ACTIVE LIVES 18/19 ACADEMIC YEAR CHILDREN SURVEY

Active Notts

Active Lives Children and Young People (CYP) Survey Results

February 2020



active notts

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What's included

- Key definitions
- National headlines
- Responses Summary
- Overall physical activity levels
- Physical activity 'At School'
- Physical activity 'Outside School'
- Summary

Key definitions

- **Active** - an average of at least 60 minutes moderate activity a day
- **Fairly active** - an average of 30-59 minutes moderate activity a day
- **Less active** - less than an average of 30 minutes moderate activity a day

- **Moderate activity** - activity where you raise your heart rate and feel a little out of breath

- **'At School'** - activity done while at school, during normal school hours. It includes activities in PE lessons and breaktimes, but excludes activities at before and after school clubs, even if these take place at school (totals calculated based on 5 day week)
- **'Outside School'** - activity done outside of school hours. It includes anything done before getting to school and after leaving school (including travel to/from), as well as activity done at the weekend, on holiday days and at before and after school clubs, even if these took place at school (totals calculated based on 7 day week)
- **Overall physical activity** – includes both at and outside school

National headlines

- ‘Active everyday’ now included within ‘Active over the week’ to reflect CMO guideline changes (2017-18 data re-categorised for comparison purposes)
- Nationally almost half of children in England now take part in an average of 60 minutes of physical activity a day – up 3.6% from last year (this is a significant increase)
  - The rise is driven by more children getting active ‘Outside of School’ - 57.2% of children and young people do an average of 30 minutes or more a day ‘Outside of School’, compared to 40.4% ‘At school’
- Significant inequalities remain in the areas of family affluence, gender and race
- The number of schools responding across England is lower than 2017-18 (1,907 compared to 2,011 for 2017-18), however the total number of valid responses in 2018-19 is higher(138,839 compared to 137,053) last year

- **Active Notts** has a significant decrease (improvement) in ‘Less Active’ and this is also true for Broxtowe, Mansfield and Rushcliffe. Broxtowe ‘Active’ has also seen a significant increase (improvement)

Source: Sport England Active Lives Children and Young People Survey 2017-19

Survey Responses

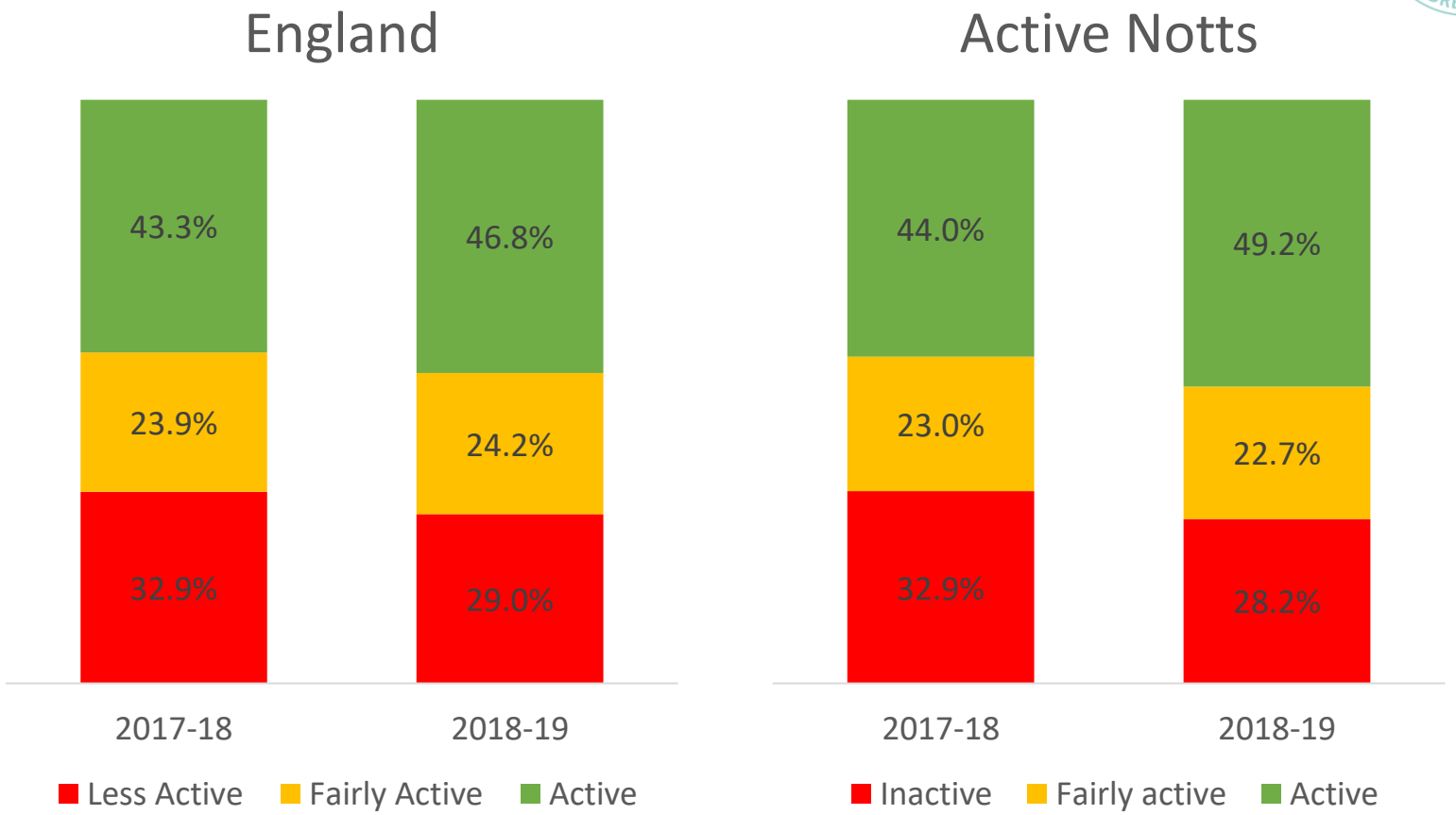
Total responses and total school population for each district								
	Ashfield	**Bassetlaw**	**Broxtowe**	**Gedling**	**Nottingham (city of)**	**Mansfield**	**Newark & Sherwood**	**Rushcliffe**
Responses 2018-19	338	407	192	Missing data	379	290	437	453
Total school population estimate	15,800	14,300	12,900	Missing data	37,900	14,200	12,400	16,900
Responses 2017-18	Missing data	184	301	Missing data	328	Missing data	234	514

