 minutes or more of moderate to vigorous activity daily**
- ▶ **62% of primary pupils and 50% of secondary students said that they did physical activity that strengthened their muscles and bones, on at least 3 days in the week before the survey,**
- ▶ **But.... 71% of primary and 57% of secondary pupils responded that they were physically active for at least 60 minutes on 4 or more days in the week before the survey.**

Levels of Activity and the Physical Activity Guidelines



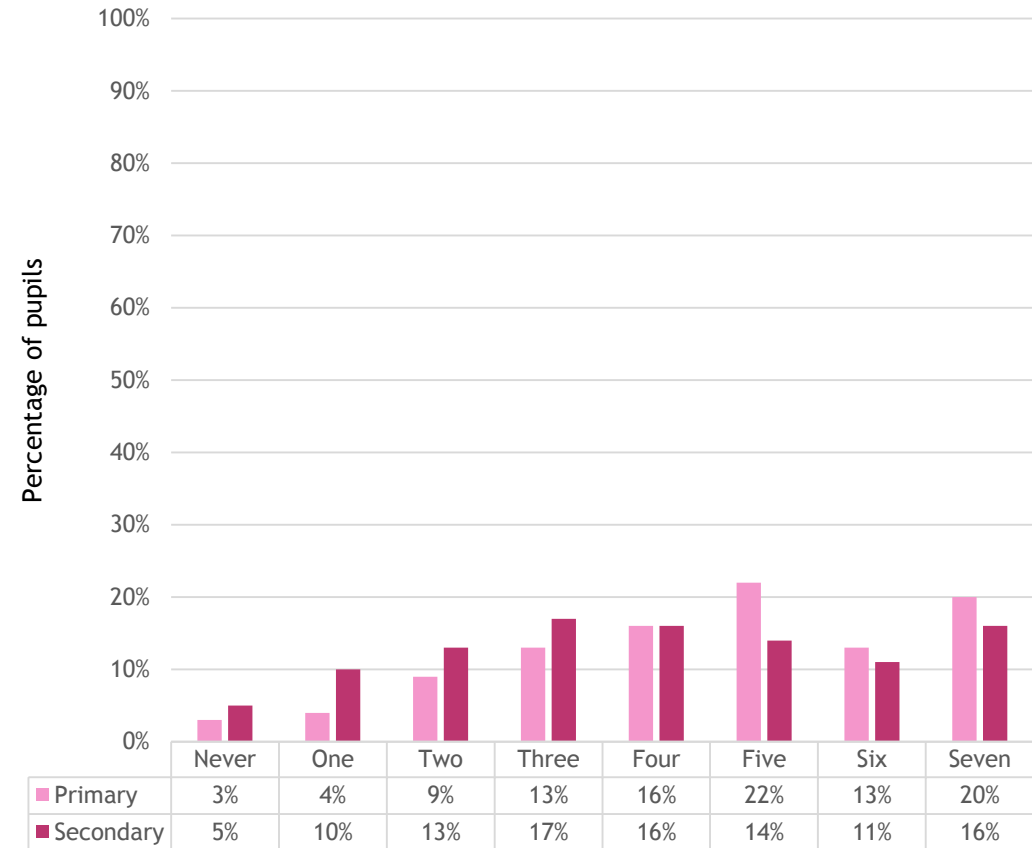
Levels of Activity and the Physical Activity Guidelines



Levels of Activity and the Physical Activity Guidelines

- ▶ 71% of primary and 57% of secondary pupils responded that they were physically active for at least 60 minutes on 4 or more days in the week before the survey.
- ▶ For primary pupils, this was 73% of boys and 67% of girls.
- ▶ For secondary schools, this was 61% of boys and 53% of girls.

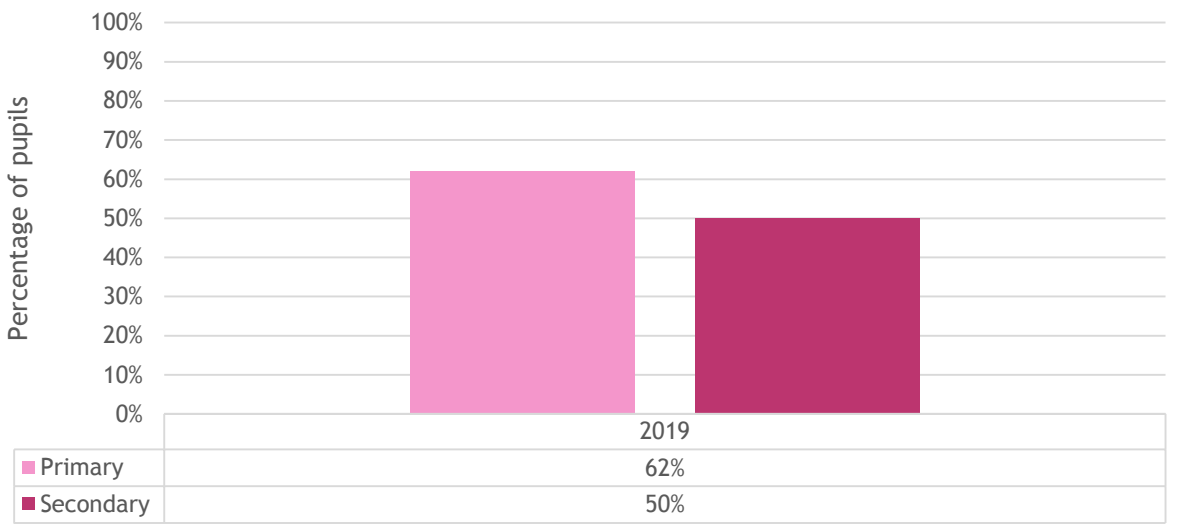
Over the past 7 days, how many days were you physically active for a total of at least 60 minutes per day?



