

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.
- <u>https://fingertips.phe.org.uk/profile/child-health-profiles/data#page/1/ati/302/are/E10000023</u>

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



Mental health

Home > Mental Health > Introduction > Data				Technical Guidance	e <u>Contact Us</u>	Your data 🔻
Children and Young Pe	ople's Me	ental Hea	lth and W	ellbeing	Q Search for	indicators
Compare areas	Geography Counties & U the Humber r		n Yorkshire and	Topic Identification	on of need	
Q < > Indicator Estimated number of	of children and	d young peop	ple with mental	disorders – aged 5 to 1	7 2017/18 Coun	t - Count
Compared with England: Not compared				 a note is attached to the 	he value, hover over to	see more details
Recent trends: - Could not be - No significant - Increa	asing 👢 Decreasing					
calculated change	All in England	Display Tabl	e Table and chart	Export table as image	🛓 Export tab	le as CSV file
Area	Recent Trend	Count	Value		95% Lower CI	95% Upper Cl
England	-	-	-		-	-
Yorkshire and the Humber region	-	-	-		-	-
Leeds	-	-	13,892	⊢	13,037	14,858
Bradford	-	-	12,341	H	11,584	13,195
	-	-	10,755	-	10,100	11,496
North Yorkshire						10.000
North Yorkshire Sheffield	-	-	10,190		9,565	10,896
			10,190 8,753	H H	9,565 8,216	9,359
Sheffield	-					
Sheffield Kirklees	-	-	8,753	н	8,216	9,359
Sheffield Kirklees Wakefield		-	8,753 6,154	н	8,216 5,777	9,359 6,581
Sheffield Kirklees Wakefield East Riding of Yorkshire	- - -	- - -	8,753 6,154 5,762	н	8,216 5,777 5,410	9,359 6,581 6,159
Sheffield Kirklees Wakefield East Riding of Yorkshire Doncaster	- - - -		8,753 6,154 5,762 5,746	н	8,216 5,777 5,410 5,393	9,359 6,581 6,159 6,145
Sheffield Kirklees Wakefield East Riding of Yorkshire Doncaster Rotherham	- - - -	- - - -	8,753 6,154 5,762 5,746 4,998	н	8,216 5,777 5,410 5,393 4,692	9,359 6,581 6,159 6,145 5,343
Sheffield Kirklees Wakefield East Riding of Yorkshire Doncaster Rotherham Kingston upon Hull	- - - - - -	- - - - -	8,753 6,154 5,762 5,746 4,998 4,676	н	8,216 5,777 5,410 5,393 4,692 4,387	9,359 6,581 6,159 6,145 5,343 5,003
Sheffield Kirklees Wakefield East Riding of Yorkshire Doncaster Rotherham Kingston upon Hull Barnsley	- - - - - - -	- - - - -	8,753 6,154 5,762 5,746 4,998 4,676 4,359	н	8,216 5,777 5,410 5,393 4,692 4,387 4,092	9,359 6,581 6,159 6,145 5,343 5,003 4,661
Sheffield Kirklees Wakefield East Riding of Yorkshire Doncaster Rotherham Kingston upon Hull Barnsley Calderdale	- - - - - - - - - - -	- - - - - - -	8,753 6,154 5,762 5,748 4,998 4,676 4,359 4,067	н	8,216 5,777 5,410 5,393 4,692 4,387 4,092 3,818	9,359 6,581 6,159 6,145 5,343 5,003 4,661 4,347

Source: NHS Digital

Child and Maternal Health - PHE

Is there anything wrong with this page?