Total responses and total school population estimates by year group				
	Year 1-2	**Year 3-6**	**Year 7-11**	**Total**
Responses 2018-19	155	1,615	860	2,630
Total school population estimate	Some data missing	60,200	37,200	139,700
Responses 2017-18	81	982	780	1,843

Source: Sport England Active Lives Children and Young People Survey 2017-19

Active Notts comparison to England and last year

Active Notts has seen a significant decrease **(improvement)** in the number of **less active** CYP from 2017-18 and an increase **(improvement)** in those who are **active**. Active Notts now has a lower **(better)** proportion than nationally of those who are **less active**



- **Active** - an average of at least 60 minutes moderate activity a day
- **Fairly active** - an average of 30-59 minutes moderate activity a day
- **Less active** - less than an average of 30 minutes moderate activity a day

Source: Sport England Active Lives Children and Young People Survey 2017-19

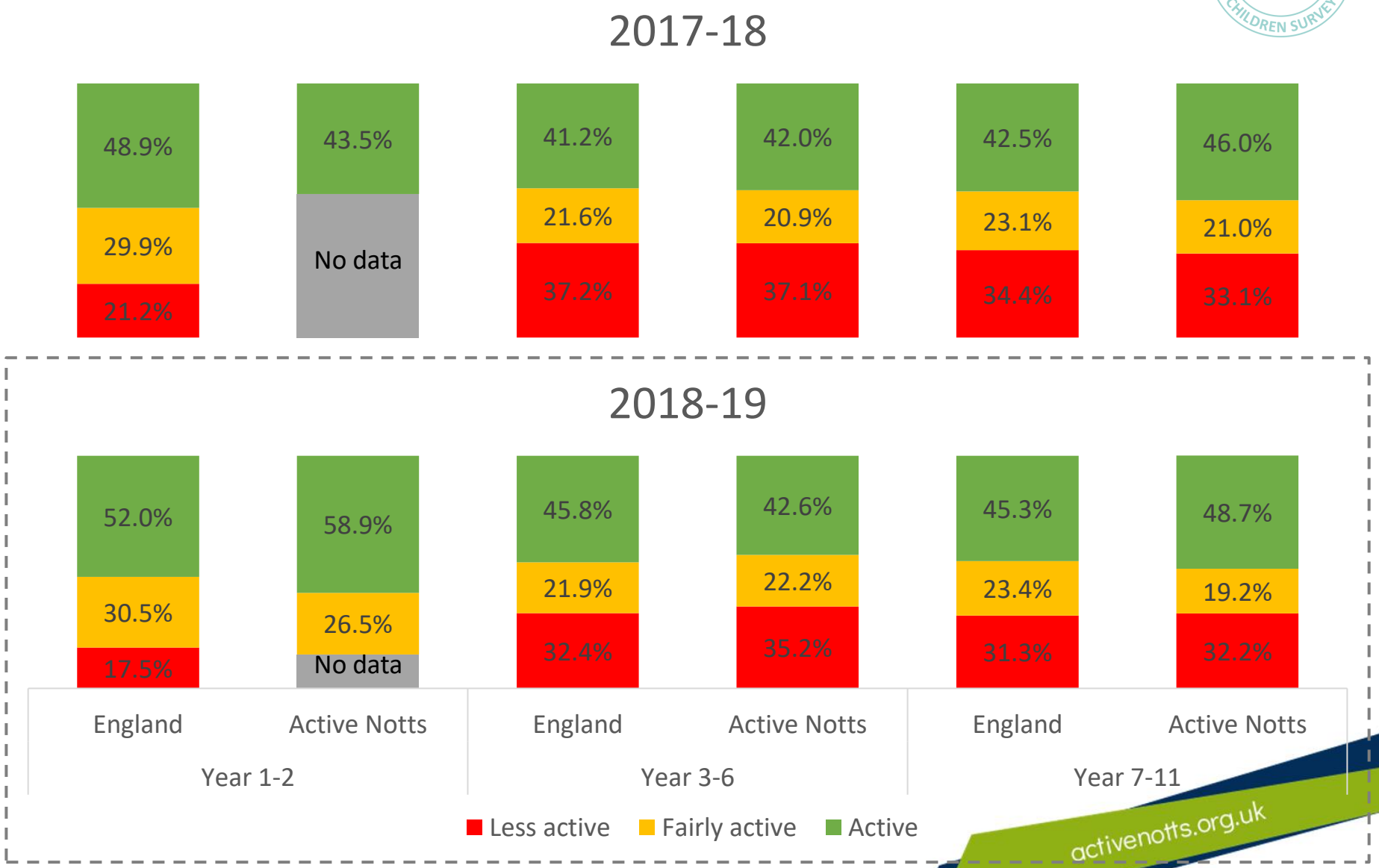
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Activity levels by year group – Active Notts

