

Healthy Active Children: Start Well

Inequalities across Oxfordshire

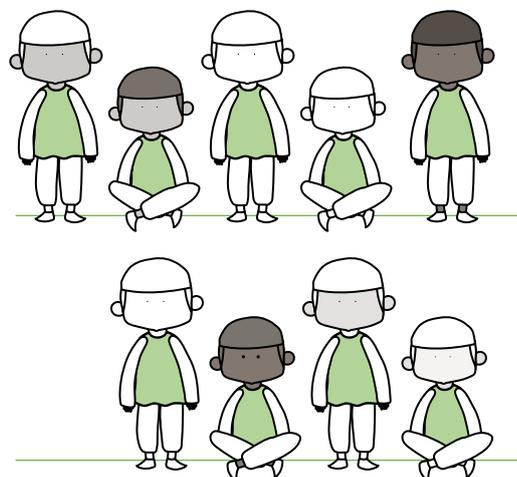


Inequalities in physical activity behaviour (pre-COVID-19)



Only $\frac{1}{2}$ of our children and young people are active

Every second child in Oxfordshire is not doing enough physical activity to protect their health and wellbeing



There are greater inequalities among:



Children from low affluence families

48.4% active



Children in school Years 3-4 (age 7-9)

46.4% active

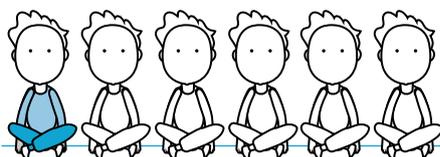
Health inequalities (pre COVID-19)

Mental wellbeing



There is a strong correlation between lower mental wellbeing and lower levels of physical activity behaviour in children and young people

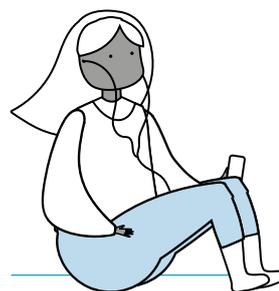
One in six children aged 5-16 years have a probable mental disorder¹



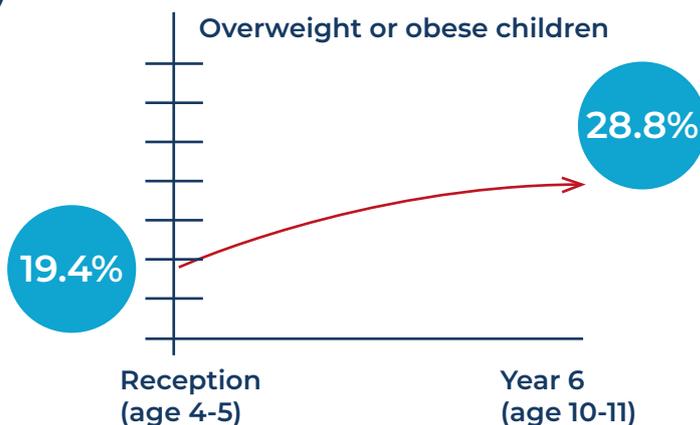
Children from low income households are over **4x** more likely to experience mental health problems than children from higher income families²



Happiness reduces throughout a child's time in education. By Year 12 (age 16) only half of Oxfordshire's young people are happy, with girls considerably less happy than boys³



Childhood obesity⁴



More than $\frac{1}{4}$ of children are overweight or obese by the time they leave primary school

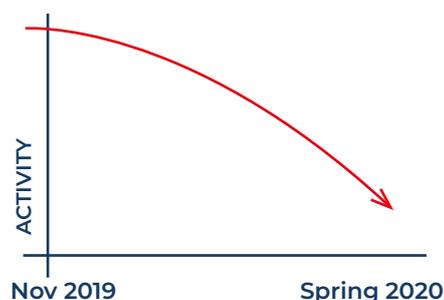
Inequalities are rising under COVID-19

Children and young people have had their lives turned upside down by the COVID-19 pandemic. Almost every young person has had to adjust to dramatic changes in their education or employment, routine and home life.

Some have experienced bereavement or other traumatic experiences during the lockdown period, while groups who were already marginalised or disadvantaged are now likely to become more so.

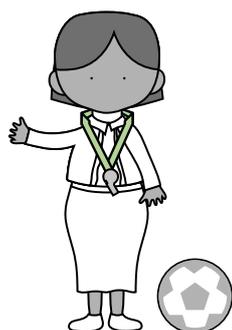
During the Spring 2020 lockdown period, levels of physical activity fell dramatically⁵

19% of children and young people were active (England)



Not going to school meant many children had less chance to be active. Teenage girls, Black and Asian children and poorer children rely more than others on at school provision to be active, due to inequalities in accessing community provision

On return to school, teachers are observing a loss of fitness among pupils⁸



Teachers themselves have a cautiousness around interpreting PE guidelines correctly



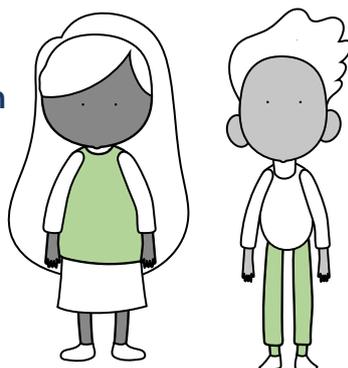
Half of schools will be delivering less extracurricular PE



40% of schools will be delivering no extracurricular PE

Lockdown had serious implications for mental health

3/4 of people aged 13-24 years with an existing mental health problem reported worsening mental health⁶



Not everyone is being affected equally

Ethnically diverse communities are experiencing the pandemic differently to their peers – a consequence of the disproportionate social, economic, and psychological impacts on their communities⁷

We are more determined than ever to make sure that every child in Oxfordshire can achieve 60 active minutes, every day and protect their health and well-being for the future. Find out more about our **Healthy Active Children** work here: [Active Oxfordshire – Healthy Active Children](#)

Sources

Unless otherwise stated data is drawn from Sport England's Active Lives CYP survey 2018/19

1. NHS Digital. Mental Health of Children and Young People in England. 2020
2. Centre for Mental Health. Children of the new century 2015
3. University of Oxford and Oxfordshire County Council: Oxfordshire Online Pupil Survey 2019
4. Public Health England. Health Profiles (fingertips) National Child Measurement Programme
5. Sport England. COVID-19 Briefing: Exploring attitudes and behaviours in England during the COVID-19 pandemic
6. Mind. The mental health emergency. June 2020
7. RCPCH. How is COVID-19 affecting children and young people in BAME communities. June 2020
8. YST Research: Returning to school after COVID restrictions: The view from PE and school leads Sept 2020