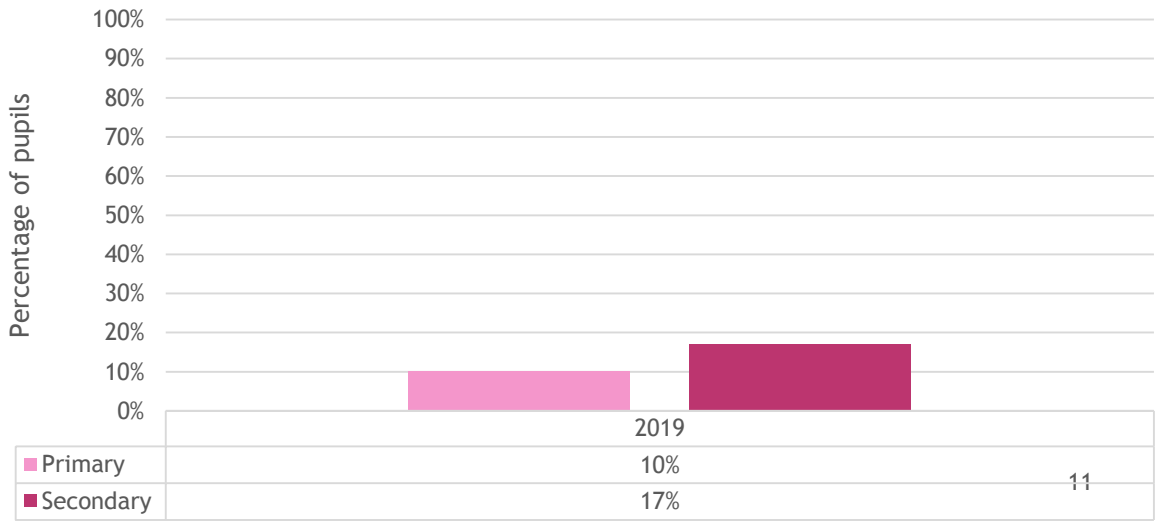
Levels of Activity and the Physical Activity Guidelines

- 62% of primary pupils and 50% of secondary students said that they did physical activity that strengthened their muscles and bones, on at least 3 days in the week before the survey, as recommended by the NHS Live Well guidelines.
- 10% of primary and 17% of secondary pupils responded that they didn't do any physical activity that strengthened muscles and bones, in the week prior to the survey.

"I did physical activity that strengthened my muscles and bones, on at least 3 days in the past week"



"I did no physical activity that strengthened my muscles and bones in the past week"



Comparison to the UK



- ▶ In the UK, **Sport England** undertake the Active Lives Survey every academic year.
 - ▶ They measure activity differently to the Guernsey Young People's Survey.
 - ▶ An average of 60+ minutes of activity per day is taken to measure how many children and young people are meeting physical activity guidelines.
 - ▶ The latest statistic is that **46.8%** of young people do an average of 60+ minute a day (2018/19).
 - ▶ In 2017/18 Sport England measured activity level using the **same** methods as the Guernsey Young People's Survey i.e. counting how many young people are active for at least 60-minutes a day for the last 7-days.
 - ▶ Using this method they reported that **17.5%** of young people in the UK meet physical activity guidelines
 - ▶ The Guernsey Young People's Survey mirrors this results with **20%** of Primary and **16%** of Secondary pupils meeting the guidelines.

Comment on activity levels:

Alun Williams, Education Lead, Health Improvement Commission

'It is encouraging to see a significant increase in perceived levels of activity especially with more young people being more active over 4-5 days per week. The Health Improvement Commission has referred to the next few years being a golden opportunity to embed high levels of physical activity as the norm across all sectors of the community and this is an encouraging sign that schools and families are incorporating activity into all aspects of young people's lives.'

However, it remains the case that most young people do not meet the UK physical activity guidelines and it is of particular concern that activity levels are lowest amongst older students and girls. Guernsey is going in the right direction but much work still has to be undertaken to ensure that all young people benefit from the huge number of positive physical and mental health outcomes of being active.'

Comment on activity levels:

Jeremy Frith, Guernsey Sports Commission

'There are encouraging signs from this survey that levels of physical activity are increasing and that children understand the importance of being active in order to be healthy and happy. However, there are signs that some groups are not as active as others, challenges which we must continue to address.'

Over the coming years there is a golden opportunity for the sport and physical activity sector to increase its level of positive impact on all of our community, and particularly for the Island's young people.'

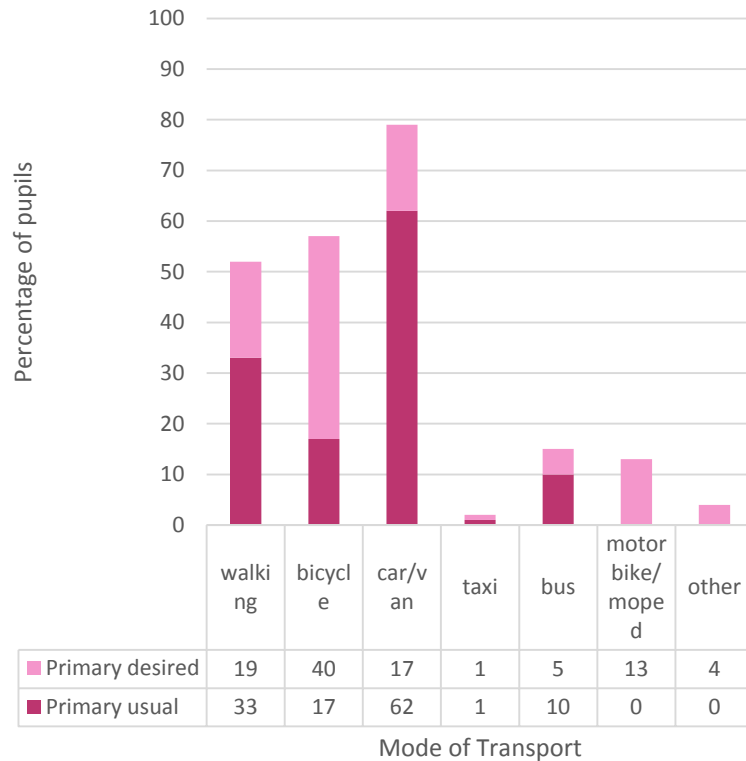
Active Travel

- ▶ The Bailiwick of Guernsey
- ▶ 92% of primary pupils and 83% of secondary pupils own their own bicycle
- ▶ 33% of primary pupils (19% of Secondary) responded that they usually walk to school
- ▶ 62% of primary pupils (44% of Secondary) responded that they usually get to school by car/van



