

# ACTIVE LIVES SURVEY 17/18

AN ANALYSIS OF CHILDREN & YOUNG PEOPLE IN WORCESTERSHIRE



## 27.6%

### OF SCHOOL CHILDREN

are participating in 60+ minutes of physical activity per day at school. This compares to 17.5% nationally



## INACTIVITY

Worcestershire

West Midlands

England



## 29.9%

Whilst better than the national average, unfortunately 29.9% of young people in Worcestershire are still not achieving the recommendation of 30 minutes of activity per day.

## 23.9%

### OUTSIDE OF SCHOOL

complete at least 30 minutes of physical activity outside of school. This may be in the form of active travel, extra-curricular activities or simple play. This compares with 21.5% nationally and 20.9% for the region.



## IN SCHOOL ACTIVITY



## 30.6%

Worcestershire is above the national average (27.7%), with 30.6% of children completing at least 30 minutes of physical activity at school.

## WHAT DOES THIS MEAN?

The good news is Worcestershire children are **more active** than the national average.



However, more work needs to be done both in and out of schools. **69.4%** of children do not complete 30 minutes of physical activity at school per day. Worse still, **76.1%** of children do not complete 30 minutes out of school