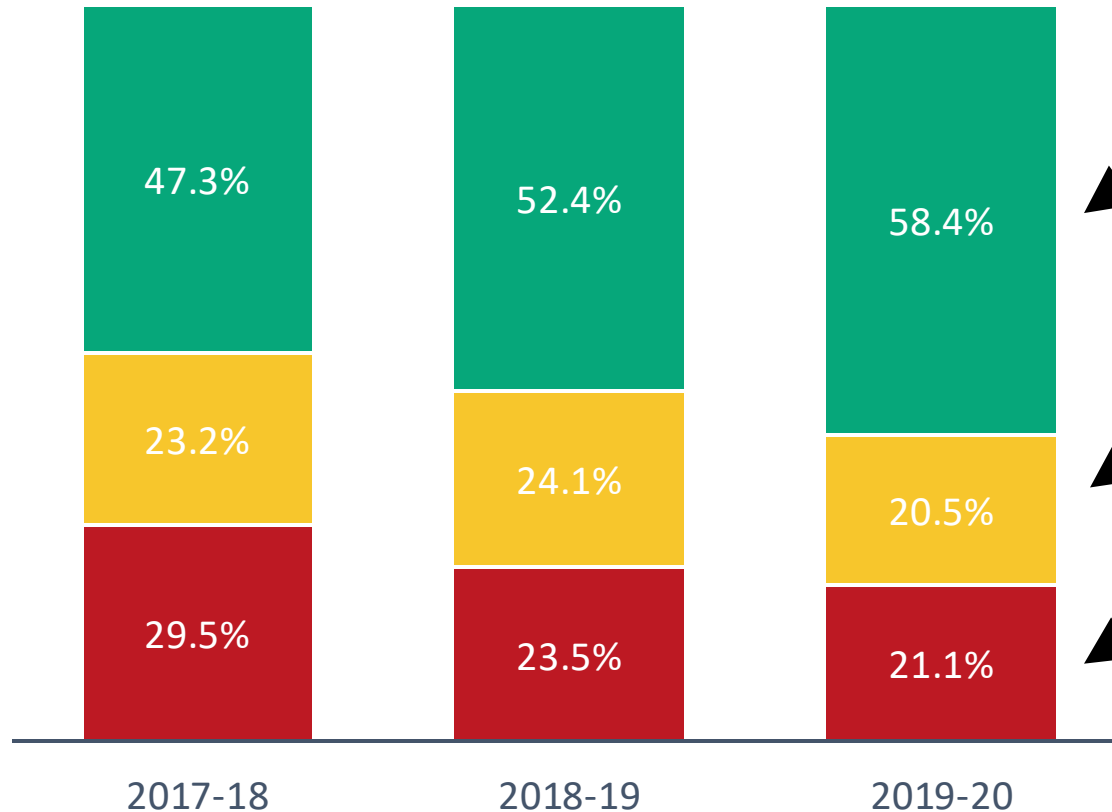


# Healthy Active Children – the WHY

Active Oxfordshire



‘Active’ children fully meeting the Chief Medical Officer (CMO) guidelines for physical activity i.e. 60 active minutes a day

Children described as ‘Fairly active’

An ‘Inactive’ young person is **SIGNIFICANTLY** more likely to:

- Be from a lower affluence family
- Receiving benefits related Free School Meals
- Be Female
- Have a special education need or disability
- Be from an ethnicity other than ‘White British’ or ‘White Other’