Active Travel for Young People in Guernsey

How Primary School Pupils Usually Travel to School versus How they Would Like to Travel to School



Guernsey pupils **would like to** travel actively. Active travel is positively associated with physical and mental health outcomes:

- ▶ Lower BMI
- ▶ Decreased risk of cardiovascular disease and type 2 diabetes
- ▶ Alleviates depressive systems
- ▶ Increases productivity

Active Travel

- ▶ There has been a 3% increase in primary school children and 8% increase in secondary school students who actively travel to school, since 2016
- ▶ There has been also been an increase in primary school children being driven to school, but a decrease in the amount of secondary students taking a car to school, since 2016



Comment on active travel:

Nix Petit, Active Travel Officer,
The Health Improvement Commission

'It is reassuring to see that the number of pupils travelling actively to school has shown slight positive increases at both primary and secondary since 2016. Moreover, it is encouraging to see that despite the majority of pupils being driven to school, many report that they would like to travel actively.'

This provides the perfect opportunity for the Health Improvement Commission to implement long-term active travel initiatives in local schools and the wider community enabling daily active travel behaviors which contribute to World Health Organization Guidelines for Physical Activity. This work will contribute toward closing the gap between active travel rates in Guernsey compared to the UK.'

The Daily Mile

- ▶ Primary school pupils were asked for their opinions on the daily mile. Of those pupils who participate in The Daily mile :
 - ▶ 85% said they really enjoyed it
 - ▶ 98% agreed it was good for their health
 - ▶ 7% thought it was a waste of time
 - ▶ 91% agreed it was important to do regularly
 - ▶ 81% said it was really good fun



Comment on The Daily Mile

Alun Williams, Education Lead,
The Health Improvement Commission

'These results demonstrate that The Daily Mile has quickly established itself as a popular and effective way of enabling young people to undertake fifteen minutes of moderate-vigorous intensity fun-based activity on a regular basis.'

The responses were very positive and schools can use this information as a springboard to incorporate The Daily Mile more widely so that all pupils can benefit from the experience.'

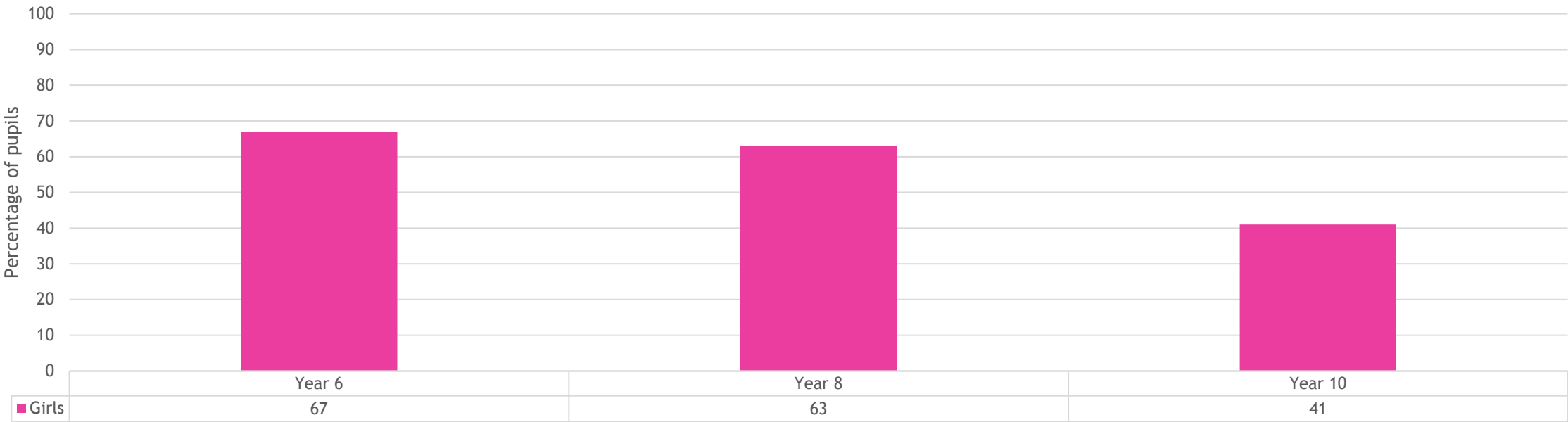
Gender Differences

The Bailiwick of Guernsey

- ▶ Girls are less active as they get older
- ▶ Girls are less active than boys at all ages
- ▶ Girls enjoy physical activity less as they get older

