

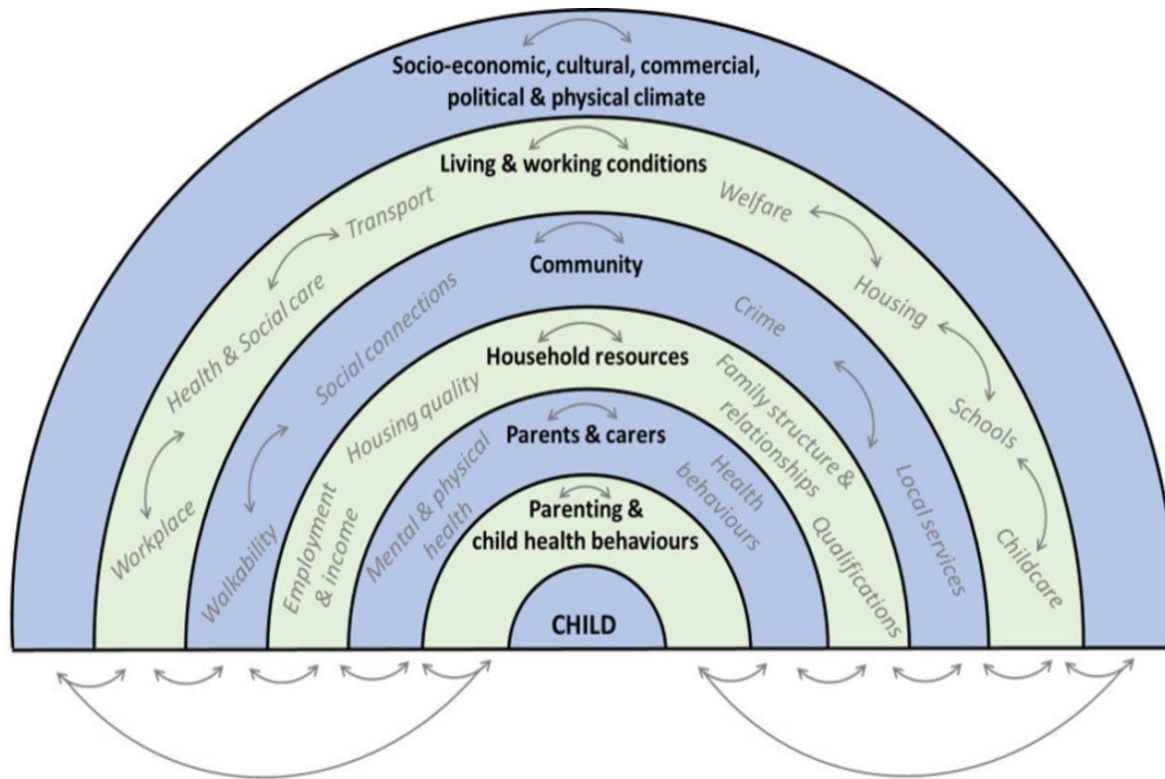


Office for Health  
Improvement  
& Disparities

# **Increasing Physical Activity in Schools – building a generation of healthy happy and active children across Yorkshire and Humber**

Published 15/10/2021

# How healthy, happy and active are our children?



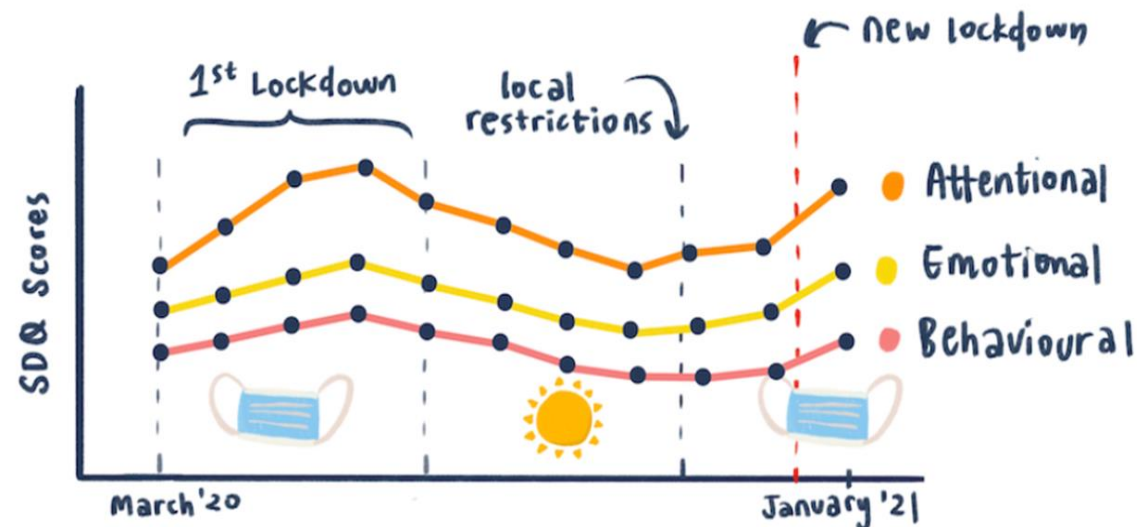
- From a public health perspective measuring and reporting the circumstances of children and young people is key to improving their wellbeing.
- Key indicators of child health summarise the scale of the challenge and suggest evidence based actions to improve health outcomes and reduce health inequalities.
- <https://fingertips.phe.org.uk/profile/child-health-profiles/data#page/1/ati/302/are/E10000023>

