



**Be
Active.**

**The Health
Improvement
Commission**

The Guernsey Young People's Survey 2019 Findings on activity – Summary Document

Why activity is important for Young People

- There is strong and growing evidence of the importance of keeping active for young people.
 - The physical benefits are well-known - improving fitness; building a stronger heart, bones and healthier muscles; encouraging healthy growth and development; improving posture and balance; encouraging a better night's sleep
 - Physical activity impacts positively on emotional health and wellbeing - improving self-esteem; lowering stress and being an important way for young people to socialise and connect with their peers.
 - Regular activity will also improve academic performance and increase concentration levels
- Why do we need to know how active our young people are?
 - Modern society has engineered physical activity out of our daily lives and, we are less active nowadays, both as adults and as children. Research indicates that inactive children are likely to become inactive adults.
- It is essential that we build up a picture of what activity means for young people and what makes them want to engage in activity

The Guernsey Young People's Survey 2019 provides an excellent opportunity to gauge the views, attitudes and behaviour of Guernsey's Young People.



Levels of Physical Activity and Guidelines

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports. Children and young people should also do activities which strengthen their muscles and bones 3 times per week.

The Bailiwick of Guernsey

- 20% of primary and 16% of secondary school students say that they are achieving 60 minutes or more of moderate-to-vigorous activity daily.
- 62% of primary pupils and 50% of secondary students said that they did physical activity that strengthened their muscles and bones, on at least 3 days in the week before the survey,
- 71% of primary and 57% of secondary pupils responded that they were physically active for at least 60 minutes on 4 or more days in the week before the survey.

Alun Williams, Education Lead, Health Improvement Commission

'It is encouraging to see an increase in perceived levels of activity especially with more young people being more active over 4-5 days per week. The Health Improvement Commission has referred to the next few years being a golden opportunity to embed high levels of physical activity as the norm across all sectors of the community and this is an encouraging sign that schools and families are incorporating activity into all aspects of young people's lives.'

However, it remains the case that most young people do not meet the UK physical activity guidelines and it is of particular concern that activity levels are lowest amongst older students and girls. Guernsey is going in the right direction but much work still has to be undertaken to ensure that all young people benefit from the huge number of positive physical and mental health outcomes of being active.'

Active Travel

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- 92% of primary pupils and 83% of secondary pupils own their own bicycle
- 33% of primary pupils and 19% of Secondary pupils responded that they usually walk to school
- 62% of primary pupils and 44% of Secondary) responded that they usually get to school by car/van



Nix Petit, Active Travel Officer - Health Improvement Commission

'It is reassuring to see that the number of pupils travelling actively to school has shown slight positive increases at both primary and secondary since 2016. Moreover, it is encouraging to see that despite the majority of pupils being driven to school, many report that they would like to travel actively.'

This provides the perfect opportunity for the Health Improvement Commission to implement long-term active travel initiatives in local schools and the wider community enabling daily active travel behaviours which contribute to National Physical Activity Guidance. This work will contribute toward closing the gap between active travel rates in Guernsey compared to the UK.'

The Daily Mile

12 schools in the Bailiwick take part in The Daily Mile. Primary school pupils were asked for their opinions on The Daily Mile. Of those pupils who participate in The Daily mile:

- 85% said they really enjoyed it
- 98% agreed it was good for their health
- 7% thought it was a waste of time
- 91% agreed it was important to do regularly
- 81% said it was really good fun



Alun Williams, Education Lead, Health Improvement Commission

'These results demonstrate that The Daily Mile has quickly established itself as a popular and effective way of enabling young people to undertake fifteen minutes of moderate-vigorous intensity fun-based activity on a regular basis.'

The responses were very positive and schools can use this information as a springboard to incorporate The Daily Mile more widely so that all pupils can benefit from the experience.'

Gender Differences

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- Girls are less active as they get older
- Girls are less active than boys at all ages
- Girls enjoy physical activity less as they get older

Impact of physical activity on other aspects of life

The Bailiwick of Guernsey

More active children also:

- Recorded higher self-esteem
- More often said that they were glad they were who they were
- Looked at screen devices less often
- Said that they eat five fruit and vegetables more often

Enjoyment of physical activity at school

The Bailiwick of Guernsey

- 90% of Year 6 boys (88% of girls) enjoyed or really enjoyed physical activity at school
- 3% of Year 6 boys (4% of girls) do not enjoy physical activity at school