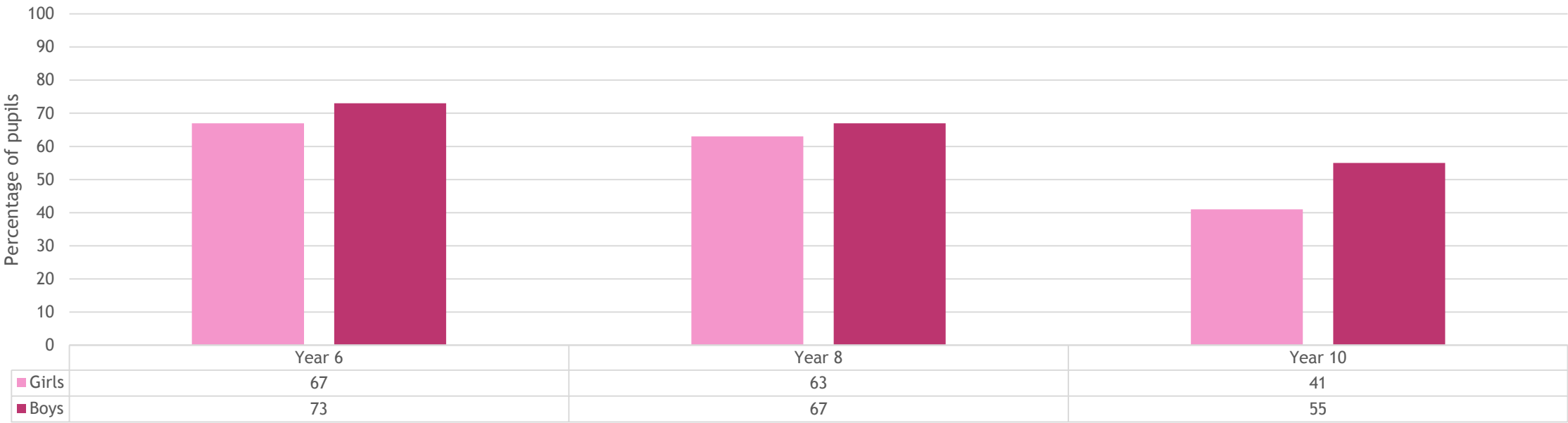


At least 60 minutes of activity on 4 or more days in the last week



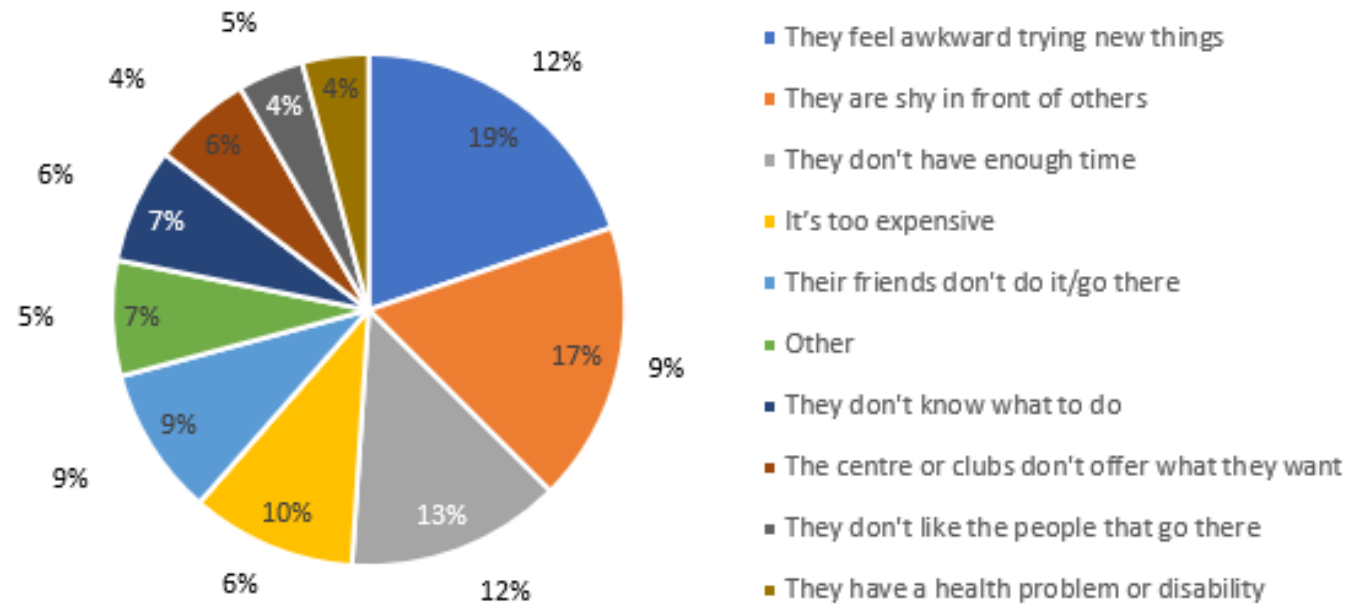
Girls that are active for 60 minutes or more on at least 4 days in the week before the survey