Across Active Notts there has been a significant increase (**improvement**) in the number of CYP in **years 1-2** who are **active**. There have also been small **improvements** in both **less active** and **active** proportions across **year groups 3-6 and 7-11**



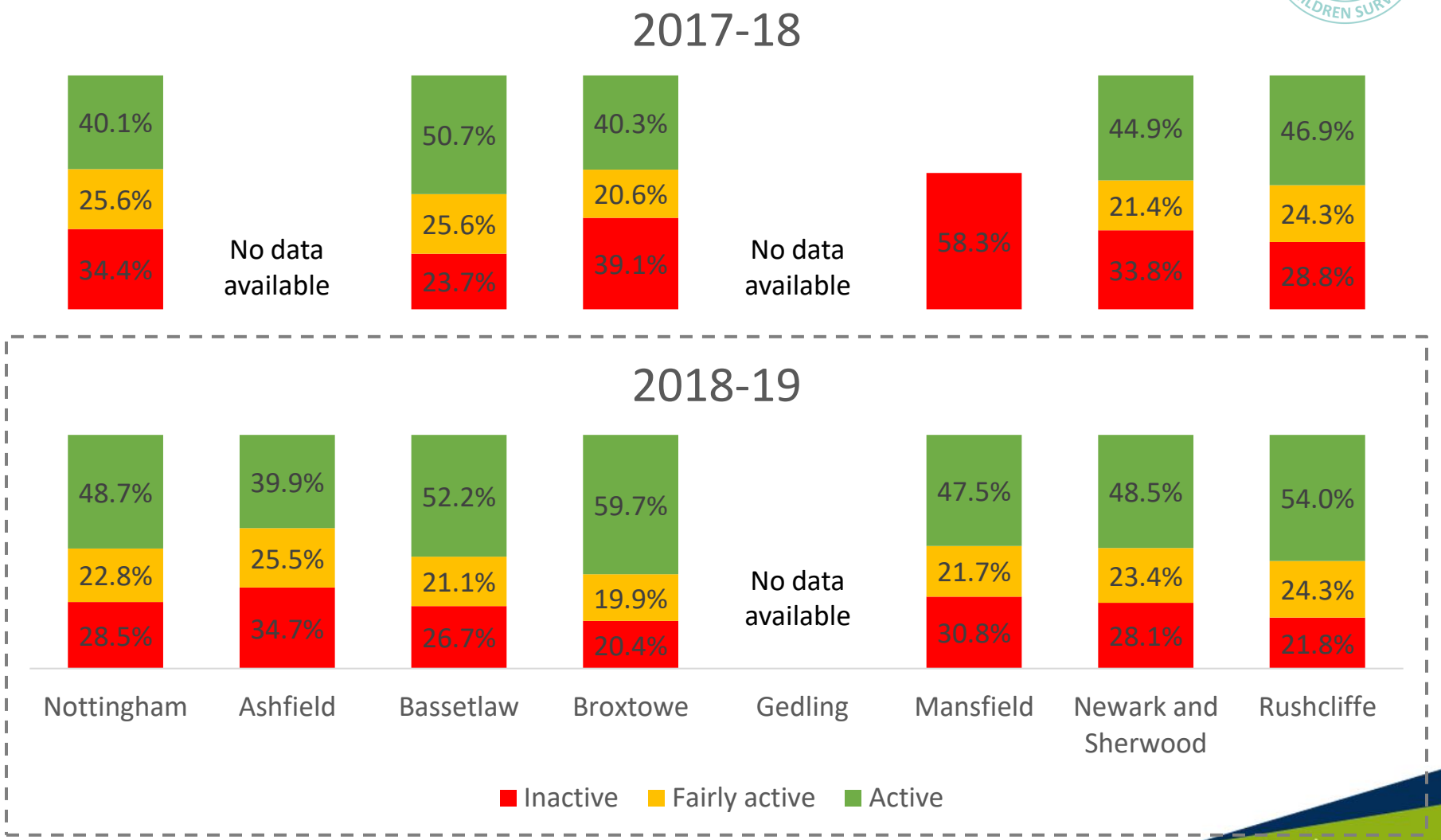
Source: Sport England Active Lives Children and Young People Survey 2017-19

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Activity levels by district

Broxtowe, Mansfield and **Rushcliffe** have all seen a significant decrease (**improvement**) in those who are **less active**. **Broxtowe** has also seen a significant increase (**improvement**) in those who are **active. Nottingham** and **Newark and Sherwood** have also seen small **improvements** to both **less active** and **active** proportions



Source: Sport England Active Lives Children and Young People Survey 2017-19

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Summary of changes from 2017-18 to 2018-19

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	Active		Fairly active		Less active	
	Change	**Significance**	**Change**	**Significance**	**Change**	**Significance**
England	3.6%	Significant increase	0.3%	No change	-3.9%	Significant decrease
Active Notts	5.1%	No change	-0.4%	No change	-4.8%	Significant decrease
Nottingham (city of)	8.6%	No change	-2.8%	No change	-5.9%	No change
Ashfield						
Bassetlaw	1.4%	No change	-4.4%	No change	3.0%	No change
Broxtowe	19.4%	Significant increase	-0.6%	No change	-18.8%	Significant decrease
Gedling						
Mansfield					-27.5%	Significant decrease
Newark & Sherwood	3.6%	No change	2.1%	No change	-5.7%	No change
Rushcliffe	7.1%	No change	-0.0%	No change	-7.1%	Significant decrease

