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Active Lives

Children & Young People Survey Results

2022/2023 Academic Year

Released Thursday 7th December 2023

Northumberland and Tyne & Wear Analysis

Monday 11th December 2023

WeAreRise.co.uk

The Active Lives Children and Young People Survey aims to illustrate a national picture of physical activity in England for five to 16-year-olds.

The UK Chief Medical Officer's physical activity guidelines released in September 2019, state:

“Children and young people (aged 5 – 18 years) should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports”

This report presents information on three levels of activity:

- Active (an average of at least 60 minutes a day)
- Fairly active (an average of 30-59 minutes a day)
- Less active (less than an average of 30 minutes a day)

Physical activity both inside and outside of school includes:

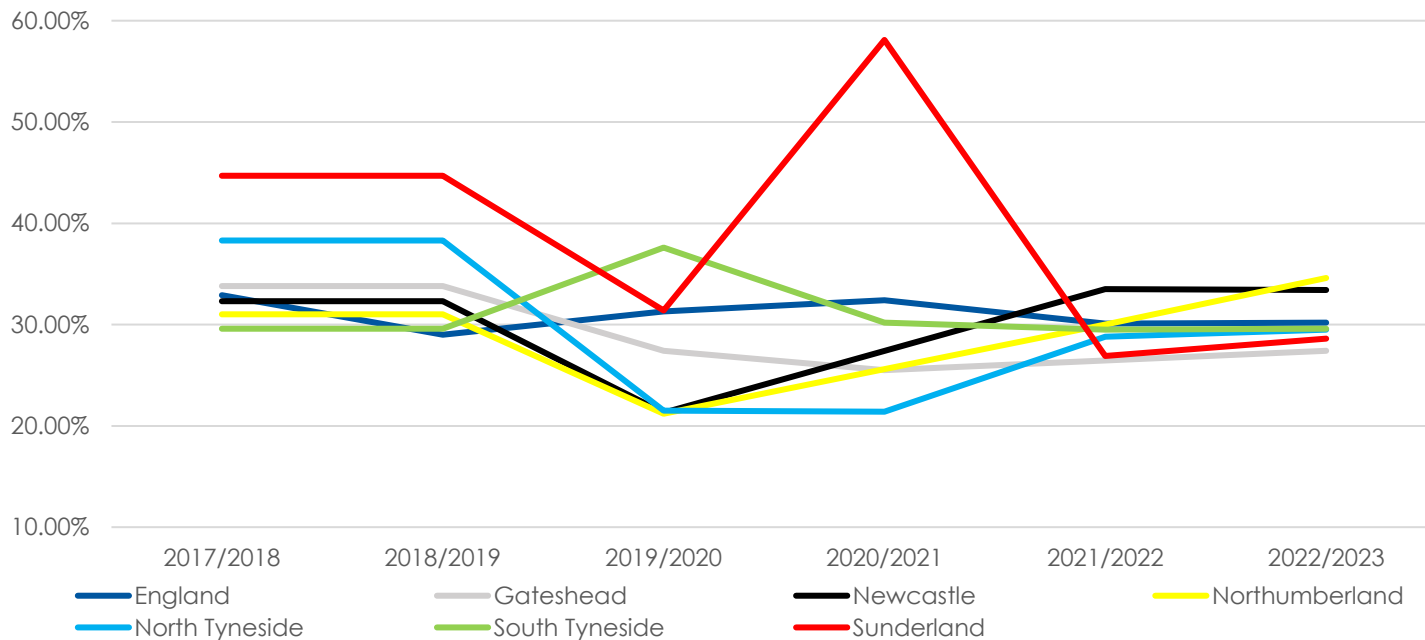
- Dance
- Sporting activities
- Scooting
- Cycling
- Active play and informal activity
- Walking and fitness activities