# Mental Health of CYP in England 2020



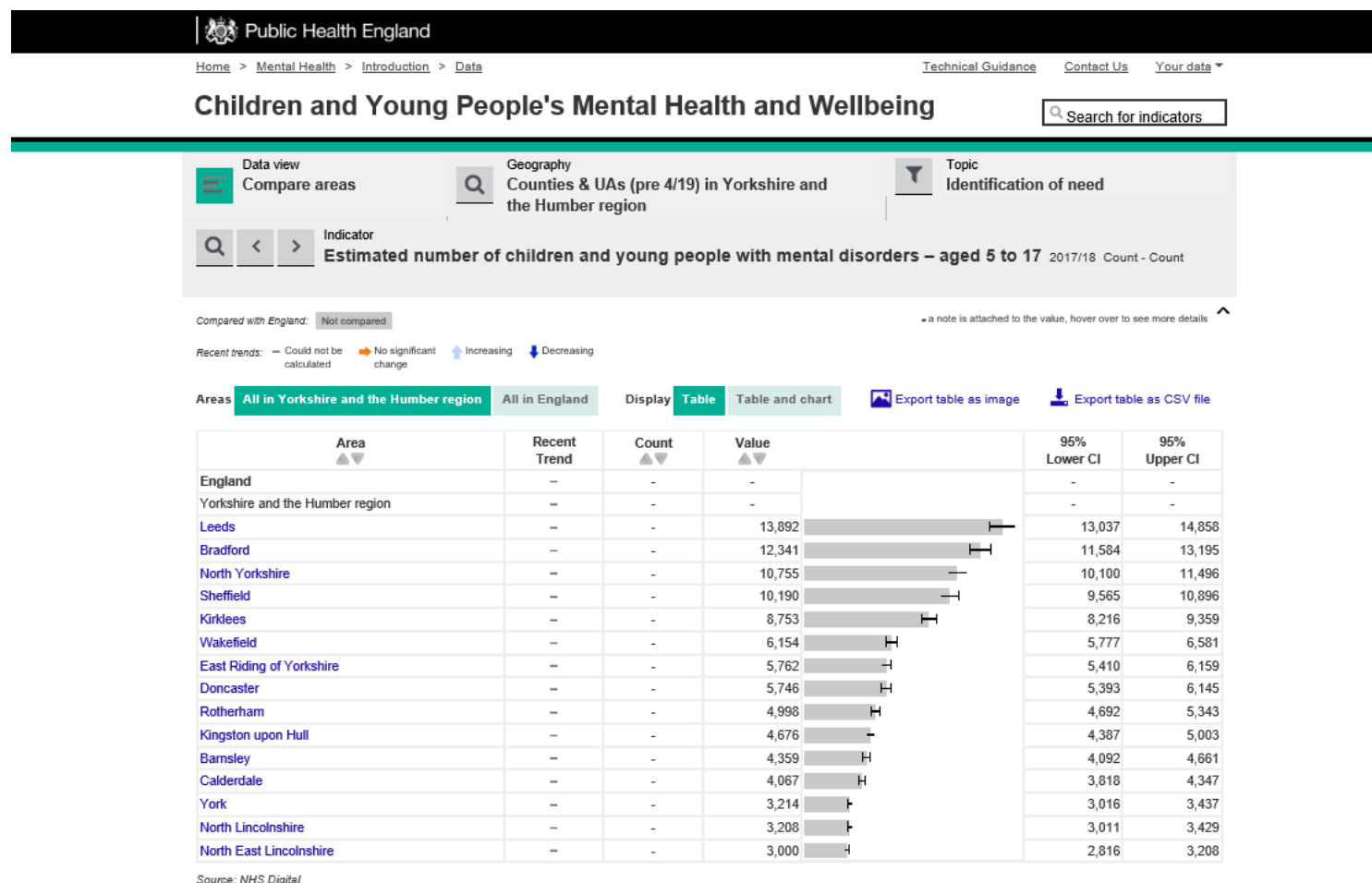
Rates of probable mental disorders have increased since 2017. In 2020, one in six (16.0%) children aged 5 to 16 years were identified as having a probable mental disorder, increasing from one in nine (10.8%) in 2017. The increase was evident in both boys and girls

