

# MOVING IN THE RIGHT DIRECTION



## The 2022 Bailiwick of Guernsey Active Healthy Kids Report Card



## INTRODUCTION

The 2022 Bailiwick of Guernsey Active Healthy Kids Report Card is Guernsey's second submission to the Active Healthy Kids Global Alliance (AHKGA), as part of the Global Matrix 4.0. This follows the 2018 Report Card entitled 'A Golden Opportunity'.

The Report Card provides an assessment of the physical activity levels of the Bailiwick of Guernsey's children and young people, using local data. The AHKGA comprises 57 countries, alongside Guernsey committed to producing Physical Activity Report Cards to form the 2022 Global Matrix.

Together, the Report Cards track children's activity globally and are intended to inform nations about the policies, practices and planning needed to improve the longer-term health of their communities.

The Report Cards will be presented at the International Society for Physical Activity and Health Congress in Abu Dhabi in October 2022.



# WHO IS THE REPORT CARD FOR?

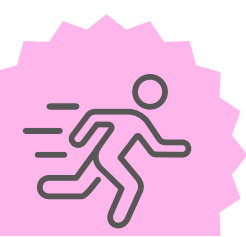
The Report Card can be used by anyone who is involved in, interested in, committed to, or campaigning for improving the health of children and young people from the Bailiwick of Guernsey. It will be a particularly useful resource to those involved in creating the conditions in which children and young people can be more active (for example health professionals, community groups, third sector organisations, teachers, policy makers, politicians, parents, and researchers).

## COMPILING THE EVIDENCE

**WORKING GROUP:** The Report Card was produced by a multi-sectoral working panel assembled by the Health Improvement Commission for Guernsey and Alderney LBG. The group comprised ten people with diverse expertise in the activity levels of young people in Guernsey, including education, public health, health improvement, sports and leisure sectors, active travel, research and policy and strategy. Representatives were drawn from government departments and third sector organisations.

**DATA COLLATION:** The panel collectively identified the local data available which aligned with the Grade Indicators. The ten different indicators that countries can report on depending on the availability of local data are shown on the following page.

In this 2022 Report Card we report on seven indicators; Overall Physical Activity, Organized Sport Participation, Active Travel, Sedentary Behaviours, Family and Peers, School and Government. This is two more than in the 2018 Global Matrix 3.0 Report Card, as we now report grades for Family and Peers and School. Three indicators, Active Play, Physical Fitness and Community and Environment were scored as inconclusive ('INC') as there was insufficient local data at this time to inform these grades.



# HOW ARE THE SCORES GRADED?

The grading process followed the recommendations of the AHKGA [1] and used the standardised grading scheme shown below. The grades were independently verified and audited by nominated experts from the Active Healthy Kids Global Alliance.

|     |   |
|-----|---|
| A   | 81 – 100% we are succeeding with a large majority of children and youth     |
| B   | 61 – 80% we are succeeding with well over half of children and youth        |
| C   | 41 – 60% we are succeeding with about half of children and youth            |
| D   | 21 – 40% we are succeeding with less than half, but some children and youth |
| F   | 0 – 20% we are succeeding with very few children and youth                  |
| INC | Inconclusive, not enough data exist on this indicator                       |



# WHAT DOES THE REPORT CARD CONSIDER?

There are ten different indicators that countries can report on depending on the availability of local data.

