

**Active Lives Children and Young
People Survey – Academic Year 2022-
2023
Summary Findings**

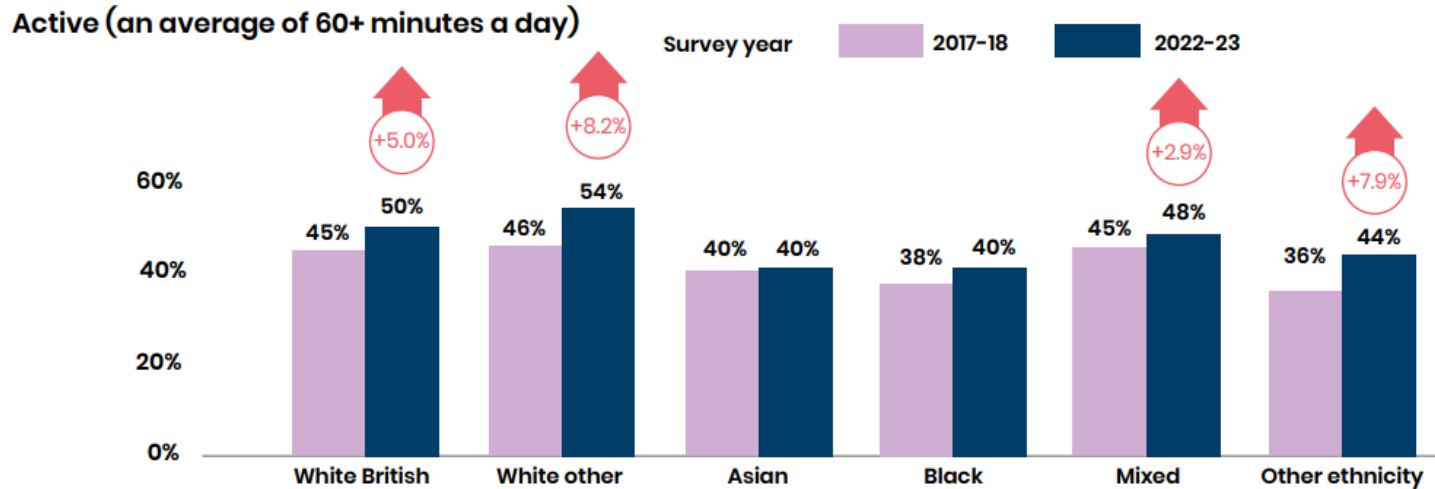
Introduction

- The Active Lives Children and Young People Survey is conducted annually, with its initial publication in December 2018, presenting data for the academic year 2017-2018.
- This report presents data from the Active Lives Children and Young People Survey – Academic Year 2022-2023 for children and young people aged 5-16 in England. The results were first published in December 2023.
- This summary focuses on significant national statistics related to participation in sports and physical activity, as well as well-being measures, specifically for individuals from ethnically diverse backgrounds.

Definitions

- Sport England assesses the activity levels of children and young people based on the UK Chief Medical Officers' Physical Activity Guidelines.
- The guidelines recommend a weekly average of 60 minutes of "moderate-to-vigorous intensity physical activity" for young individuals.
- Sport England categorises activity levels into three groups: active (60+ minutes on average), fairly active (30-59 minutes), and less active (fewer than 30 minutes).
- Volunteering specifically pertains to sports and physical activity and involves engagement at least twice in the last year