Children's mental health symptoms have **increased again** in January



Take part here: [www.cospaceoxford.org/takepart](http://www.cospaceoxford.org/takepart)

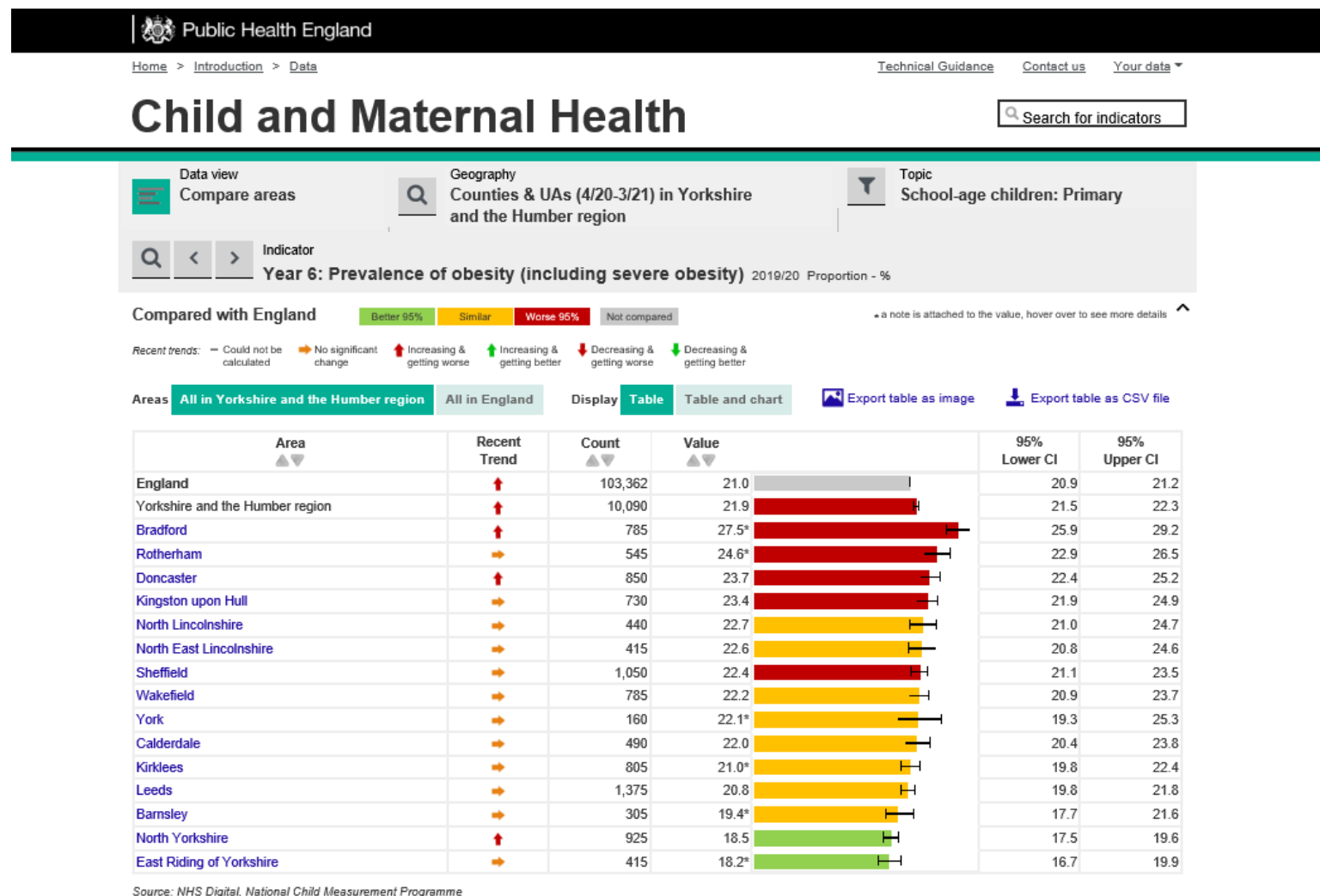
# Mental health



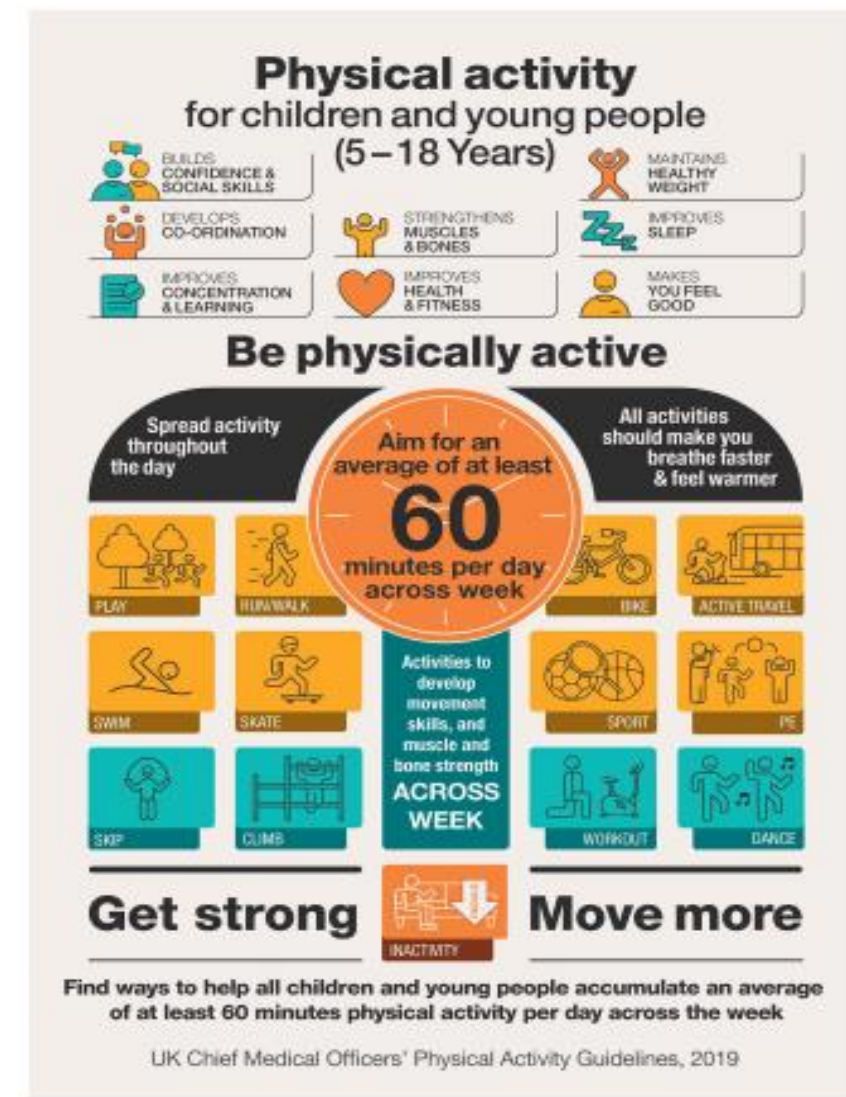
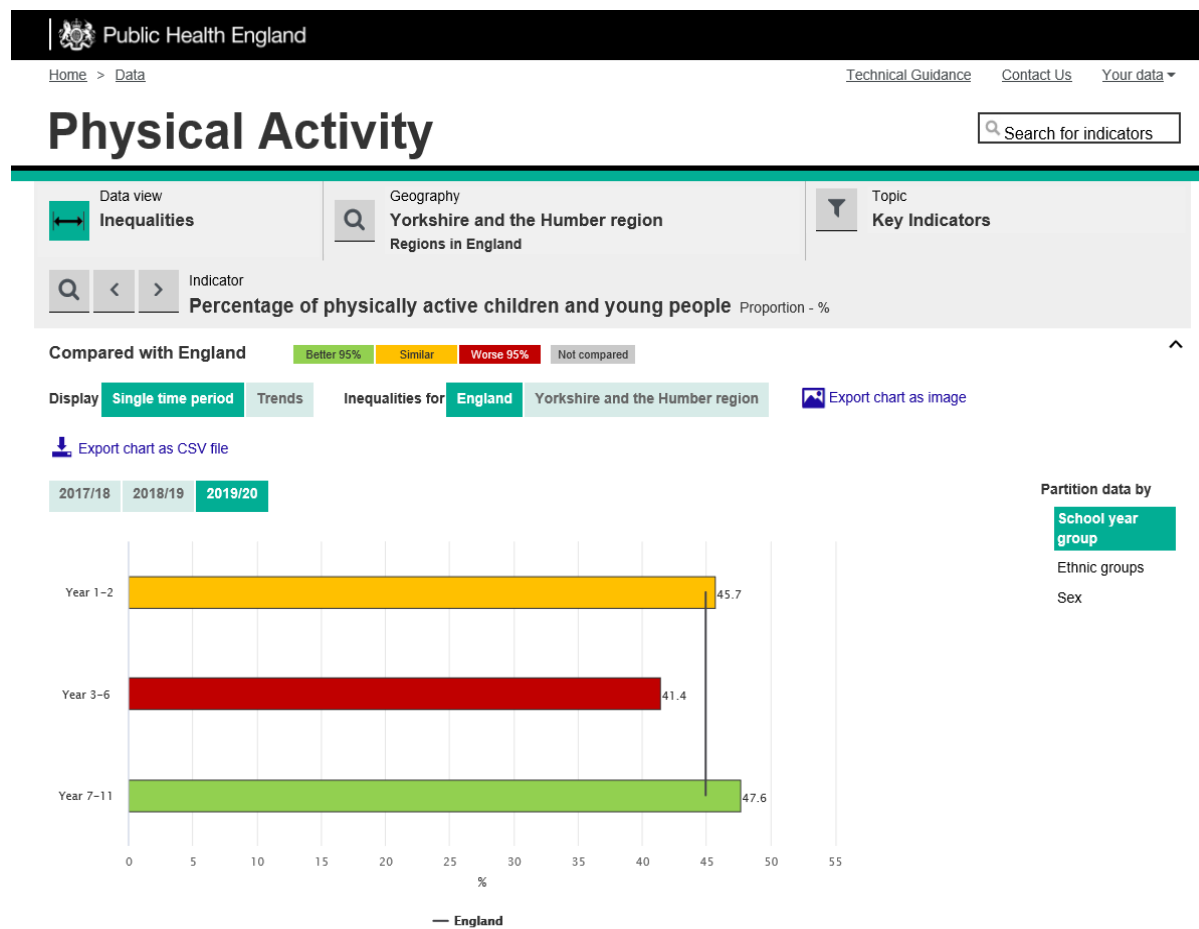
## Child and Maternal Health - PHE