Obesity

Home > Introduction > Data				Technical Guidance	ce <u>Contact us</u>	Your data 💌
Child and Mat	ernal	Healt	h		Q Search fo	r indicators
Data view Compare areas	Geography Counties & U and the Hum	As (4/20-3/21) i ber region	n Yorkshire	Topic School-age	children: Pri	mary
Q < > Indicator Year 6: Prevalence	of obesity (inc	luding severe	e obesity) 2019/20	Proportion - %		
Compared with England Better 95%	Similar Wors	e 95% Not compare	b	+ a note is attached to the	e value, hover over to	see more details
Recent trends: - Could not be No significant fincre. calculated change gettin	asing & 🛉 Increasing g worse getting bet	& Uecreasing & er getting worse	Decreasing & getting better			
Areas All in Yorkshire and the Humber region	All in England	Display Table	Table and chart	Export table as image	🛓 Export tab	ble as CSV file
Area	Recent Trend	Count	Value		95% Lower Cl	95% Upper CI
England	+	103,362	21.0		20.9	21.2
Vederlaine and the Uburdane service						
Yorkshire and the Humber region	†	10,090	21.9	H	21.5	22.3
-	T t	10,090 785	21.9 27.5*	H H	21.5 25.9	22.3 29.2
Bradford				₩ ■ ■ ■		
Bradford Rotherham	t	785	27.5*		25.9	29.2
Bradford Rotherham Doncaster	† +	785 545	27.5* 24.6*		25.9 22.9	29.2 26.5
Bradford Rotherham Doncaster Kingston upon Hull	+ → +	785 545 850	27.5* 24.6* 23.7		25.9 22.9 22.4	29.2 26.5 25.2
Bradford Rotherham Doncaster Kingston upon Hull North Lincolnshire	+ + +	785 545 850 730	27.5* 24.6* 23.7 23.4		25.9 22.9 22.4 21.9	29.2 26.5 25.2 24.9
Bradford Rotherham Doncaster Kingston upon Hull North Lincolnshire North East Lincolnshire	+	785 545 850 730 440	27.5* 24.6* 23.7 23.4 22.7		25.9 22.9 22.4 21.9 21.0	29.2 26.5 25.2 24.9 24.7
Bradford Rotherham Doncaster Kingston upon Hull North Lincolnshire North East Lincolnshire Sheffield	+ + + +	785 545 850 730 440 415	27.5* 24.6* 23.7 23.4 22.7 22.6		25.9 22.9 22.4 21.9 21.0 20.8	29.2 26.5 25.2 24.9 24.7 24.6
Bradford Rotherham Doncaster Kingston upon Hull North Lincolnshire North East Lincolnshire Sheffield Wakefield	1 + + + + + + + + + +	785 545 850 730 440 415 1,050	27.5* 24.6* 23.7 23.4 22.7 22.6 22.4		25.9 22.9 22.4 21.9 21.0 20.8 21.1	29.2 26.5 25.2 24.9 24.7 24.6 23.5
Bradford Rotherham Doncaster Kingston upon Hull North Lincolnshire North East Lincolnshire Sheffield Wakefield York	1 + + + + + + + + + + + + + +	785 545 850 730 440 415 1,050 785	27.5* 24.6* 23.7 23.4 22.7 22.6 22.4 22.2		25.9 22.9 22.4 21.9 21.0 20.8 21.1 20.9	29.2 26.5 25.2 24.9 24.7 24.6 23.5 23.7
Bradford Rotherham Doncaster Kingston upon Hull North Lincolnshire North East Lincolnshire Sheffield Wakefield York Calderdale	1 	785 545 850 730 440 415 1,050 785 160	27.5* 24.6* 23.7 23.4 22.7 22.6 22.4 22.2 22.1*		25.9 22.9 22.4 21.9 21.0 20.8 21.1 20.9 19.3	29.2 26.5 25.2 24.9 24.7 24.6 23.5 23.7 25.3
Bradford Rotherham Doncaster Kingston upon Hull North Lincolnshire North East Lincolnshire Sheffield Wakefield York Calderdale Kirklees	1 	785 545 850 730 440 415 1,050 785 160 490	27.5* 24.6* 23.7 23.4 22.7 22.6 22.4 22.2 22.1* 22.0		25.9 22.9 22.4 21.9 21.0 20.8 21.1 20.9 19.3 20.4	29.2 26.5 25.2 24.9 24.7 24.6 23.5 23.7 25.3 23.8
Yorkshire and the Humber region Bradford Rotherham Doncaster Kingston upon Hull North Lincolnshire North East Lincolnshire Sheffield Wakefield York Calderdale Kirklees Leeds Bamsley	1 	785 545 850 730 440 415 1,050 785 160 490 805	27.5* 24.6* 23.7 23.4 22.7 22.6 22.4 22.2 22.1* 22.0 21.0*		25.9 22.9 22.4 21.9 21.0 20.8 21.1 20.9 19.3 20.4 19.8	29.2 26.5 25.2 24.9 24.7 24.6 23.5 23.7 25.3 23.8 23.8 22.4