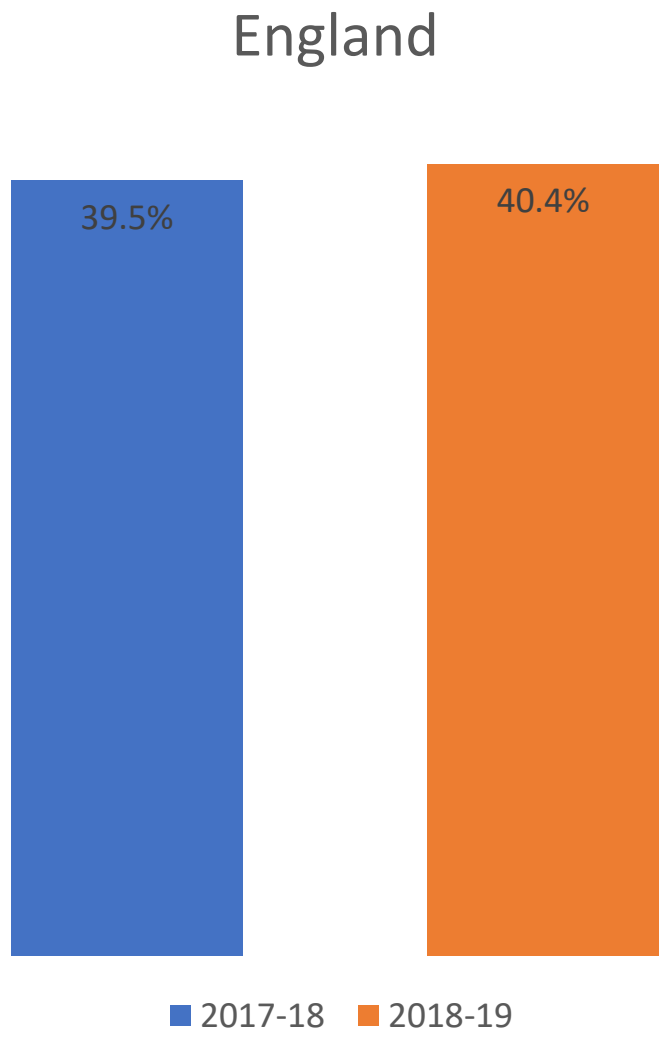
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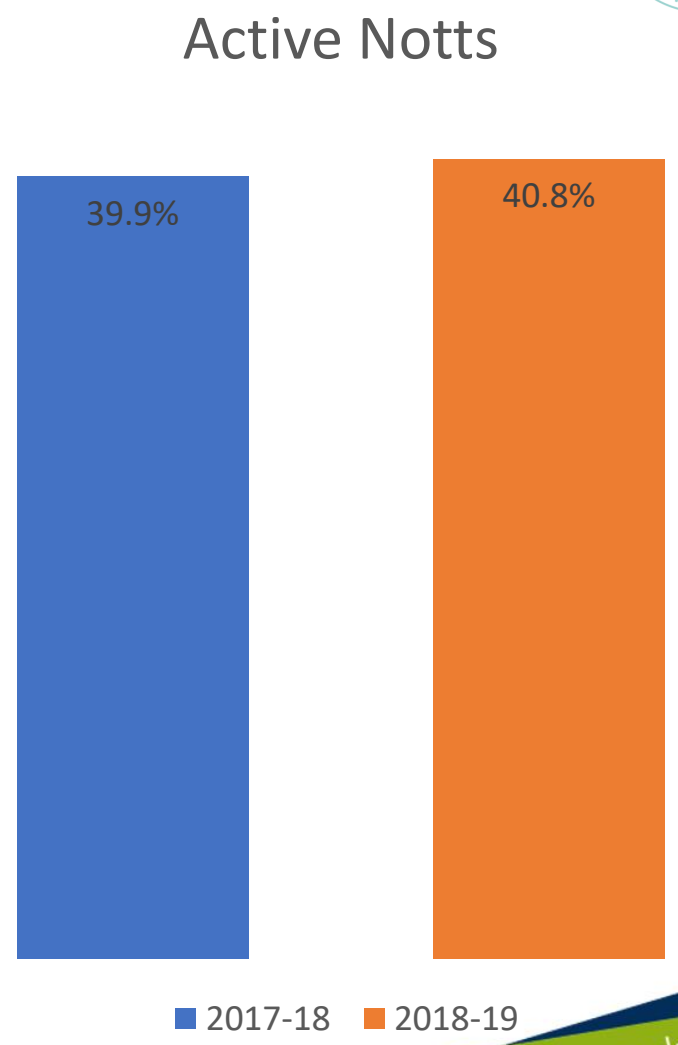
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CYP achieving 30mins+ at school – Active Notts

The number of CYP achieving 30mins+ physical activity **at school** across **Active Notts** has increased (**improved**) slightly compared to last year and is very similar to the England average although both are well below the Government aim for all CYP to achieve 30mins+ physical activity at school*





