



# UNPLUG & PLAY

Active Healthy Kids Scotland Report Card 2016

[www.activehealthykidsscotland.co.uk](http://www.activehealthykidsscotland.co.uk)



**Active Healthy Kids Scotland was established in 2013, inspired by the example of the Active Healthy Kids Canada Report Card, and the international Active Healthy Kids Global Alliance ([www.activehealthykids.org](http://www.activehealthykids.org)).**

**The 2016 Active Healthy Kids Scotland Report Card is the second Scottish report card, and it provides an accurate, critical, current, and comprehensive assessment of the physical activity and health of Scottish children and adolescents.**

**The Report Card should be useful as an advocacy tool, as the basis of public debate, policy discussion and change, and research proposals.**

The 10 health indicators are grouped into 2 categories:

### Overall Physical Activity and Health Behaviours and Outcomes



1 Sedentary Behaviour

3 Active Transportation

5 Organised Sport Participation

7 Obesity



2 Overall Physical Activity

4 Active and Outdoor Play

6 Diet

### Settings and Influences on Physical Activity and Health



9 Community and the Built Environment



8 Family And Peer Influence



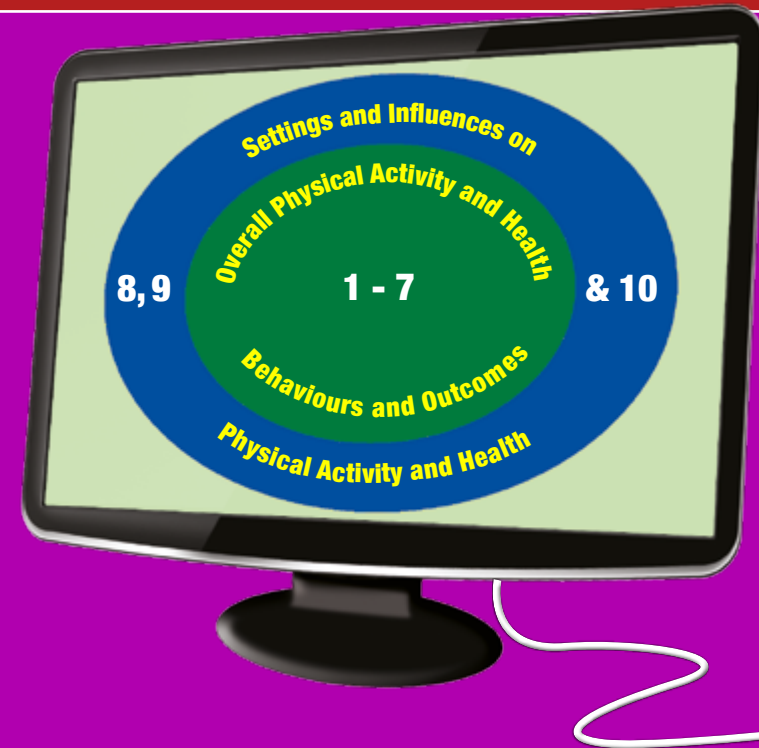
10 National Policy, Strategy, and Investment

# 2016 REPORT CARD

Common to any report card are the grades. This Scottish Report Card assigns grades to 10 indicators grouped into 2 categories (see below).

The card grades are based on an assessment of current Scottish data for each indicator (published after the 2013 report card), judged against a benchmark (e.g. an evidence-based recommendation), and determined by the percentage of Scottish children and adolescents meeting the benchmark.

<b>A</b>	We are succeeding with a large majority of children and adolescents (80 - 100%)
<b>B</b>	We are succeeding with well over half of children and adolescents (60 - 79%).
<b>C</b>	We are succeeding with about half of our children and adolescents (40 - 59%)
<b>D</b>	We are succeeding with less than half children and adolescents (20-39%)
<b>F</b>	We are succeeding with very few children and adolescents (0-19%).
<b>INC</b>	(Incomplete Grade). Where current Scottish data were not available, or were inadequate to assign a grade, or where there was no benchmark.



Report Card Grades are assigned a '+' if trends have improved since the last report card, and a '-if there is marked socio-economic inequality in the behaviour or health outcome, or if the behaviour or health outcome has worsened since the last report card.

The grades provide a robust assessment of the 'state of the nation', i.e. how we are doing as a country in promoting physical activity and health among children and adolescents in Scotland.

# Overall Physical Activity and Health Behaviours and Outcomes

## Sedentary Behaviour

(including recreational screen time: TV viewing, gaming, internet use)

1

The Scottish Intercollegiate Guidelines Network (SIGN [www.sign.ac.uk](http://www.sign.ac.uk)) recommends that school-age children and adolescents should spend no more than 2 hours per day/14 hours per week in recreational screen time, and this is consistent with international recommendations.

On weekdays 64% of Scottish 11-15 year olds report more than 2 hours per day of TV alone, and this rises to 79% on weekends<sup>2014 HBSC Scotland</sup>. In addition to TV, electronic gaming exceeds 2 hours/day among 65% of boys and 46% girls on weekdays, rising to 78% of boys and 57% of girls at weekends<sup>2014 HBSC Scotland</sup>.

*Grade is the same as 2013 report card*

F

## Overall Physical Activity

2

Among 11-15 year olds, only 21% of boys and 15% of girls<sup>2014 HBSC Scotland</sup> met the Scottish, UK, and international recommendation of at least 60 minutes of daily physical activity of at least moderate intensity.