60 Minutes Activity – 2022/23

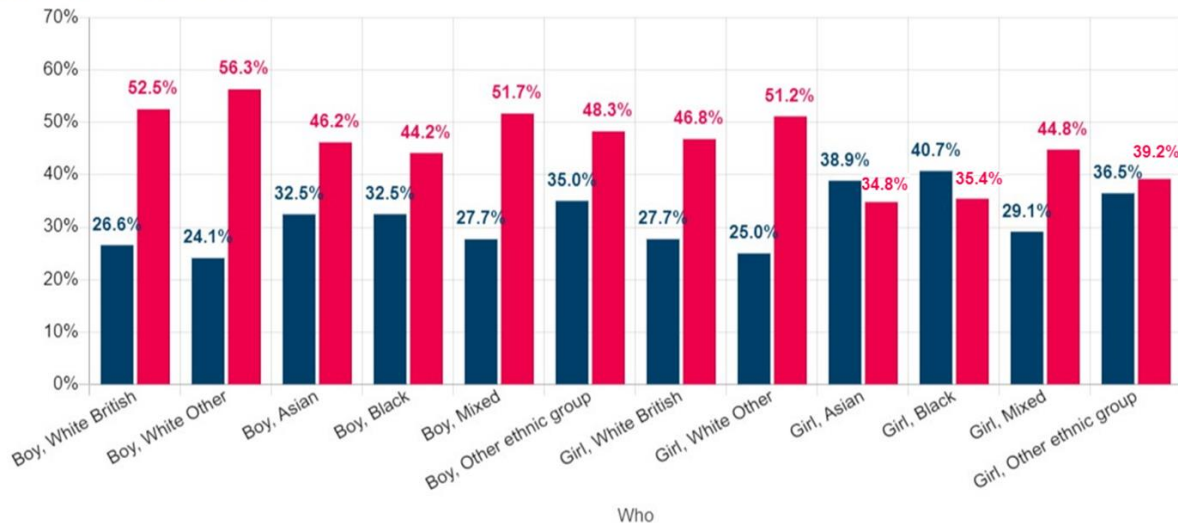


- All ethnic groups except Asian have seen an increase in activity levels over a five-year period.
- White Other are the most active ethnic group at 54%, followed by White British at 50%.
- At 40% both Asian and Black children have seen an expanding gap in activity levels compared to those from other ethnic backgrounds.

60 Minutes Activity/Inactivity (by gender & ethnicity)

- Across all ethnic groups, boys generally show a higher percentage of activity than girls.
- White Other boys (56.3%) and White British boys (52.5%) are the most active, while Asian boys (46.2%) and Black boys (44.2%) are the least active. For girls, White Other girls (51.2%) and White British girls (46.8%) are the most active, whereas Asian girls (34.8%) and Black girls (35.4%) are the least active.
- Boys from other ethnic groups (35.0%) are the least active, followed by Asian boys (32.5%) and Black boys (32.5%). White Other boys (24.1%) have the smallest percentage of those considered less active. Among girls, Asian (38.9%) and Black (40.7%) girls have the highest percentage in the less active category, while White Other (25.0%) girls have the smallest proportion considered less active.