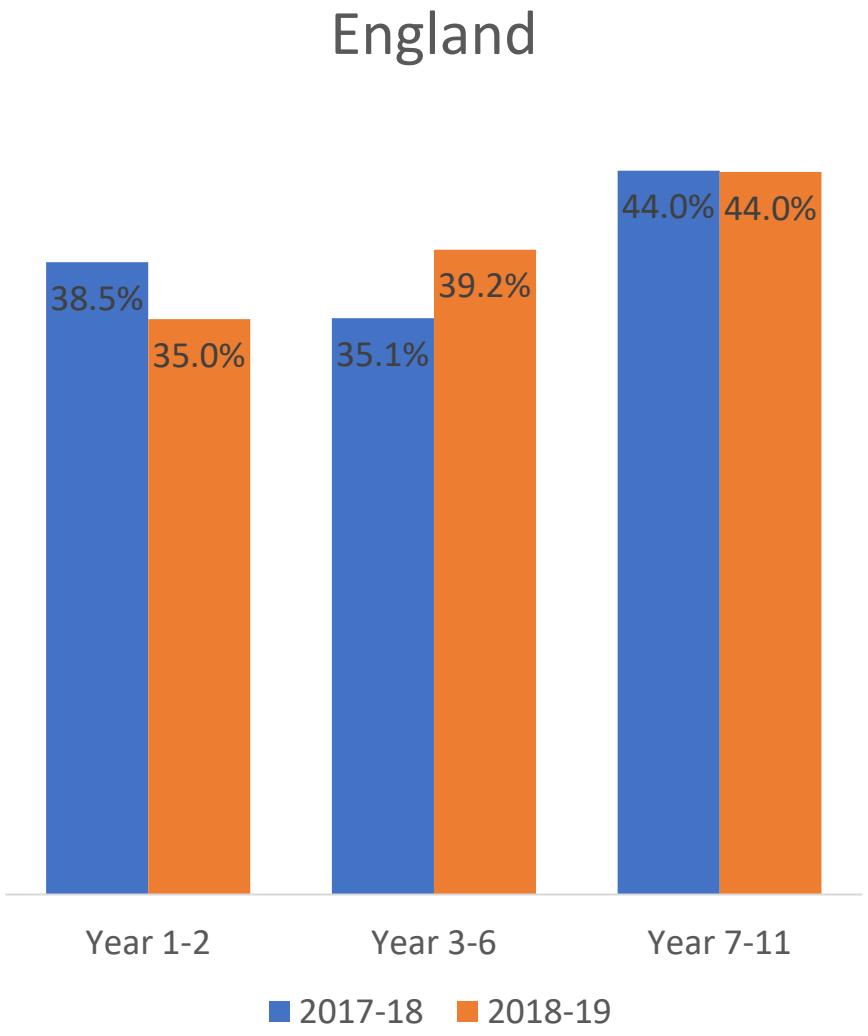
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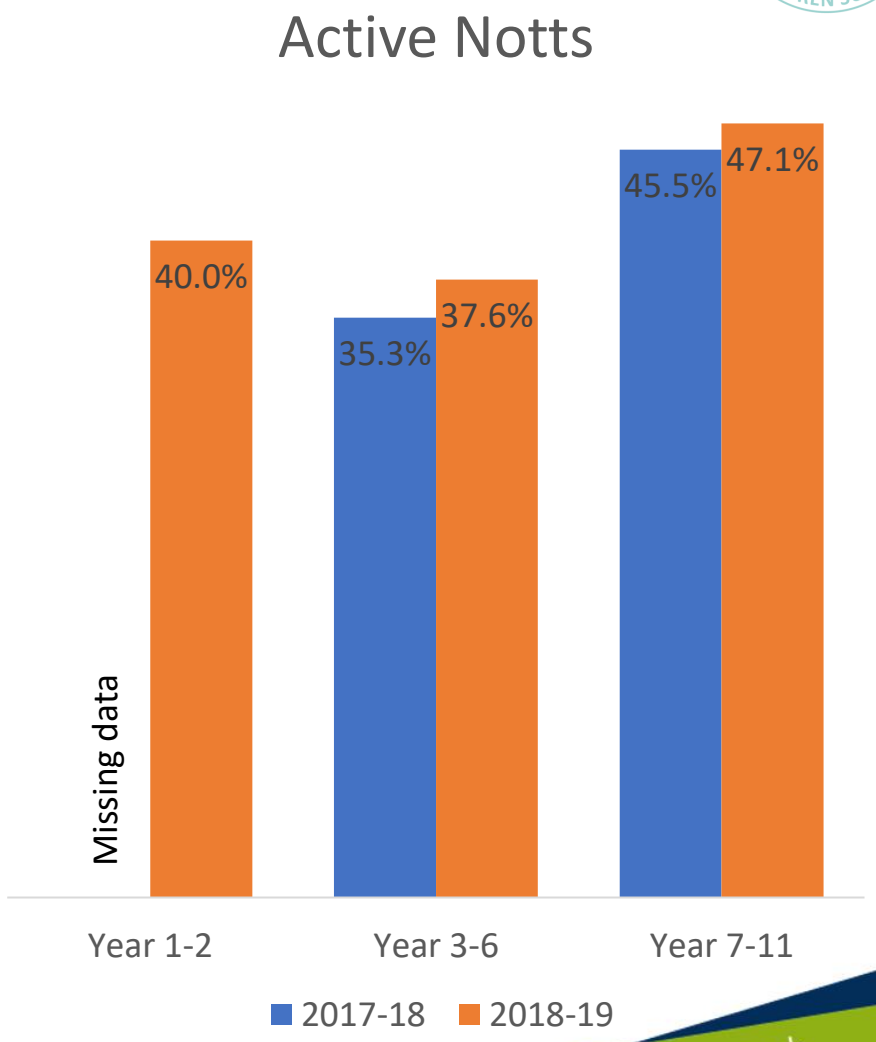
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CYP achieving 30mins+ at school – Year groups

Active Notts has seen a small increase (**improvement**) in those taking part in **30mins+ physical activity at school** across **years 3-6 and 7-11** when compared to last year. **Active Notts** also has a **higher** proportion of CYP from **year 1-2** achieving **30mins+ at school** than the **England** average