At least 60 minutes of activity on 4 or more days in the last week



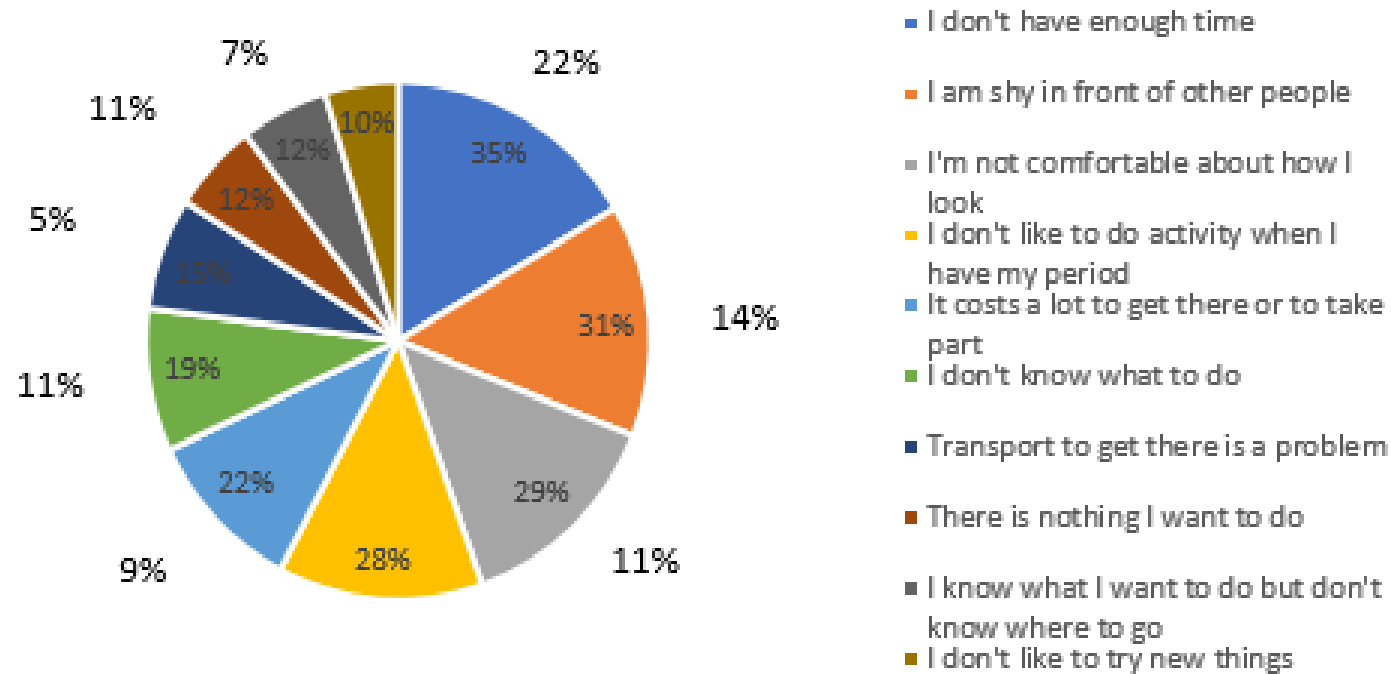
Comparison with boys

Reasons girls responded they weren't physically active as they would like to be



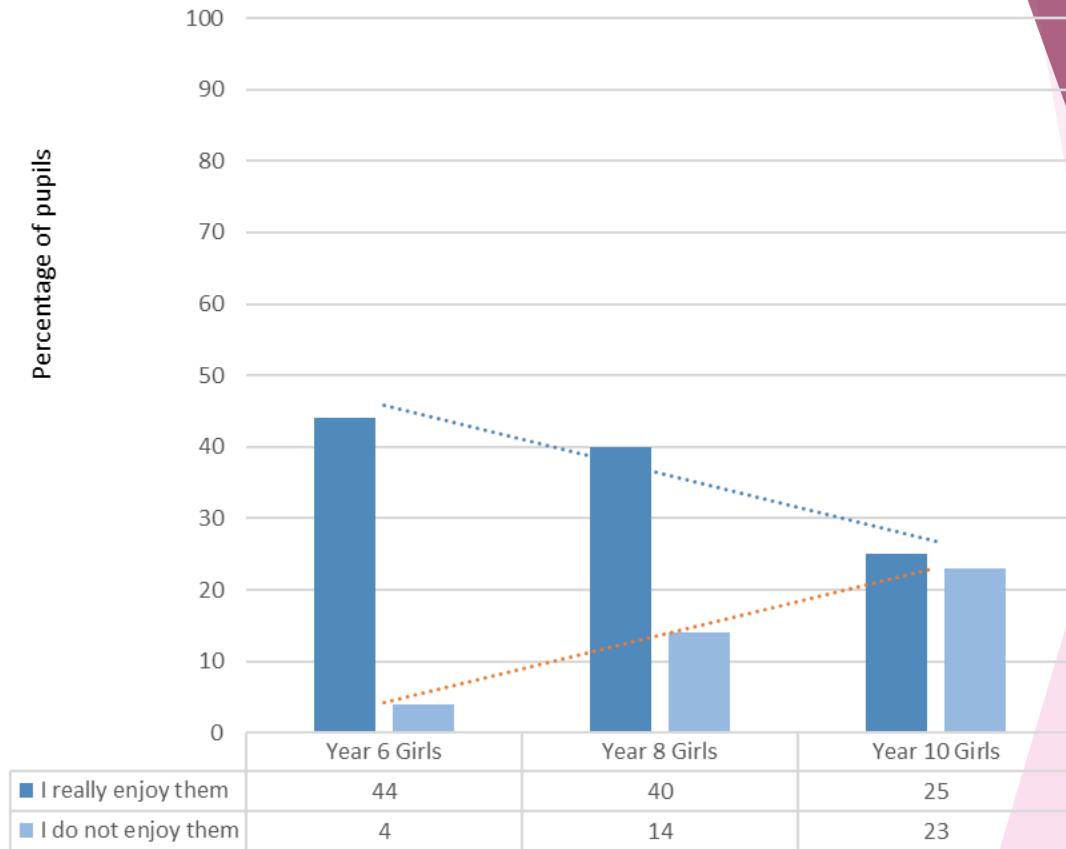
Responses from boys are outside the pie

Reasons secondary girls said stop them exercising as much as they'd like



Responses from boys are outside the pie

How do you feel about PE lessons?