Source: NHS Digital, National Child Measurement Programme

Physical activity - CYP





Inequalities – Children in low income families

Home > Introduction > Data				Technical Guidanc	contact us	Your data 🔻
Child and Mat	ternal	Healt	h		Q Search fo	r indicators
Data view Compare areas	Geography Counties & U/ and the Humb		n Yorkshire	Topic Child Healt	h Profiles	
Q < > Indicator Children in relative	e low income fa	nilies (under	16s) 2018/19 Propo	ortion - %		
Compared with England Better 95%	Similar Worse	95% Not company	ed	• a note is attached to th	e value, hover over to	see more details
	reasing & fincreasing & getting worse getting bette		Decreasing & getting better Table and chart	Export table as image	🛓 Export tab	le as CSV file
Area	Recent Trend	Count	Value		95% Lower Cl	95% Upper Cl
England	+	1,982,918	18.4		18.4	18.5
Yorkshire and the Humber region	+	244,431	23.4		23.3	23.5
Bradford	+	44,256	34.7		34.3	35.1
Kingston upon Hull	+	15,872	30.7	H	30.1	31.2
Kirklees	+	23,251	25.9	H	25.5	26.3
North East Lincolnshire	+	7,711	24.8	H	24.1	25.5
Doncaster	+	14,759	24.7	the second s	24.2	25.2
Sheffield	+	25,302	23.9	H	23.6	24.3
	+	11,864	23.1	H	22.6	23.6
Rotherham		0.500	23.1	Н	22.5	23.7
Rotherham Calderdale	+	9,526			22.6	23.2
	+ +	9,526 34,871	22.9		22.0	23.2
Calderdale			22.9 22.8		22.6	23.4
Calderdale Leeds	+	34,871				
Calderdale Leeds Barnsley	+ +	34,871 10,433	22.8		22.3	23.4
Calderdale Leeds Barnsley North Lincolnshire	† †	34,871 10,433 6,646	22.8 20.8	-	22.3 20.2	23.4 21.4
Calderdale Leeds Bamsley North Lincolnshire Wakefield	1 1 1	34,871 10,433 6,646 13,087	22.8 20.8 19.9	,	22.3 20.2 19.5	23.4 21.4 20.3

Source: Department for Work and Pensions / HM Revenue and Customs

Is there anything wrong with this page?



School readiness



School readiness: percentage of children with free school meal status achieving the expected level in the Proportion - % phonics screening check in Year 1



Source: Department for Education, Teacher Assessments: Phonics screening check statistical s eries

England

44.5%

55.8%

61.3%

64.7%

68.6%

68.4%

70.1%

70.1%

43.0%

53.5%

58.9%

61.5%

65.9%

65.4%

66.9%

68.2%

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. 1



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



Physically active children consistently outperform inactive and unfit peers 4







Behaviour and social development



Higher amounts of sedentary time is associated with poor behavioural conduct and poor pro-social behaviour*. 1



Being physically active helps with building confidence and selfesteem and improves emotional wellbeing – A reciprocal relationship with behaviour



PE and Sport can improve personal and social development of children ²



One physically active lesson can reduce teacher time managing behaviour by 21% 3



Higher amounts of sedentary time are associated with reduced sleep duration 1

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

Reciprocal relationship with mental health and coping mechanisms



Mental health

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

Daily TV viewing in excess of 2 hours is associated with reduced emotional wellbeing 2

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



Call to action

Reframe Reframe your thinking on what being 'physically active' (or inactive) really means.

Normalise Mormalise 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".



Consider A Consider how moving more and sitting less throughout the day can help with COVID recovery and in supporting positive mental health outcomes.

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



Physical Activity o mequanties

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 he 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.





ntary The coronavirus pandemic





Other links/resources

Recovery and recommendations

Outer unks/resource



Inequalities

More information

timothy.howells@phe.gov.uk

0113 8557387

Office for Health Improvement & Disparities