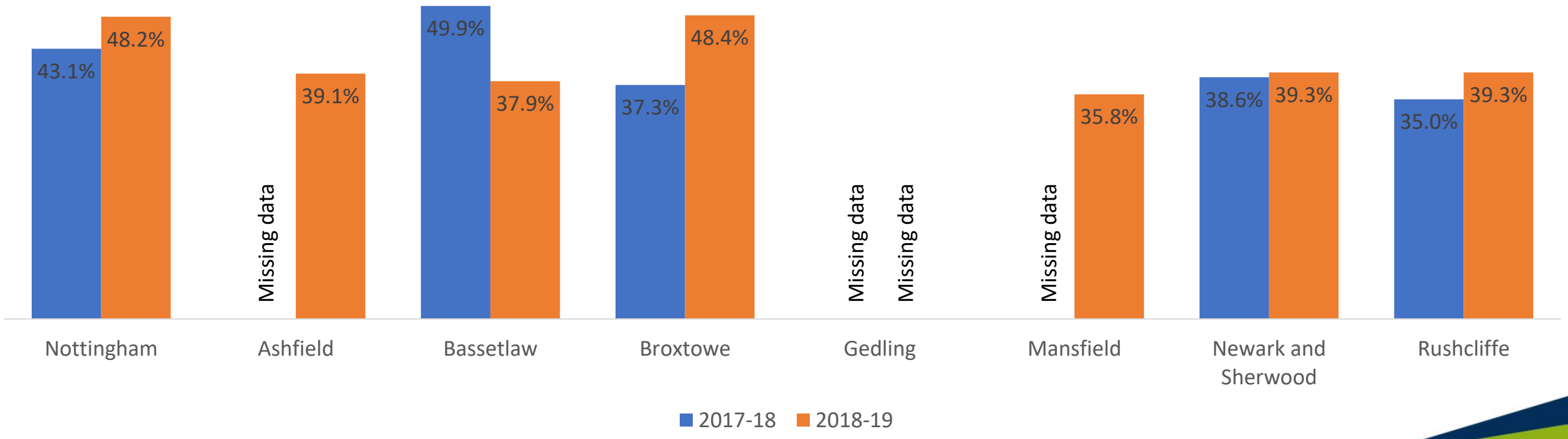
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CYP achieving 30mins+ at school - localities

Nottingham, Broxtowe, Newark and Sherwood and Rushcliffe have all seen slight improvements in proportion of CYP achieving 30mins+ physical activity at school. **Bassetlaw** has seen a significant decrease (**worsening**) in the proportion of CYP taking part in 30mins+ of physical activity at school



Source: Sport England Active Lives Children and Young People Survey 2017-19

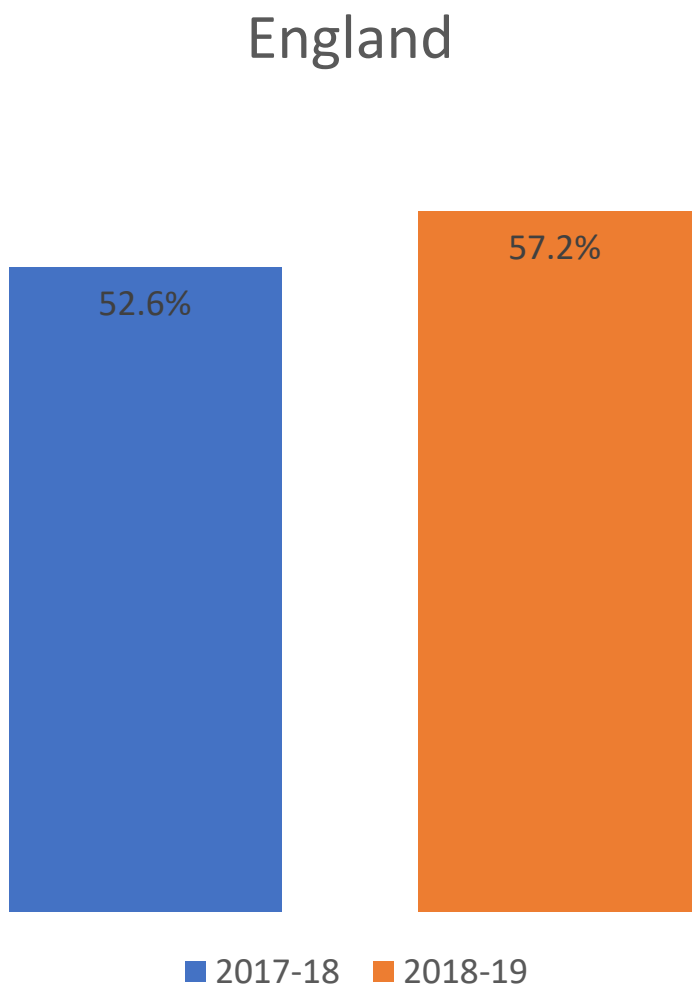
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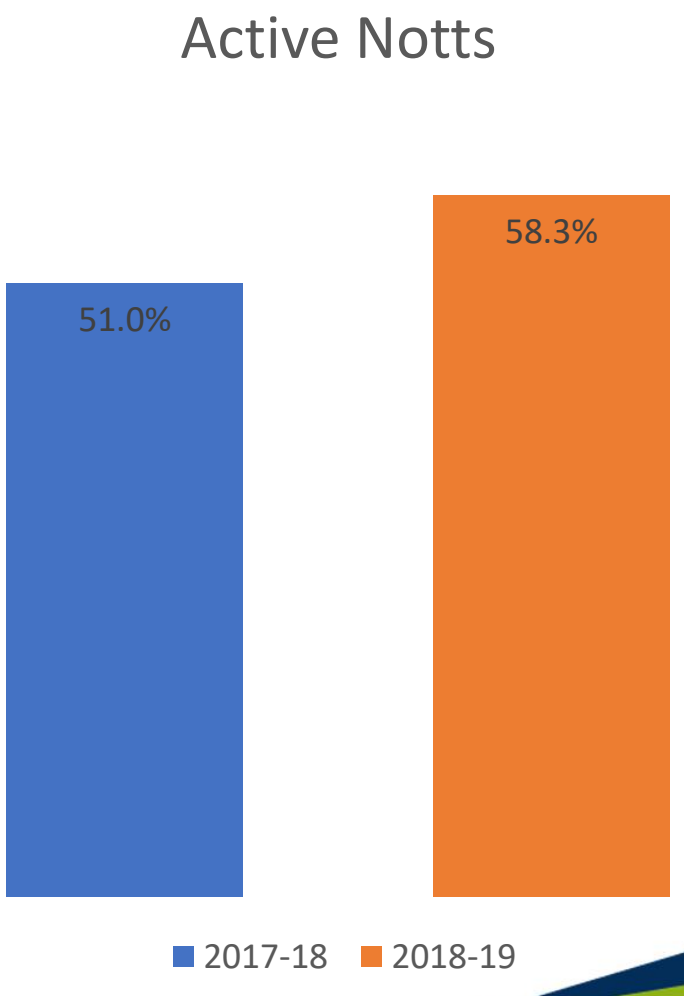
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CYP achieving 30mins+ outside school – Active Notts