Female
perceptions of PE
lessons

Impact of activity on other aspects of life

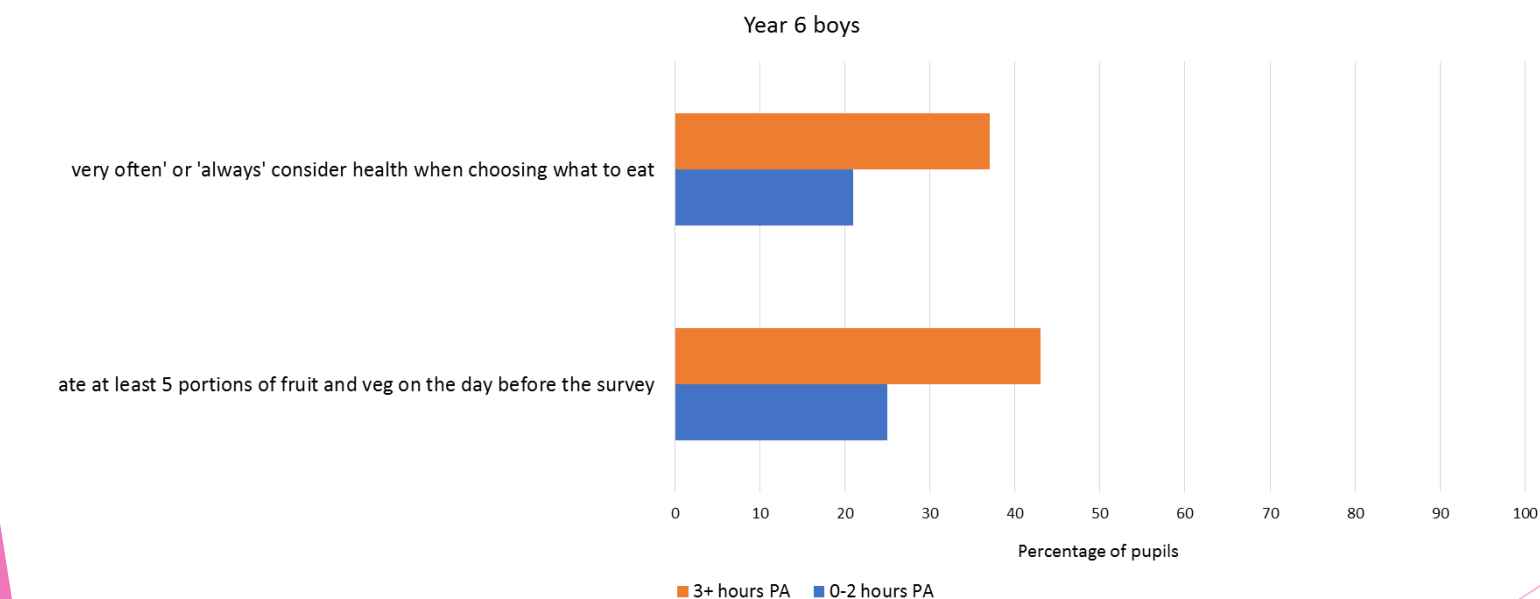
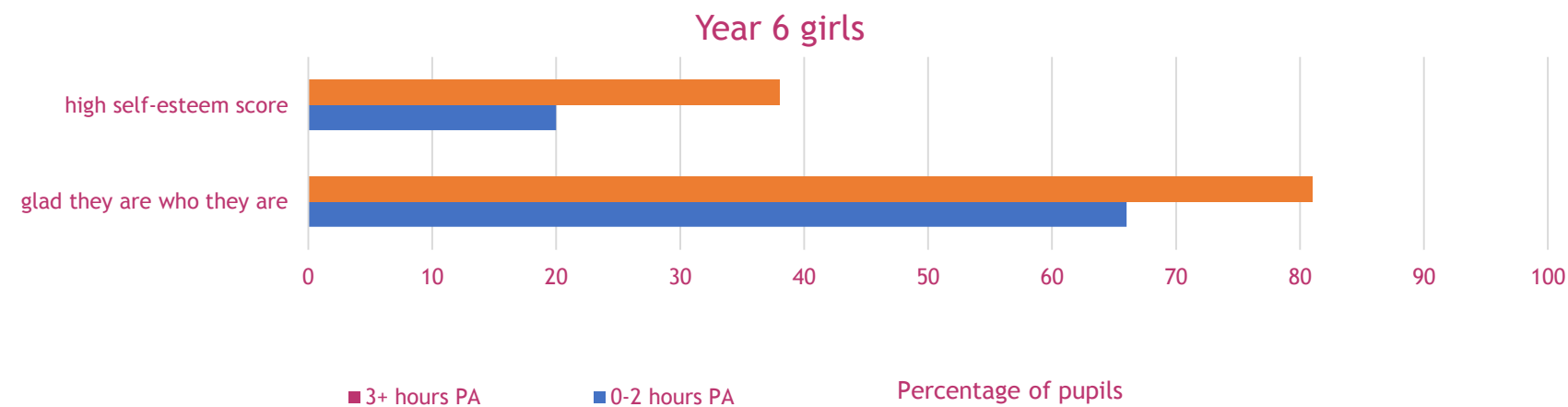
The Bailiwick of Guernsey

More active children :

- ▶ Recorded higher self-esteem
- ▶ More often said that they were glad they were who they were
- ▶ Looked at screen devices less often
- ▶ Said that they eat five fruit and vegetables more often