Levels of activity
Gender and Ethnicity
Academic Year 22-23

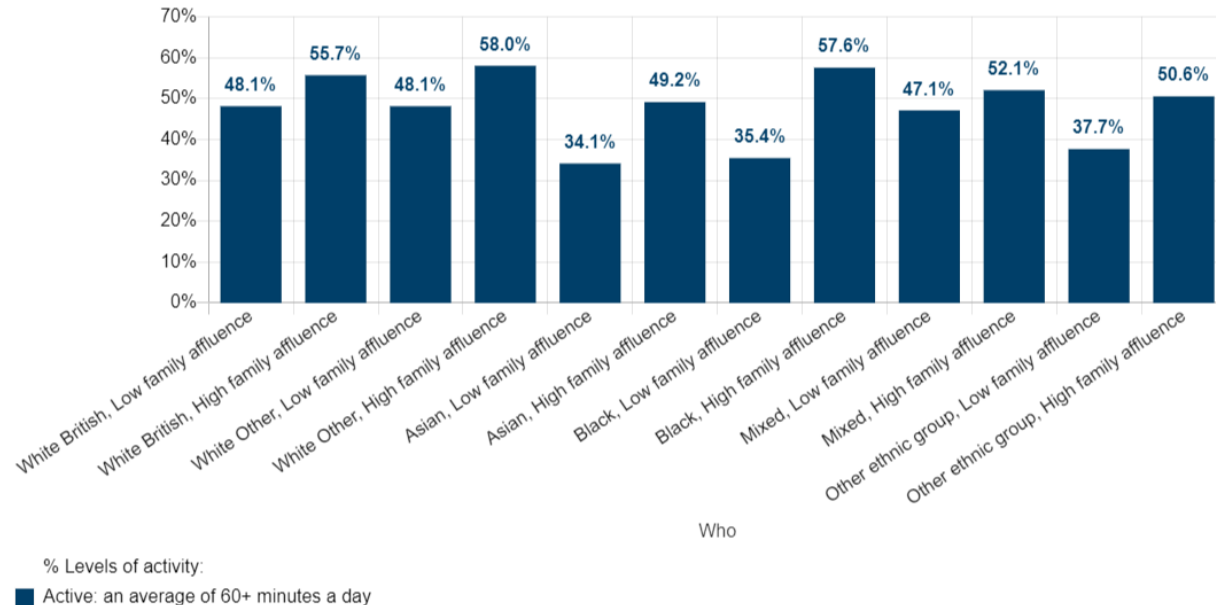


% Levels of activity:
■ Less active: less than an average of 30 minutes a day ■ Active: an average of 60+ minutes a day

60 Minutes Activity (by family affluence)

- Family affluence is a measure of how much material wealth a family has.
- Children and young people from low family affluence backgrounds have lower levels of activity than those from high family affluence.
- In terms of high family affluence, those who are White Other (58.0%) have the highest activity level followed by Black (57.6%) children and young people. Asians (49.2%) from high family affluence exhibit the lowest activity rates.
- Conversely, in the case of low family affluence, people of White British (48.1%), and White Other (48.1%) ethnicity demonstrate the highest rates of activity. On the other hand, individuals who are Asian (34.1%) and Black (35.4%), display the lowest rates of activity.

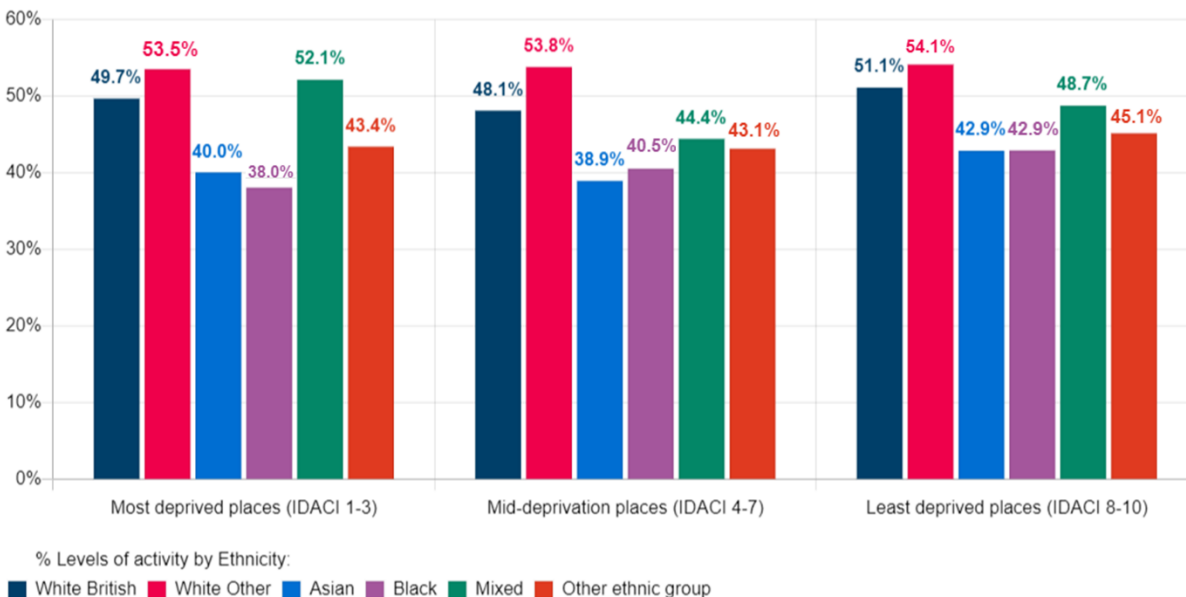
Levels of activity
Ethnicity and Family Affluence Scale
Academic Year 22-23