Active Notts has seen a significant increase (**improvement**) in those taking part in **30mins+ physical activity outside school** compared to last year. **Active Notts** also **compares well** to the **England** average





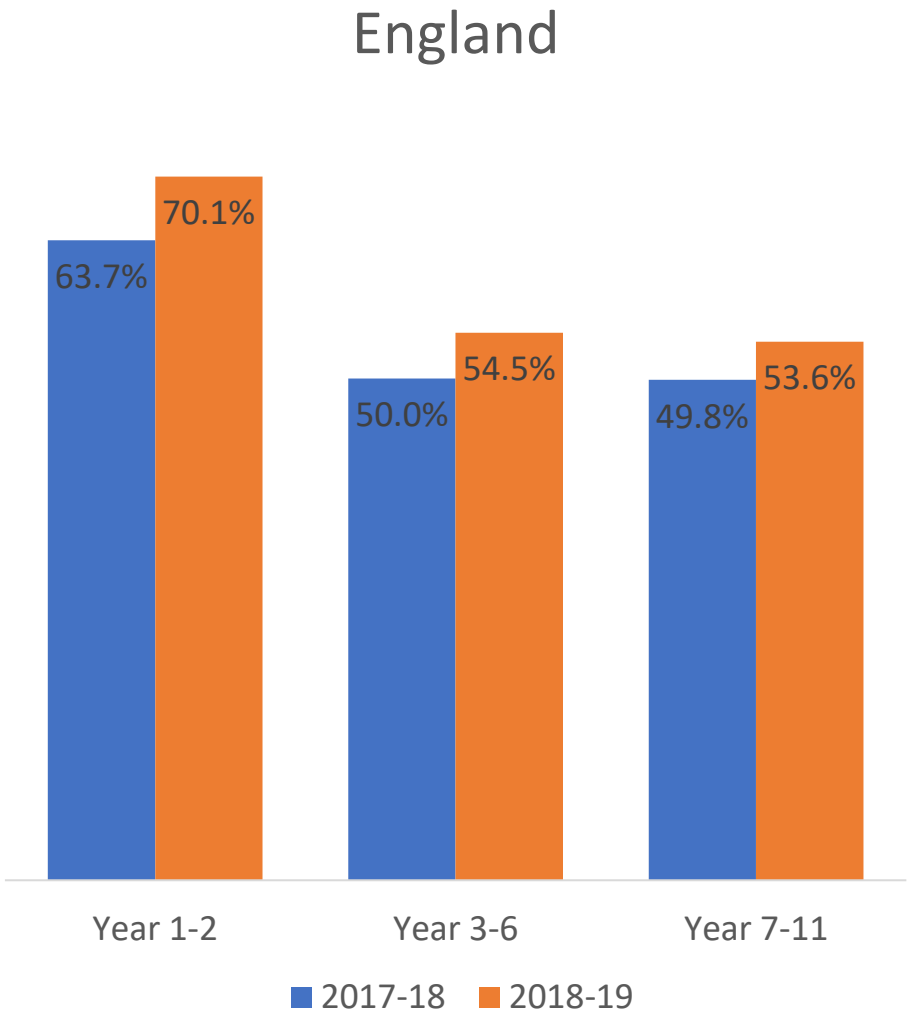
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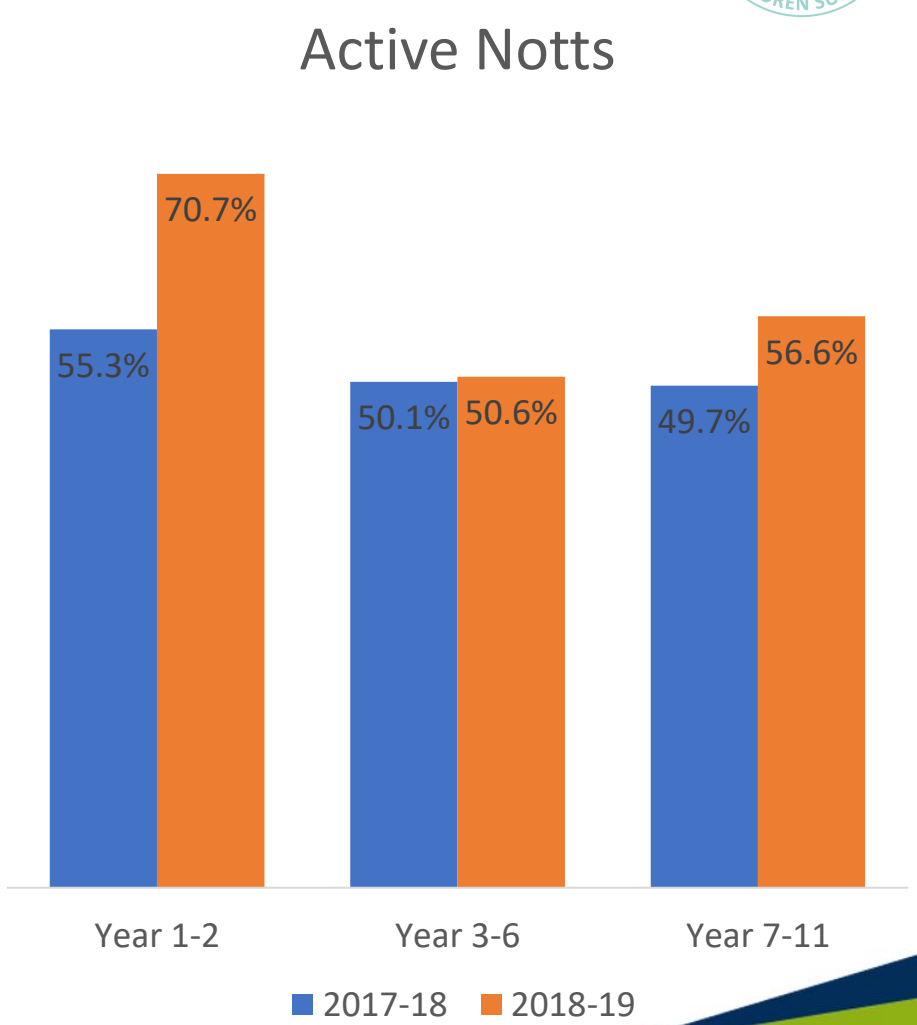
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CYP achieving 30mins+ outside school – Year groups