Impact of activity on other aspects of life

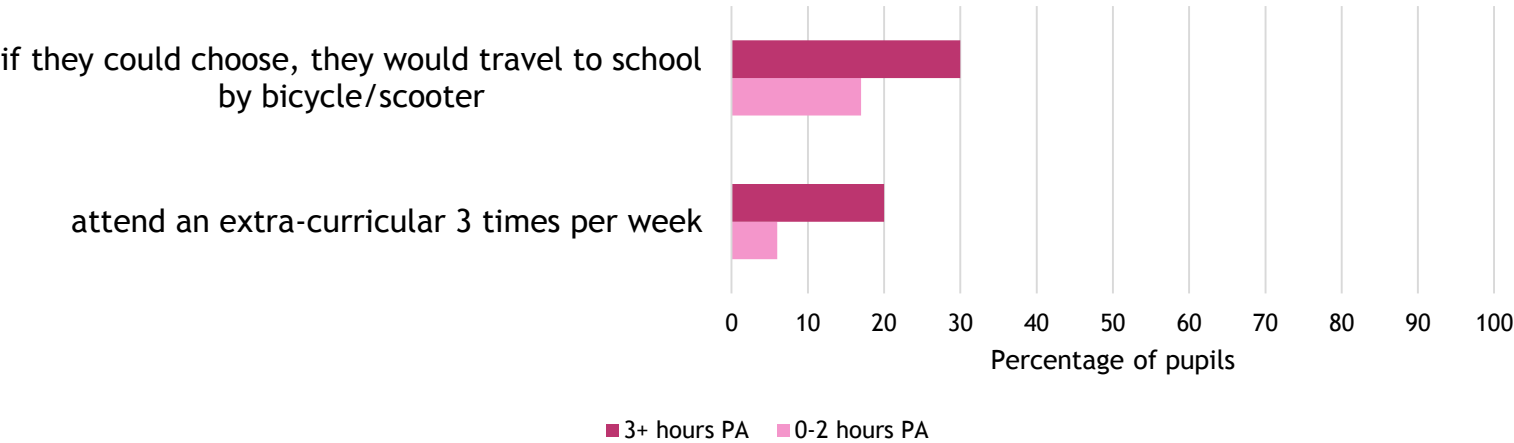
Year 6 Examples



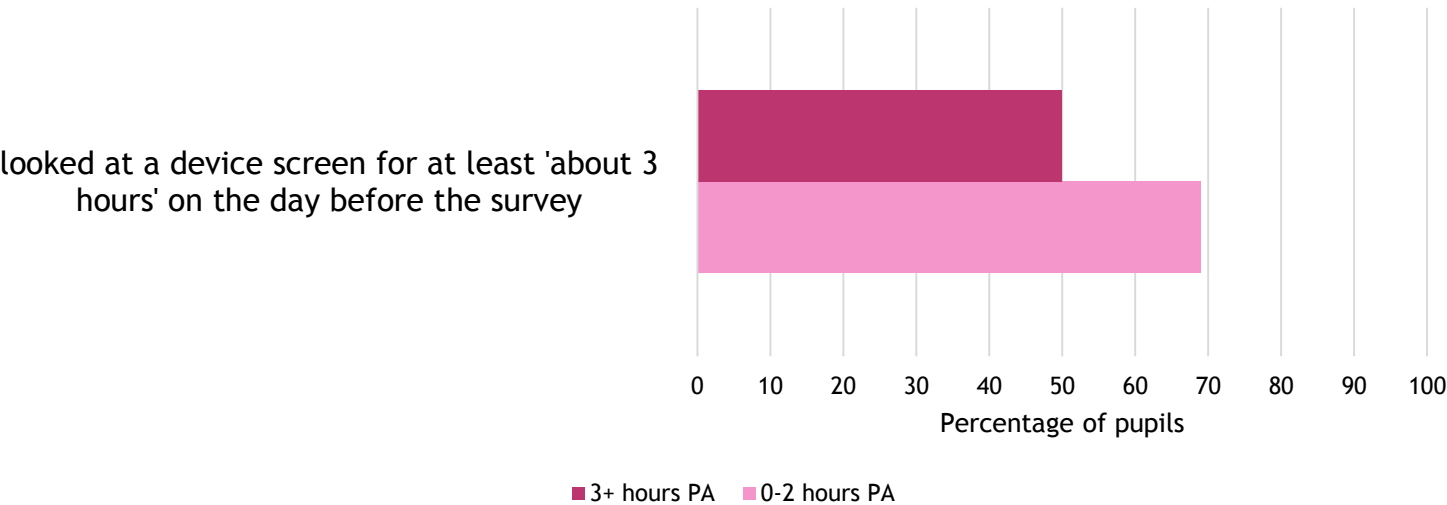
Impact of activity on other aspects of life

Year 8 & 10 Examples

Year 8+10 boys



Year 8+10 girls



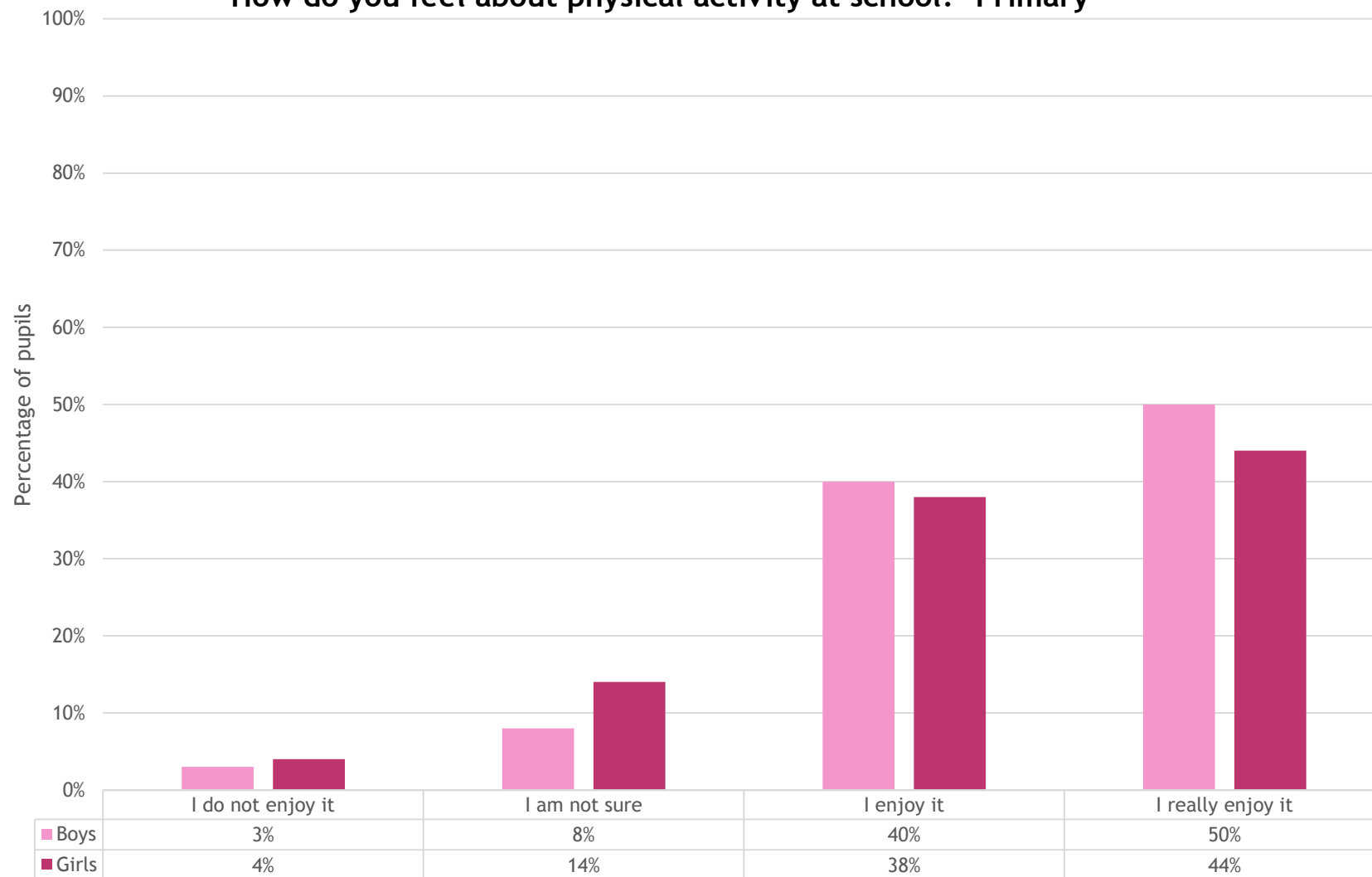
Enjoyment of physical activity at school