60 Minutes Activity/Inactivity (by level of deprivation)

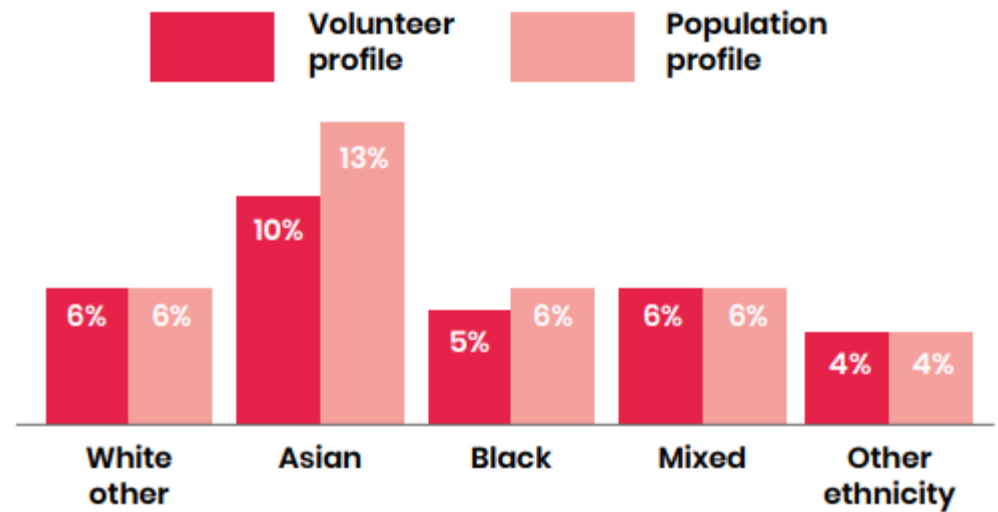
- In this context, levels of deprivation refer specifically to the conditions within a student's school and are not connected to the circumstances of individual households in any way.
- The overall pattern that can be observed is that as the level of deprivation decreases, there is a corresponding increase in activity levels.
- When it comes to the most deprived places, the most active ethnicity is White Other (53.5%) and the least active ethnic group is Black (38.0%).
- When it comes to the least deprived places White Other (54.1%) again are the most active ethnic group, and both Asian (42.9%) and Black (42.9%) are the least active ethnic groups.

Levels of activity : Active: an average of 60+ minutes a day
Income Deprivation Affecting Children index (Level of deprivation, grouped deciles) – Ethnicity
Academic Year 22–23



Volunteering

- When it comes to ethnicity and volunteering, most ethnic groups are proportionately represented by population profiles and volunteer profiles.
- However, those who are from an Asian ethnic background make up 13% of the population, however, only make up 10% of volunteers.