Active Notts has seen a significant increase in CYP taking part in **30mins+ physical activity outside school** for both **years 1-2** and **7-11** and both compare well to England averages. England has seen increases across all 3 age groups compared to last year





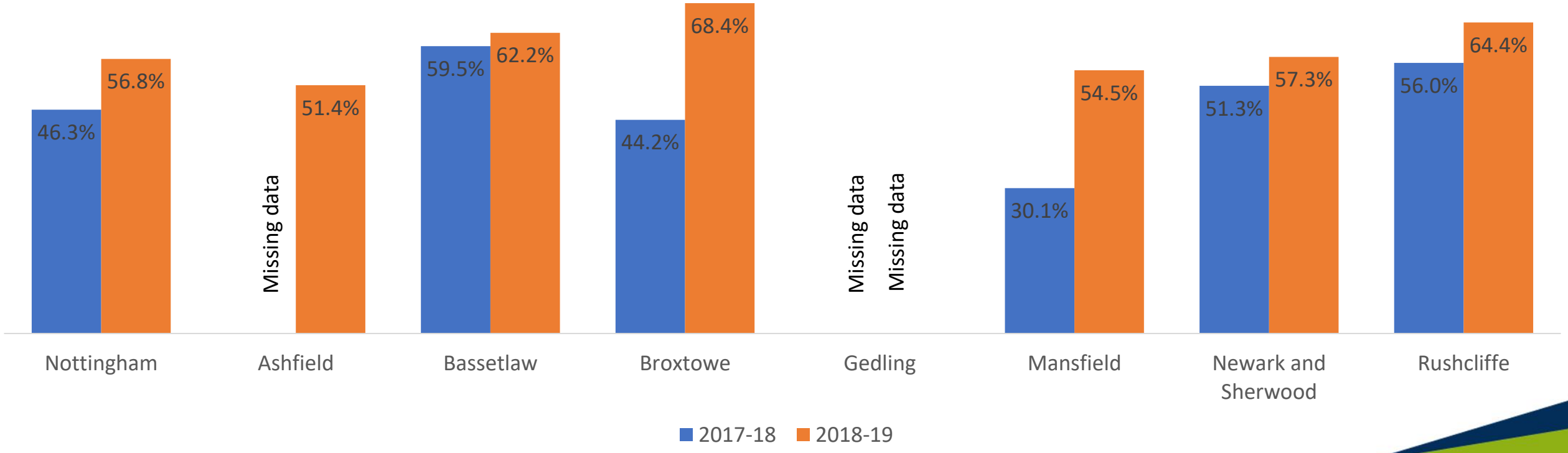
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CYP achieving 30mins+ outside school - localities

Nottingham, Broxtowe, Mansfield and **Rushcliffe** have all seen significant **improvements** to the proportion of CYP achieving **30mins+ physical activity outside school**. **Bassetlaw** and **Newark and Sherwood** have also seen a slight **improvement** compared to last year



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Summary findings – Active Notts Active Lives CYP data

- There has been a big **increase in the number of responses** across Active Notts from 1,843 in 2017-18 to 2,630 for 2018-19, however there was still not a large enough sample size for reporting in Gedling. Response rates remain comparatively low for those in years 1-2 across Active Notts

- Active Notts has a **significantly lower (better)** proportion of CYP who are **less active** (32.9% for 2017-18 to 28.2% for 2018-19) and an increase **(improvement)** in those who are **active**

- **Improvements** appear to have been **driven by improvements to physical activity levels outside school** in particular for those from school **years 1-2 and years 7-11**

- **Broxtowe, Mansfield** and **Rushcliffe** all have significant decreases **(improvements)** in **less active** proportions

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