|                               |  |
|-------------------------------|--|
| Overall Physical Activity     | % of children and youth who meet the Global Recommendations on Physical Activity for Health, which recommend that children and youth accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity per day on average.   |
| Organized Sport Participation | % of children and youth who participate in organized sport and/or physical activity programmes.  |
| Active Play                   | % of children and youth who engage in unstructured/unorganized active play at any intensity for more than 2 hours a day.   |
| Active Travel                 | % of children and youth who use active transportation to get to and from places (e.g., school, park, friend's house).  |
| Sedentary Behaviours          | % of children and youth who meet the Canadian Sedentary Behaviour Guidelines (5- to 17-year-olds: no more than 2 hours of recreational screen time per day).   |
| Physical Fitness              | % achieved on certain physical fitness indicators.   |
| Family and Peers              | % of family members (e.g., parents, guardians) who facilitate physical activity and sport opportunities for their children.  |
| School                        | <ul style="list-style-type: none"> <li>• % of schools with active school policies (e.g., daily PE, daily physical activity, recess, "everyone plays" approach, bike racks at school, traffic calming on school property, outdoor time).</li> <li>• % of schools where the majority (<math>\geq 80\%</math>) of students are offered the mandated amount of PE (for the given country).</li> </ul>  |
| Community and Environment     | <ul style="list-style-type: none"> <li>• % of children or parents who perceive their community is doing a good job at promoting physical activity (e.g., variety, location, cost, quality).</li> <li>• % of communities that report they have policies promoting physical activity.</li> <li>• % of communities that report they have infrastructure (e.g., sidewalks, trails, paths, bike lanes) specifically geared toward promoting physical activity.</li> <li>• % of children or parents who report having facilities, programs, parks and playgrounds available to them in their community.</li> </ul> |
| Government                    | <ul style="list-style-type: none"> <li>• Evidence of leadership and commitment in providing physical activity opportunities for all children and youth.</li> <li>• Allocated funds and resources for the implementation of physical activity promotion strategies and initiatives for all children and youth.</li> <li>• Demonstrated progress through the key stages of public policy making (i.e., policy agenda, policy formation, policy implementation, policy evaluation and decisions about the future).</li> </ul>   |

# GUERNSEY'S GRADES

| Global Matrix Indicators  | Global Matrix 3.0 (2018) | Global Matrix 4.0 (2022) |
|---|--------------------------|--------------------------|
| Overall Physical Activity   | D                        | C+                       |
| <p><b>Rationale.</b> 71% of primary and 57% of secondary pupils self-report that they were physically active for at least 60 minutes on 4 or more days in the week [2]. Accelerometer estimates are that 44% of primary school children met current UK CMO guidelines of an average of 60 minutes moderate-to-vigorous physical activity per day (Aged 8-9 pupils, 48%; Aged 10-11 pupils, 40%; 61% boys and 33% girls). 49% of children accumulated 30 minutes of moderate-to-vigorous physical activity during the school day (Boys 66%; girls 37%) [3]. 20% of primary and 16% of secondary school pupils self-report that they do 60 minutes of moderate-to-vigorous physical activity on all 7 days [2].</p>   |                          |                          |
| Organised Sport Participation   | C+                       | C+                       |
| <p><b>Rationale.</b> 71% of primary and 48% of secondary boys, and 65% of primary and 59% of secondary girls reported taking part in a sports club or class (not school lessons and not just watching) in the 4 weeks before the survey [2].</p>  |                          |                          |
| Active Travel   | D                        | C-                       |
| <p><b>Rationale.</b> 50% of primary-aged pupils (33% walk / 17% cycle) and 35% of secondary-aged pupils (19% walk / 16% cycle) reported travelling actively to school [2]. School-wide active travel audits undertaken twice annually in 2020-2022 show 37% of students travel actively to school and 40% travel actively from school [4].</p>  |                          |                          |
| Sedentary Behaviours  | C                        | C                        |
| <p><b>Rationale.</b> 72% of primary and 36% of secondary boys, and 71% of primary and 45% of secondary girls reported equal to or less than 2 hours recreational screen time (Including computer, iPad, TV, games console or other handheld devices) on the previous day [2].</p>   |                          |                          |
| Family and Peers  | INC                      | D                        |
| <p><b>Rationale.</b> 32% of adults who had at least 1 child under 16 in the household reported doing physical activity for 30 minutes on 5 days of the previous week that 'was enough to raise their breathing rate'. This compares to 40% of people with no children &lt;16 in the household. [3]</p>  |                          |                          |
| School  | INC                      | B-                       |
| <p><b>Rationale.</b> Using experience from interacting with all schools regularly, including specifically on PE, the panel estimate conservatively that at least 60% of all island establishments are offering 2 hours a week of PE and 30 minutes a day of physical activity based on a typical school week. Primary school accelerometer surveillance data estimated that 49% of children accumulated 30 minutes of moderate-to-vigorous physical activity during the school day (Boys 66%; girls 37%) [3]. The panel also reflected on positive developments in school-based physical activity, PE and Sport provision since 2018 including progress in the physical activity opportunities for children attending early years establishments; funding, through a commissioned model of organisations such as the Health Improvement Commission and the Guernsey Sports Commission ensuring consistent and high-quality expertise is available to education establishments on physical activity, PE and sport; establishment of a whole school physical activity framework; and the inclusion of physical activity in Guernsey's recently updated school inspection framework.</p> |                          |                          |
| Government  | D                        | C+                       |
| <p><b>Rationale.</b> Evidence for this indicator is drawn from the panel's collective collation of local progress on government level policy, strategy, and action aimed at promoting, enabling or improving children and young people's physical activity. These include; high-level outcomes that are pertinent to the promotion of physical activity: 'Physical health is protected' &amp; 'Healthier Lifestyles', in the States of Guernsey overarching strategic document; regulations during covid which enabled physical activity (eg. two hours of exercise as one of four reasons to leave one's home, which was increased as soon as safe); a range of Government Strategies/Plans with aims and objectives linked to sport and physical activity including the new Active-8: A Plan for Sport-2021-2030, Guernsey's first sport and physical activity strategy. Guernsey's Development and Planning Authority has shown commitment to identify options to improve the safety and connectivity of pedestrian and cycle routes in education, housing and town redevelopment schemes with the aim of enabling greater active travel.</p>                                      |                          |                          |