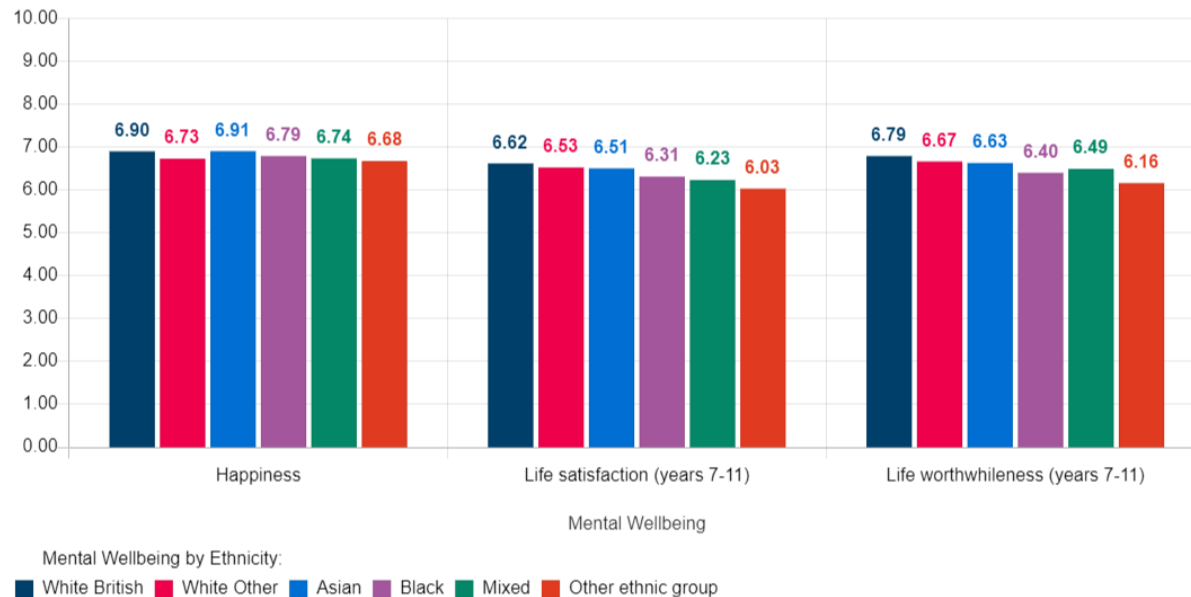
Mental Wellbeing

- In relation to happiness Asian (6.91) have the highest mean score out of 10, whilst Other ethnic group (6.68) have the lowest.
- In terms of life satisfaction, White British (6.62) have the highest mean average, and Other ethnic group (6.03) has the lowest.
- When it comes to life worthwhileness, White British (6.79) have the highest score and Other ethnic group (6.16) has the lowest.
- In all three indicators of mental wellbeing, Other ethnic group has scored the lowest in comparison to other ethnic groups.
- In all three categories White Other has scored the lowest.

Mental Wellbeing average score (0-10) (years 3-11)

Ethnicity

Academic Year 22-23

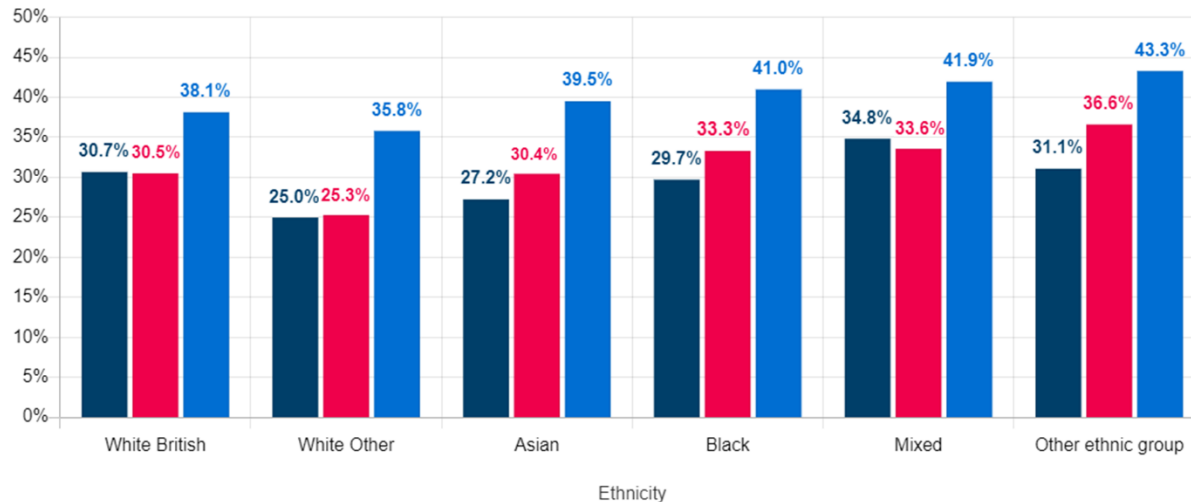


Individual Development

- The overall pattern amongst all ethnic groups is that the more active one is the higher their level of individual development is.
- In relation to being active, Other ethnic group (43.3%) have the highest level of individual development and White Other (35.8%) have the lowest.
- In the fairly active category, Other ethnic group (36.6%) have the highest level of individual development and White Other (25.3%) have the lowest
- Mixed (34.8%) have the highest level of individual development in the less active category, and White Other (25.0%) have the lowest.