Is there anything wrong with this page?

# Obesity

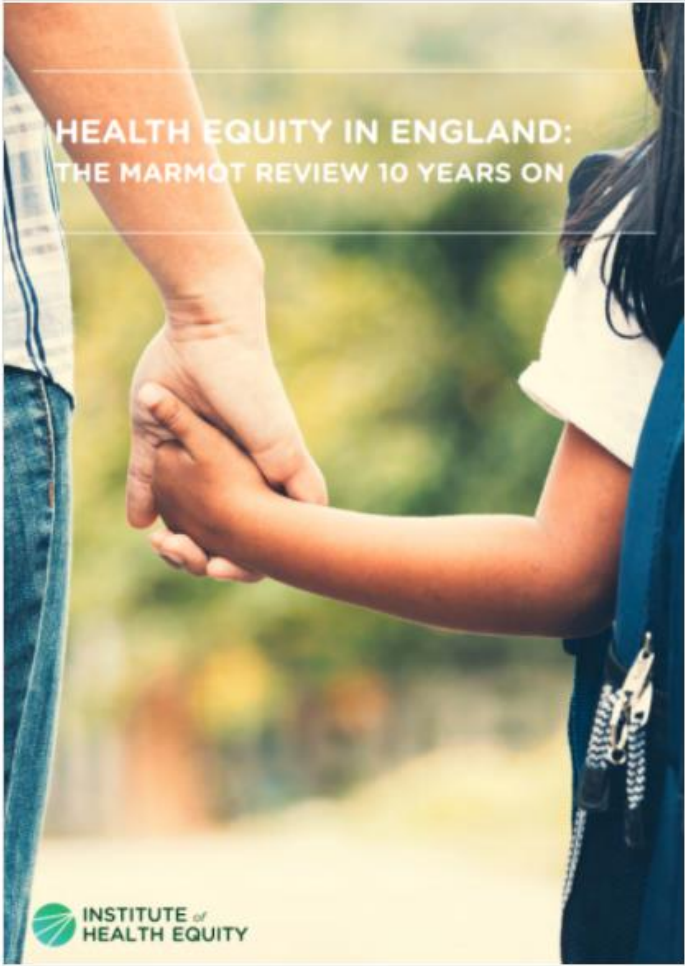
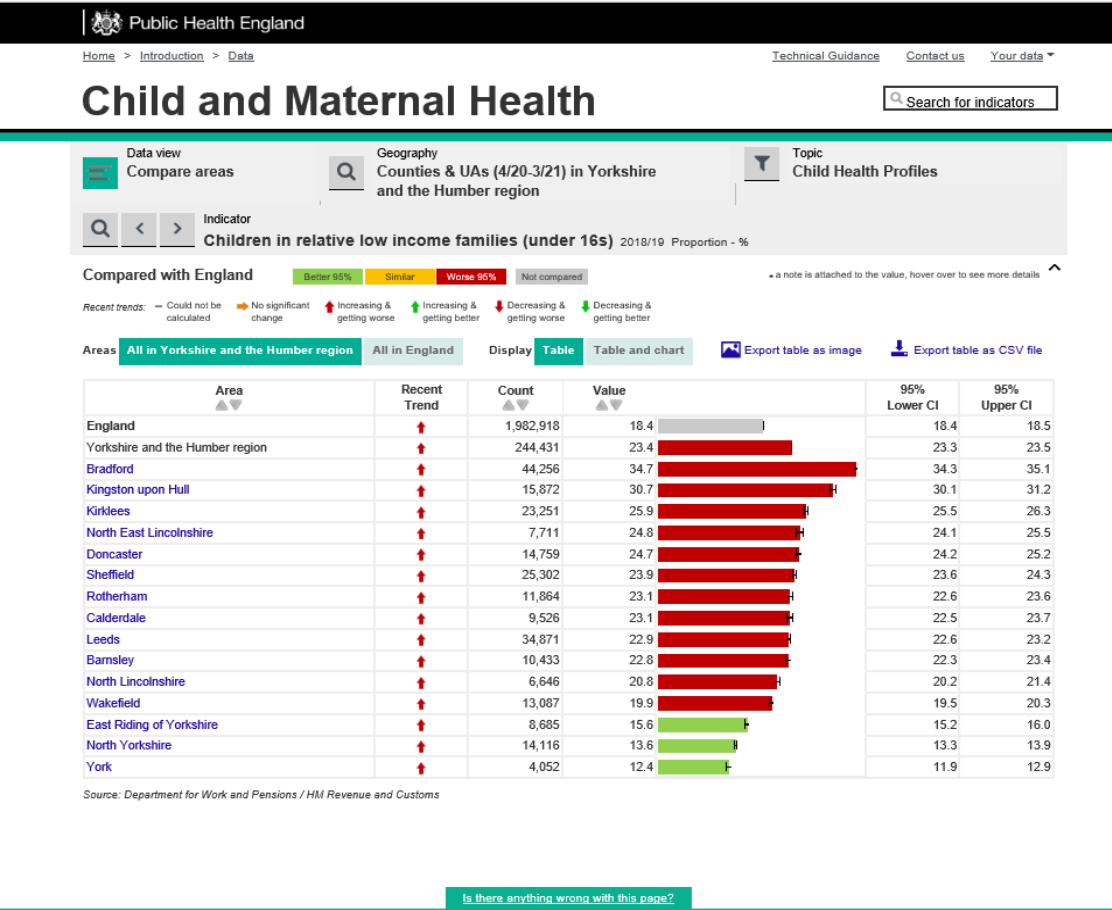


