Active Lives Children and Young People (CYP) Survey Results Jan 20
What’s included

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- 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

- Oxfordshire has both a significant increase (improvement) in ‘Active’ and decrease (improvement) in ‘Less Active’

Source: Sport England Active Lives Children and Young People Survey 2017-19
## Total responses and total school population for each district

<table>
<thead>
<tr>
<th></th>
<th>Cherwell</th>
<th>Oxford</th>
<th>South Oxfordshire</th>
<th>Vale of White Horse</th>
<th>West Oxfordshire</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responses 2018-19</td>
<td>328</td>
<td>319</td>
<td>302</td>
<td>302</td>
<td>379</td>
<td>1,630</td>
</tr>
<tr>
<td>Total school population estimate</td>
<td>18,200</td>
<td>18,200</td>
<td>19,300</td>
<td>17,700</td>
<td>14,900</td>
<td>88,400</td>
</tr>
<tr>
<td>Responses 2017-18</td>
<td>333</td>
<td>345</td>
<td>158</td>
<td>319</td>
<td>253</td>
<td>1,408</td>
</tr>
</tbody>
</table>

## Total responses and total school population estimates by year group

<table>
<thead>
<tr>
<th></th>
<th>Year 1-2</th>
<th>Year 3-6</th>
<th>Year 7-11</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responses 2018-19</td>
<td>89</td>
<td>715</td>
<td>826</td>
<td>1,630</td>
</tr>
<tr>
<td>Total school population estimate</td>
<td>Data missing</td>
<td>36,800</td>
<td>27,800</td>
<td>88,400</td>
</tr>
<tr>
<td>Responses 2017-18</td>
<td>78</td>
<td>721</td>
<td>609</td>
<td>1,408</td>
</tr>
</tbody>
</table>

Source: Sport England Active Lives Children and Young People Survey 2017-19
Oxfordshire has seen a decrease (improvement) in those who are less active and an increase (improvement) in those who are active. Oxfordshire is better than the national average for both less active and active CYP.

Source: Sport England Active Lives Children and Young People Survey 2017-19
Oxfordshire has seen an **improvement** in both less active and **active** proportions across all age groups. The decrease *(improvement) in less active is significant for years 7-11*. Oxfordshire compares well to England for both less active and active particularly in the years 7-11 age group.
West Oxfordshire and Cherwell have seen a significant decrease (improvement) in those who are less active. Oxford has seen a significant increase (improvement) in those who are active.
## Summary of change from 2017-18 to 2018-19

<table>
<thead>
<tr>
<th>Region</th>
<th>Change</th>
<th>Significance</th>
<th>Change</th>
<th>Significance</th>
<th>Change</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>England</td>
<td>3.6%</td>
<td>Significant increase</td>
<td>0.3%</td>
<td>No change</td>
<td>-3.9%</td>
<td>Significant decrease</td>
</tr>
<tr>
<td>Oxfordshire</td>
<td>5.1%</td>
<td>No change</td>
<td>0.9%</td>
<td>No change</td>
<td>-5.9%</td>
<td>No change</td>
</tr>
<tr>
<td>Cherwell</td>
<td>-1.4%</td>
<td>No change</td>
<td>10.3%</td>
<td>Significant increase</td>
<td>-8.9%</td>
<td>Significant decrease</td>
</tr>
<tr>
<td>Oxford</td>
<td>13.9%</td>
<td>Significant increase</td>
<td>-6.6%</td>
<td>No change</td>
<td>-7.3%</td>
<td>No change</td>
</tr>
<tr>
<td>South Oxfordshire</td>
<td>2.2%</td>
<td>No change</td>
<td>-3.2%</td>
<td>No change</td>
<td>1.0%</td>
<td>No change</td>
</tr>
<tr>
<td>Vale of White Horse</td>
<td>4.4%</td>
<td>No change</td>
<td>-5.7%</td>
<td>No change</td>
<td>1.3%</td>
<td>No change</td>
</tr>
<tr>
<td>West Oxfordshire</td>
<td>8.8%</td>
<td>No change</td>
<td>9.4%</td>
<td>No change</td>
<td>-18.2%</td>
<td>Significant decrease</td>
</tr>
</tbody>
</table>

Source: Sport England Active Lives Children and Young People Survey 2017-19
Oxfordshire has seen a slight increase (improvement) in numbers of CYP achieving 30mins+ of physical activity at school compared to last year. Oxfordshire also compares well to England although both are still below the Government target for all CYP to achieve 30mins+ at school.

Source: Sport England Active Lives Children and Young People Survey 2017-19
There has been a significant decrease (worsening) in those in years 1-2 achieving 30mins+ physical activity in Oxfordshire and a significant increase (improvement) from those in years 3-6.
**Oxford** and **South Oxfordshire** have seen an increase (improvement) in those achieving 30mins+ physical activity at school. There has been a slight decrease (worsening) in **West Oxfordshire**.

Source: Sport England Active Lives Children and Young People Survey 2017-19
There has been a significant increase \textit{(improvement)} in those achieving 30mins+ physical activity outside school for Oxfordshire compared to last year. \textbf{Oxfordshire also compares well to England.}

\begin{table}[h]
\centering
\begin{tabular}{lccc}
\hline
 & \textbf{England} & \ & \textbf{Oxfordshire} \\
\hline
30mins+ activity & 52.6\% & 57.2\% & 57.5\% & 62.4\% \\
\hline
\end{tabular}
\caption{CYP achieving 30mins+ outside school – Oxfordshire}
\end{table}

Source: Sport England Active Lives Children and Young People Survey 2017-19
Oxfordshire has seen a significant increase in those taking part in 30mins+ physical activity outside of school compared to last year. Oxfordshire also compares well to England particularly for those from years 1-2 and those from years 7-11.

Source: Sport England Active Lives Children and Young People Survey 2017-19
**CYP achieving 30mins+ outside school - localities**

**West Oxfordshire** has seen a significant increase *(improvement)* in those taking part in 30mins+ physical activity outside school. Only **South Oxfordshire** has decreased *(worsened)* compared to last year.

<table>
<thead>
<tr>
<th>Locality</th>
<th>2017-18</th>
<th>2018-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cherwell</td>
<td>62.9%</td>
<td>66.0%</td>
</tr>
<tr>
<td>Oxford</td>
<td>53.8%</td>
<td>64.6%</td>
</tr>
<tr>
<td>South Oxfordshire</td>
<td>58.5%</td>
<td>50.6%</td>
</tr>
<tr>
<td>Vale of White Horse</td>
<td>62.1%</td>
<td>62.9%</td>
</tr>
<tr>
<td>West Oxfordshire</td>
<td>45.5%</td>
<td>63.1%</td>
</tr>
</tbody>
</table>

*Source: Sport England Active Lives Children and Young People Survey 2017-19*
Summary findings – Oxfordshire Active Lives CYP data

- There has been an **increase in the number of responses** across Oxfordshire from 1,408 in 2017-18 to 1,630 for 2018-19, including a large enough sample size for reporting in each of the local authorities within Oxfordshire. However, response rates remain low for those in years 1-2 across the county.

- Oxfordshire has seen a slight decrease (**improvement** in those who are less active) (29.0% for 2017-18 to 23.5% for 2018-19) as well as a slight increase (**improvement** in those who are active).

- Improvements to activity levels appear to be **driven by activity outside school** which has seen a significant increase of almost 5pp (England has also increased, by over 4pp) compared to an increase in activity levels in school of less than 1pp (England has remained the same).

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