Individual development (Level of agreement for: If I find something difficult, I keep trying until I can do it) : Strongly agree by Levels of activity (years 3-11)

Ethnicity
Academic Year 22-23



% Individual development by Levels of activity:

■ Less active: less than an average of 30 minutes a day
 ■ Fairly active: an average of 30-59 minutes a day
 ■ Active: an average of 60+ minutes a day

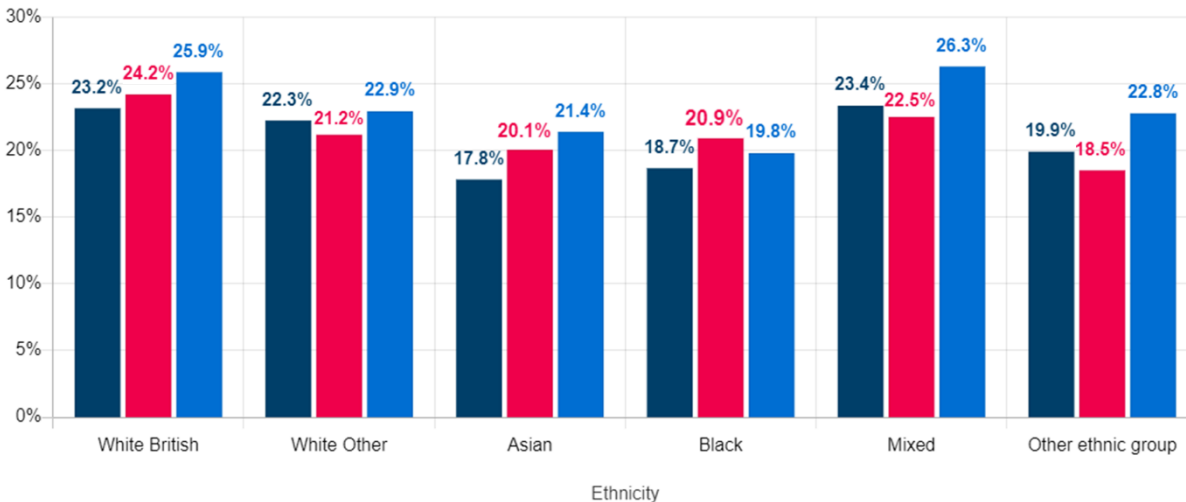
Community Development

- Similar to individual development, the more active one is the higher their level of community development is.
- Regarding the active category, White British (25.9%) show the highest level of community development and Black (19.8%) have the lowest.
- In the fairly active category, White British (24.2%) exhibit the highest level of community development and Other ethnic group (18.5%) display the lowest
- For those in the less active category, Mixed individuals (23.4%) have the highest community development, whereas Asians (17.8%) have the lowest.

Community development (Level of trust in people who are a similar age to you) : I can trust them a lot by Levels of activity (years 3-11)

Ethnicity

Academic Year 22-23



% Community development by Levels of activity:

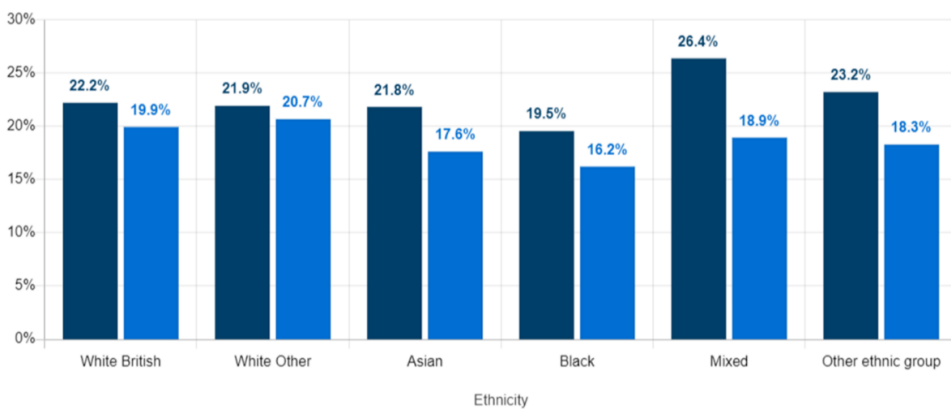
- Less active: less than an average of 30 minutes a day
- Fairly active: an average of 30-59 minutes a day
- Active: an average of 60+ minutes a day

Loneliness

Loneliness : Some of the time by Levels of activity (years 7-11)

Ethnicity

Academic Year 19-20

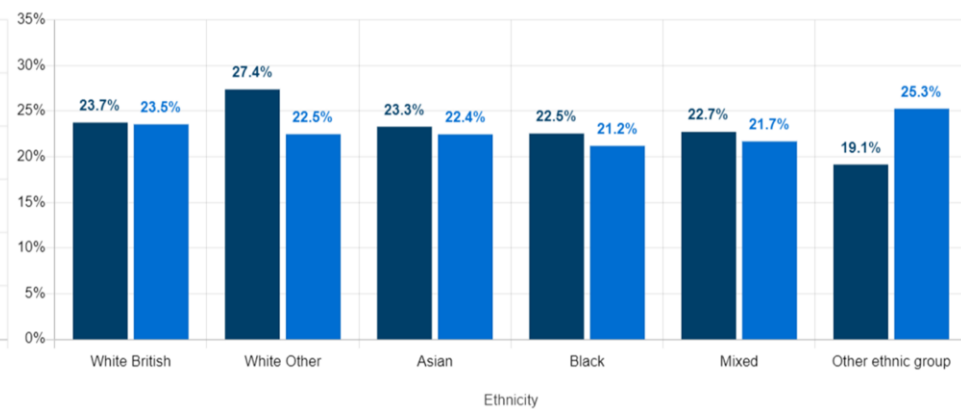


% Loneliness by Levels of activity:
 ■ Less active: less than an average of 30 minutes a day
 ■ Active: an average of 60+ minutes a day

Loneliness : Some of the time by Levels of activity (years 7-11)

