

THE HEALTH CHALLENGES OF CHILDREN TODAY



53%

of young people do not meet the Chief Medical Officer's guidelines of taking part in sport and physical activity for an average of 60 minutes or more every day¹



34%

of 7-16 year-olds experienced sleep problems three or more times in a week²



18%

of children aged 7 to 16 years had a possible mental disorder³



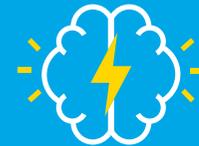
25%

of young people aged 12-18 years old report having been bullied in the past 12 months⁴



38%

of year 6 pupils are overweight or obese⁵



82%

of headteachers report that stress and anxiety among students taking their exams this summer is higher than in pre-pandemic years.⁶

Self harming

Admissions among 8 - 17 year olds up to 22% in a year⁷

Body confidence

26% of young people are unhappy with their appearance. 1 in 5 (18%) of girls are more unhappy with their appearance than boys⁸

Diabetes

There are 122,780 children and young adults under the age of 40 years with type 2 diabetes; of whom 1,560 are under the age of 19 years⁹

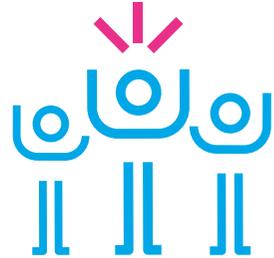
REGULAR PHYSICAL ACTIVITY HAS MANY LIFE BENEFITS FOR CHILDREN



At least 60 minutes a day...



Improves health and fitness



Develops coordination and function of muscles, bones and cardiovascular system



Increases self-esteem and confidence



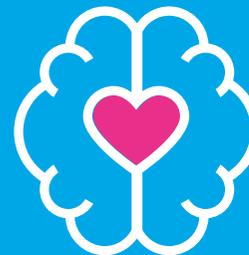
Increases happiness



Reduces the risk of developing health conditions in adulthood



Increases employability by creating highly productive individuals



Reduces anxiety



Creates a sense of belonging

CHILDREN ARE NOT ACTIVE ENOUGH



Children are not active enough

as fewer than half (47%) achieve recommended levels in the UK.¹



Activity levels are lowest for those in school Years 3-4.²



Disabled people are half as likely as non-disabled people to be active.³



Children from low-income families are more likely to be inactive.⁴

Girls are less active than boys, with only **45% achieving activity guidelines (compared to 50%).⁵**



Children and young people with Black, Asian, and Other ethnicities are the least likely to be active.⁶



At age six, children were sedentary for a daily average of more than five hours.⁷



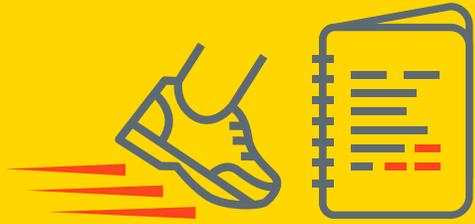
Weekday sedentary time remains higher than pre-pandemic by an average of 13 minutes per day.⁸

2% of primary school aged children and 4% of secondary school aged children cycled to school.²

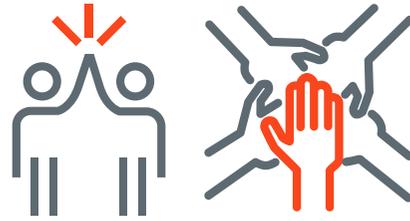


Click on the individual source reference numbers to find out more.

ACTIVE PUPILS PERFORM BETTER



There is a positive association between academic attainment and physical activity levels of pupils¹



Participation in school sport positively influences students' school belongingness²



Physical activity improves memory, attention span and executive function in school children³



There's a positive association between levels of sport and physical activity, and levels of individual development (defined as resilience)⁴



Making lessons more physically active increases children's attention and engagement in other lessons and improves their overall academic achievement⁵



Physical activity improves the self-perception, confidence and social interactions young people have which may lead to improvements in depressive symptoms⁶



Participating in either active school transport (walking or cycling to school) or leisure time is associated with:

Improved academic performance

Improved competency in academic skills

Reduced school burnout

Enhanced coordination and perceptual motor skills

Improved adolescent's self esteem