# Physical activity - CYP

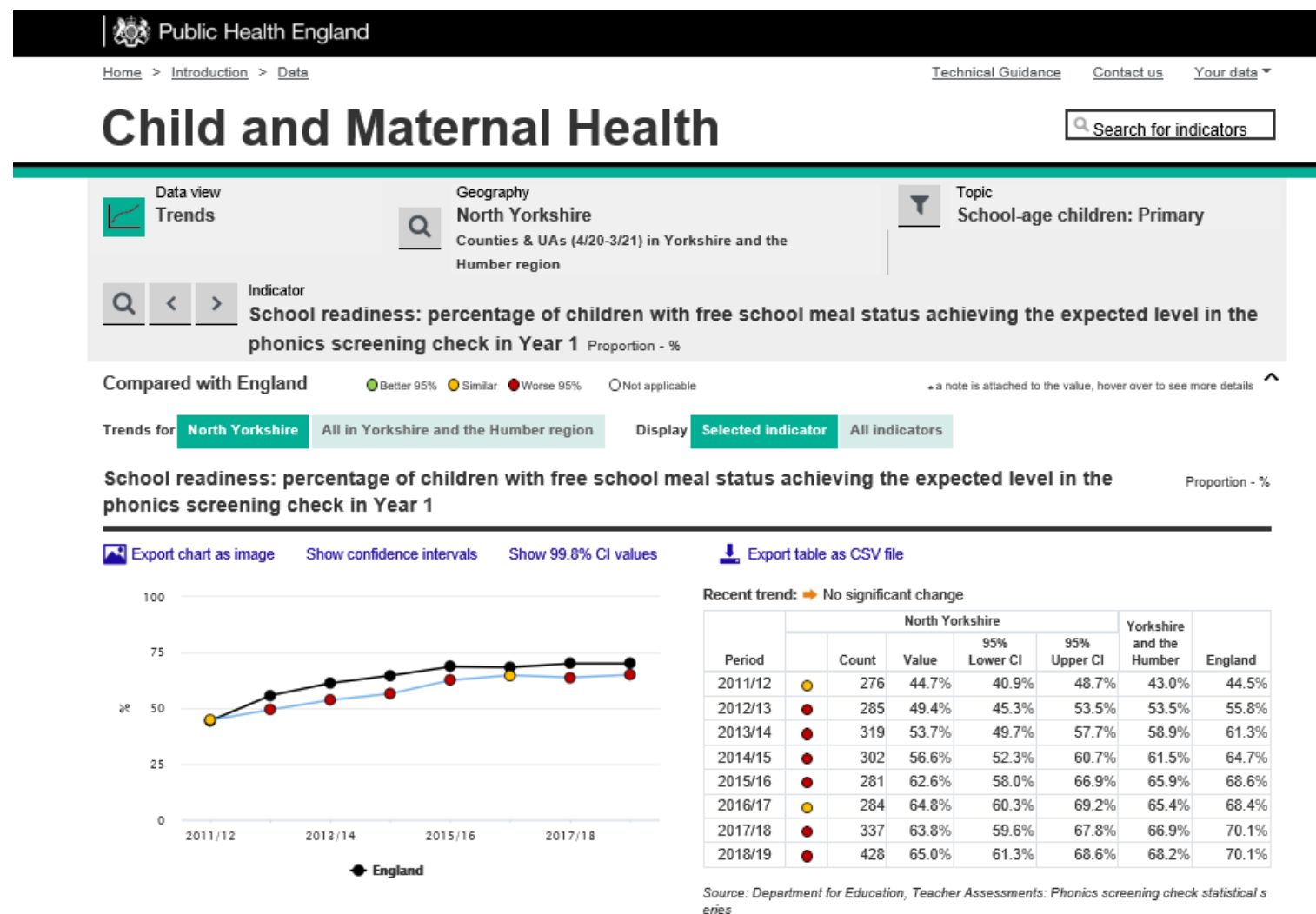




# Inequalities – Children in low income families



# School readiness





# Coronavirus and physical activity & inequalities

- 710,000 (-1.9%) fall in active adults
- 1.2m (+2.6%) rise in inactive adults
- 100,000 (2.3%) fall in active children (16.3% reduction in “sport” and 10.9% reduction in active play and informal activity)
- Increase in sedentary time due to NPI's\* – Stay Home/Shielding
- Unequal distribution - Inequalities : Women, young people ,older adults over 75s, disabled people and people with long-term health conditions, and those from ethnic minorities. (9 key actions to address inequalities)
- Potential for inactivity to persist (Up to 3 years after a disaster)

# Cognition and learning



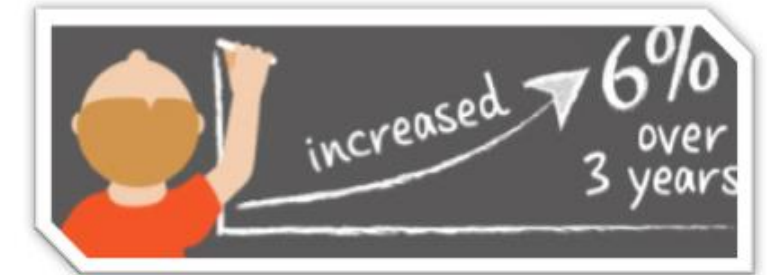
**High levels of sedentary behaviour** (i.e., Excess time spent sitting or not moving) is linked to poorer academic outcomes. <sup>1</sup>



**Limiting screen time and meeting physical activity targets** (60min per day) is associated with higher academic performance and superior cognition. <sup>2</sup> (*Low screen time and high physical activity have 2.75x greater odds of having high academic performance*) <sup>3</sup>



**Physically active children** consistently outperform inactive and unfit peers <sup>4</sup>



# Behaviour and social development



**Higher amounts of sedentary time** is associated with poor behavioural conduct and poor pro-social behaviour\*. <sup>1</sup>



**Being physically active** helps with building confidence and self-esteem and improves emotional wellbeing – A reciprocal relationship with behaviour



**PE and Sport** can improve personal and social development of children <sup>2</sup>



**One physically active lesson** can reduce teacher time managing behaviour by 21% <sup>3</sup>

# Sleep

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Higher amounts of sedentary time are associated with reduced sleep duration <sup>1</sup>

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Exercise can improve sleep immediately. It can be seen as a useful "prescription" to improve sleep quality. <sup>2</sup>