Active Lives Survey Results 2022/23 Academic Year

	Active (average of 60 minutes or more per day)	Fairly Active (average of 30-59 minutes per day)	Less Active (less than an average of 30 minutes per day)
	2022/2023	2022/2023	2022/2023
England	47.0%	22.8%	30.2%
North East	48.4%	21.0%	30.6%
Gateshead	48.3%	24.3%	27.4%
Newcastle	46.6%	20.0%	33.4%
Northumberland	45.8%	19.6%	34.6%
North Tyneside	53.8%	16.7%	29.5%
South Tyneside	42.4%	27.8%	29.9%
Sunderland	48.8%	22.7%	28.6%

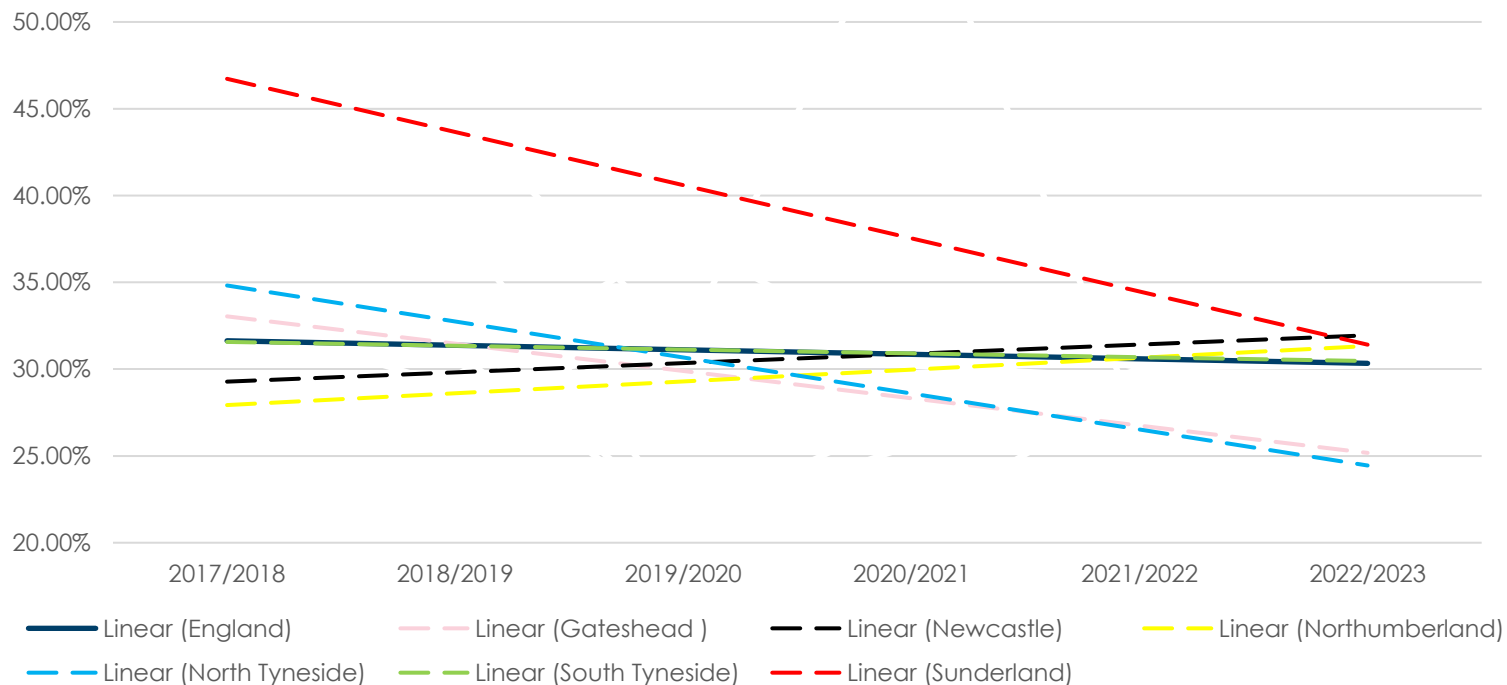
Less Active (less than an average of 30 minutes of physical activity per day)