# MOVING FORWARD



Compared to the 2018 Global Matrix 3.0 Report Card, we have seen improvements in the grades of indicators for Overall Physical Activity, Active Travel and Government. The improvement in the Government grade is especially promising as it demonstrates increasing recognition of physical activity as a cross-government enabler for health, social, economic and community outcomes. Government leadership is critical to building physical activity opportunities into a range of policy and strategy. Examples include the endorsement of a Whole School Approach to Physical Activity, PE and Sport for all schools and a new dedicated strategic focus on physical activity and sport. It is now critical that the intentions to enable more young people to be more active more often set out in these approaches are enacted through sustained positive changes in the places and spaces that children can be active everyday.

Two indicators are unchanged from 2018; Organised Sport Participation and Sedentary Behaviour. Using comparable data at both time points, none of the indicators received a lower Grade than in 2018. Building on the 2018 Report Card, for Global Matrix 4.0 we were able to identify local data to contribute Grades for two indicators which were previously scored as 'inconclusive'; School and Family & Peers. Additionally, this Report Card was informed for the first time by accelerometer-estimated physical activity levels of primary school pupils. This is a significant advancement in local surveillance. Improving and widening the portfolio of local evidence that can inform estimates of physical activity levels is a necessary and positive step which must be sustained and broadened (e.g. to secondary schools), alongside other improvements in surveillance across the Report Card indicators to contribute to more precise estimates of activity levels in the future.

A limitation of the Report is that most available data reflect pre-pandemic surveillance. Locally, COVID-19 and its associated lockdowns impacted on children and young people's opportunities to be active across many settings including in school and sports/active clubs, being active with family and informal activity with friends. At the time of writing, the first post-pandemic Children and Young People's Survey is being conducted and the results will provide an indication of the pandemic's impact on physical activity levels.

Despite the encouraging improvements in some Indicators, a significant number of our children and young people are not moving enough nor often enough to reap the mental, physical and social benefits of regular physical activity. Our local data consistently highlight an age-related decline in physical activity, including in specific domains such as active travel and sports. There are also persistent gender inequalities with girls being less active than boys on average. We do not have local data on social inequalities and young people's physical activity but based on anecdotal evidence and local experience have no reason to believe that patterns seen elsewhere (i.e., lower activity levels amongst those living with greater deprivation) would be different in the Bailiwick. It is likely that the pandemic has exacerbated this problem.

In conclusion, whilst there is evidence that the Bailiwick is moving in the right direction on children and young people's physical activity, efforts must continue to sustain this momentum. In this post-pandemic era, sustained local multi-sectoral action to enable as many children as possible to be regular physically active is more important than ever. The whole community, including families, schools, health professionals, sport, and youth organisations, workplaces and government have a role to play, and it is critical that all sectors of the community are involved and collaborate. If this can be achieved, local progress can be built upon, existing inequalities and the impact of the pandemic can be challenged and the potential that physical activity holds to improve the health of children and young people can be realised.



# REFERENCES

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