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Reciprocal relationship with mental health and coping mechanisms



# Mental health

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Higher depression scores at 18 years were associated with a 60 min/day increase in sedentary behaviour at 12 years” <sup>1</sup>

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Daily TV viewing in excess of 2 hours is associated with reduced emotional wellbeing <sup>2</sup>

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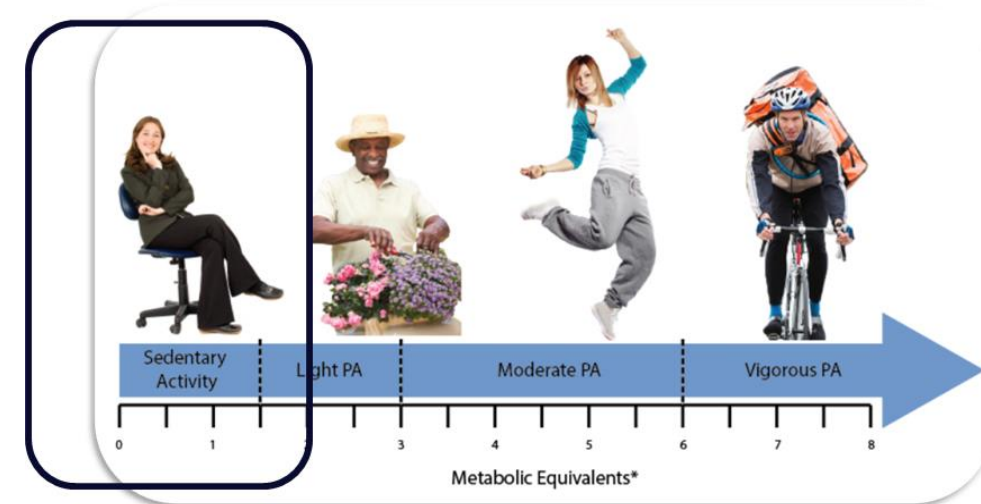
Regular physical activity has a positive impact on anxiety, depression and self esteem in Children and Young People <sup>3</sup>

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# Call to action

<b>Reframe</b>	Reframe your thinking on what being 'physically active' (or inactive) really means.
<b>Normalise</b>	Normalise moving more and sitting less. They should be seen as a holistic part of a normal day, not simply a short term intervention or "just PE" .
<b>Consider</b>	Consider how moving more and sitting less throughout the day can help with COVID recovery and in supporting positive mental health outcomes.





- <https://www.yhphnetwork.co.uk/links-and-resources/physical-activity-inequalities/>

### Back to school and physical activity- A one minute guide

The aim of this document is to provide public health professionals, and senior leadership teams/boards of governors in schools across Yorkshire and the Humber, with a summary of key research into the benefits of reducing sedentary behaviour and inactivity in a school environment. The evidence presented here can help inform local work on supporting the physical and mental health outcomes of children and young people.

#### Cognition and learning

High levels of sedentary behaviour (sitting and or not moving) has been linked to poorer academic outcomes [1]  
Limiting screen time and meeting daily physical activity recommendations (60min/day) is associated with 2.75x greater odds of high academic performance [2]  
Physically active children consistently outperform inactive and unfit peers [3]

#### Behaviour and social development

High levels of sedentary time is associated with poor behaviour and poor pro-social behaviour [4] (The opposite of anti-social behaviour)  
Increasing levels of physical activity can improve the personal and social development of children [5]

#### Sleep

Poor sleep can lead to anxiety, stress and reduced coping mechanisms [6]  
High amounts of sedentary time are associated with reduced sleep duration [4]  
Physical activity can improve sleep quality immediately [7]


#### Mental health

A 60 minute daily increase in sedentary behaviour at age 12 has been shown to lead to higher depression scores at age 18 [8]  
High TV usage in excess of 2 hours a day has been associated with reduced emotional wellbeing [9]  
Regular physical activity has a positive impact on anxiety, depression and self-esteem in children [10]


Logos at the bottom: Active Humber, North Yorkshire, Yorkshire Sport, NHS, and a green leaf logo.

### Physical Activity & Inequalities

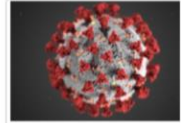
This webpage has been put together to support public health professionals and other staff involved in the development and commissioning of physical activity, and to support their work in the drive to reduce the inequalities that exist across the Yorkshire and Humber region. The page will reflect on the impact of the coronavirus pandemic and how it has cast light on, and expanded, the inequalities that exist around physical activity and moving more.




Statement about physical activity




Statement about sedentary behaviour




The coronavirus pandemic





Recovery and recommendations



Inequalities



Other links/resources

# More information

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