Ethnicity

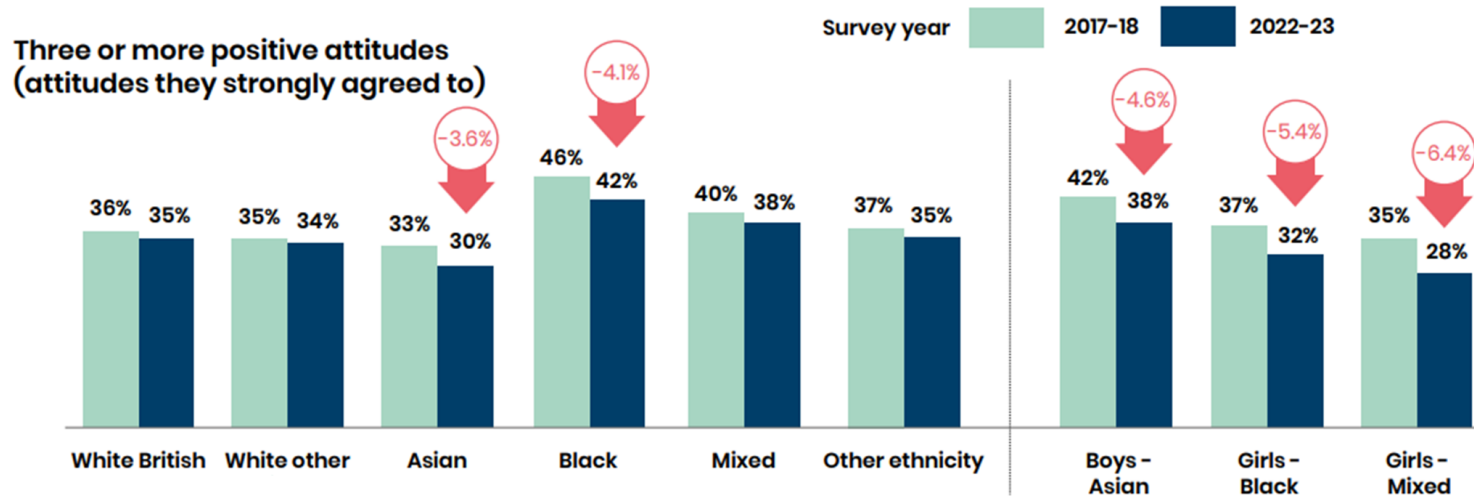
Academic Year 22-23



% Loneliness by Levels of activity:
 ■ Less active: less than an average of 30 minutes a day
 ■ Active: an average of 60+ minutes a day

- When you compare the baseline of academic year 2019-2020 to that of academic year 2022-2023 there is no change in the frequency of individuals feeling lonely often. However, there has been an overall increase of 2.9% in those who feel lonely sometimes.
- When comparing loneliness levels by ethnicity and activity, there has been an increase for all ethnic groups. White British (3.6%), White Other (1.8%), Asian (4.8%), Black (5%), Mixed (2.8%), and for Other ethnic group (7%)
- In terms of being less active and its link to loneliness over the three-year period, the ethnicity that have seen an increase in loneliness are, White British (1.5%), White Other (5.5%), Asian (1.5%), and Black (3%). On the other hand, Mixed (-3.9%), and Other ethnic group (-4.1%) have seen a decrease in levels of loneliness.

Positive Attitudes



- When comparing data from survey year 2017-18 to the current year 2022-23, all ethnic groups have seen a decrease in the number of children and young people that have three or more positive attitudes. However, Asian (-3.6%) and Black (-4.1%), have seen the most significant decrease.
- In the current academic year, we can also observe that Black (42%) have the highest number of children and young people who have three or more positive attitudes and Asians (30%) have the least.
- When taking into consideration ethnicity, Asian boys (-4.6%), Black girls (-5.4%), and Mixed girls (-6.4%) have seen the most significant decrease in possess three or more positive attitudes.

Conclusions

- The disparities in physical activity levels persist, particularly with Asian and Black children and young people consistently showing lower levels of activity compared to their counterparts. This emphasises the need to address these disparities for equitable access to the health benefits associated with an active lifestyle.
- When examining physical activity patterns, interesting gender dynamics within ethnic groups emerge. While overall activity levels have increased for both boys and girls, gender disparities persist. Boys generally exhibit higher percentages of activity than girls within their respective ethnicities. In the 'active' category, White Other and White British boys consistently rank as the most active, while Asian and Black boys lag behind. Similar trends are observed among females, with White Other and White British girls being the most active, and Asian and Black girls showing lower levels of activity.
- In the 'less active' category, variations also emerge based on gender and ethnicity. Notably, Asian and Black girls are the only group displaying a higher percentage in the 'less active' category compared to a lower percentage in the 'active' category. Understanding these gender-specific trends is crucial for designing targeted interventions that address the unique barriers or preferences influencing boys and girls differently in their participation in physical activities.

Recommendations

- Efforts should be directed towards understanding and eliminating barriers specific to certain ethnic groups, fostering a more inclusive and accessible environment for physical activity.
- The implementation of 'Uniting the Movement,' a 10-year plan by Sport England, is identified as a pivotal strategy for increasing the activity levels of ethnic minority children and young people. Integrating this plan's strategies with a focus on specific ethnicities and genders can enhance its effectiveness in promoting active lifestyles among the younger population.

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