*Grade is the same as 2013 report card*

F

## Active Transportation to School and Nursery

3

Multiple sources of data suggest that around half of Scottish nursery and primary school children regularly commute actively (walking, cycling, using scooter or skateboard) to nursery/school, and 40-45% of those at secondary school regularly commute actively<sup>HBSC Scotland 2014; Scottish Household Survey 2014; National Travel Survey 2014; Hands Up Scotland 2014</sup>.

*Grade is the same as 2013 report card*

C

# Overall Physical Activity and Health Behaviours and Outcomes

4

## Active and Outdoor Play

63% of Scottish 2-15 year olds participated in 'active play indoors or outdoors' for at least 30 minutes at least 5 days a week<sup>Scottish Health Survey 2014</sup>. With no specific measure of active outdoor play, in the absence of a recommendation for active play, and given the F grades for sedentary behaviour and overall physical activity, this indicator is difficult to grade.

*Grade is the same as 2013 report card*

INC

5

## Organised Sport Participation

This indicator could not be graded because no survey measured participation in sport specifically.

*Grade is the same as 2013 report card*

INC

6

## Diet

Only 10%<sup>National Diet & Nutrition Survey 2014</sup> to 14%<sup>Scottish Health Survey 2014</sup> of children and adolescents met the '5 a day' recommendation for fruit and vegetables; intakes are lowest among the most socio-economically deprived<sup>National Diet & Nutrition Survey 2014</sup>.

Average sugar intake exceeded recommendations sub-stantially<sup>National Diet & Nutrition Survey 2014; Active Healthy Kids Scotland 2013</sup>.

Average intake of saturated fat (13%) exceeded the 11% of energy intake recommended<sup>National Diet & Nutrition Survey 2014</sup>.

*Grade is the same as 2013 report card*

D-

7

## Obesity

Multiple data sources suggest that levels of obesity among children and adolescents are higher than at any time in our history. Conservative estimates show that at least 17% of 2-15 year olds were obese (BMI at or above the 95th centile derived from UK data in 1990) in 2014, and obesity is much more common among children and adolescents who are more socio-economically deprived<sup>Scottish Health Survey 2014</sup>.

Prevalence of overweight and obesity among toddlers and pre-school children is particularly high<sup>National Diet and Nutrition Survey 2014</sup>.

*Grade is the same as 2013 report card*

F-

# Settings and Influences on Physical Activity and Health

8

## Family and Peer Influence

Conservative estimates show that 28% of adults were obese and 65% either overweight or obese in 2014, and obesity is more common among the socio-economically deprived<sup>Scottish Health Survey 2014</sup>. Only 20% of Scottish adults reported meeting the '5 a day' fruit and vegetable intake recommendation<sup>Scottish Health Survey 2014</sup>.

Child and adolescent norms are extremely high for sedentary behaviour (indicator 1) and low for moderate-vigorous-intensity physical activity (indicator 2), so peer influence is unlikely to encourage physical activity.

*Grade is the same as 2013 report card*

D-

9

## Community and the Built Environment

(Perceived safety, access, and availability of space for physical activity)

89% of Scottish 13-15 year olds felt safe in their local area most or all of the time<sup>HBSC Scotland 2014</sup>

59% of Scottish 13-15 year olds felt they had good places to spend their time locally<sup>HBSC Scotland 2014</sup>

91% of households with 6-12 year olds had access to at least 1 local play area<sup>Scottish Household Survey 2014</sup>

62% of parents of 6-12 year olds felt that local playgrounds were safe for their children to play alone (lower perceived safety in more deprived areas)<sup>Scottish Household Survey 2014</sup>

*Grade is the same as 2013 report card*

B

10

## National Policy, Strategy, and Investment (Including Schools)

Physical activity and health is given great emphasis in national policy, strategy, and investment.

Many of the Health Behaviours and Outcomes (indicators 1-7) and the Settings & Influences on those health behaviours and outcomes (indicators 8 & 9) are the focus of national policies, investments and/or targets for improvement; there is increasing emphasis on policy implementation<sup>e.g. More Active Scotland; Active Scotland Outcome Framework; National Performance Framework</sup>.

National Performance Framework

*Grade is the same as 2013 report card*

B

## Methodology and Detailed Findings

The grades are based on data which are recent (published after the 2013 report card), representative, and affected by minimal bias (large biases would reduce confidence in the prevalence estimates used to grade the indicators). Our website ([www.activehealthykidsscotland.co.uk](http://www.activehealthykidsscotland.co.uk)) gives more information on the process of identifying data, assigning grades, and references. Two documents provide these details: the 'Longform Active Healthy Kids Report Card 2013' describes the methodology, the 'Longform Active Healthy Kids Report Card 2016' lists all the data sources considered for the 2016 report card, has more information on the findings of each survey, describes problems with measurement methods which explain why a number of data sources could not be used to inform the grades, and has links to the surveys we considered when informing the grades.

We consulted on the draft grades in May 2016, and a summary of the consultation responses, and our comments on them, is also provided on the project website.

An academic publication based on the Active Healthy Kids Scotland Report Card 2016 will be published in the Journal of Physical Activity and Health in 2016.

## Next Steps

We will make comparisons of Scottish Report Card with report cards from around 40 other nations. There will be an international report card in November 2016 ([www.activehealthykids.org](http://www.activehealthykids.org)).

We plan to produce Active Healthy Kids Scotland Report Cards every two years, harmonising publication with the other report cards internationally. Please contact Prof John J Reilly of the University of Strathclyde ([john.j.reilly@strath.ac.uk](mailto:john.j.reilly@strath.ac.uk)) for further information.





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