The Bailiwick of Guernsey

- ▶ 90% of Year 6 boys (88% of girls) enjoyed or really enjoyed physical activity at school
- ▶ 3% of Year 6 boys (4% of girls) do not enjoy physical activity at school



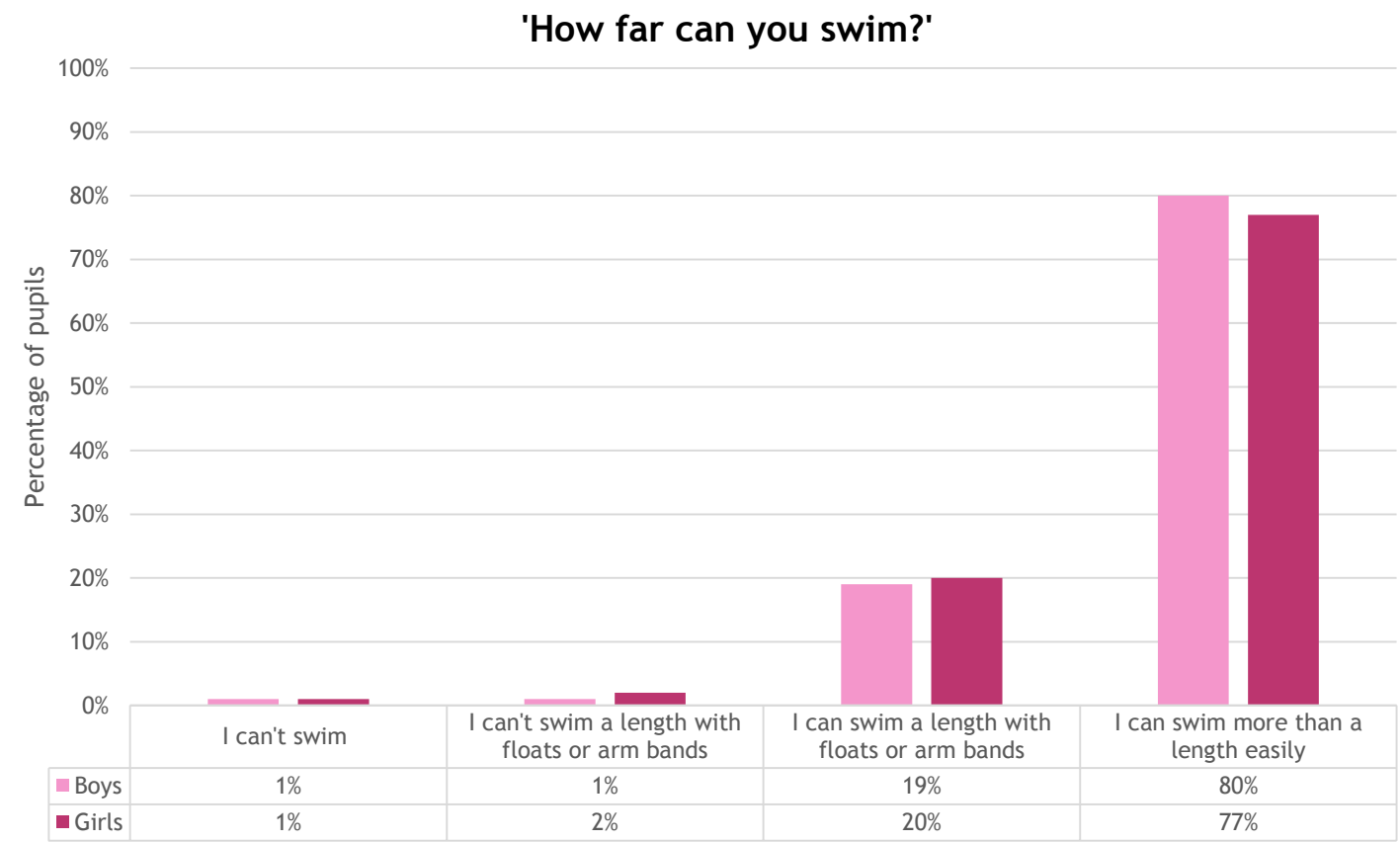
'How do you feel about physical activity at school?' Primary



'How do you feel about PE lessons?'



'How far can you swim?'



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