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Trends for Less Active (less than an average of 30 minutes of physical activity per day)

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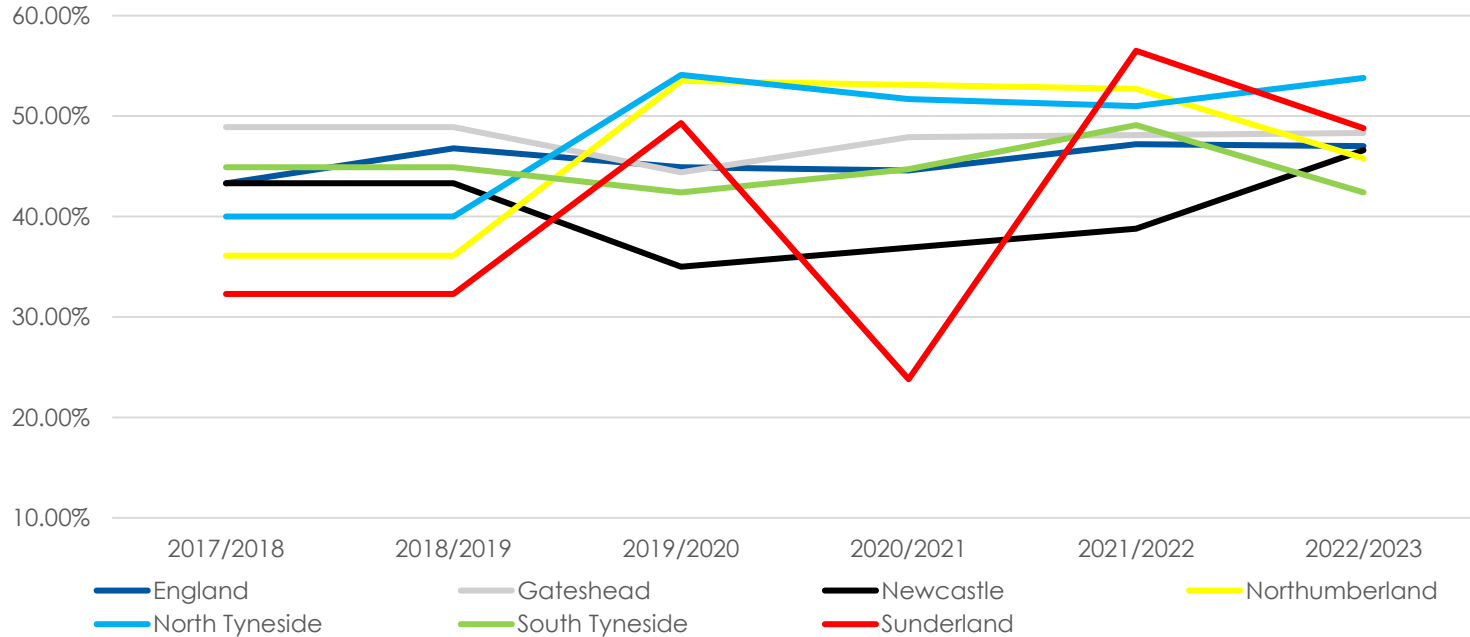


Less Active
(less than an average of 30 minutes of physical activity per day)

	2017/2018	2018/2019	2019/2020	2020/2021	2021/2022	2022/2023
England	32.90%	29.00%	31.30%	32.40%	30.10%	30.20%
Gateshead	33.80%	33.80%	27.40%	25.50%	Not Available	27.40%
Newcastle	32.30%	32.30%	21.30%	Not Available	33.50%	33.40%
Northumberland	31.00%	31.00%	21.20%	Not Available	30.01%	34.60%
North Tyneside	38.30%	38.30%	21.50%	21.40%	28.80%	29.50%
South Tyneside	29.60%	29.60%	37.60%	30.20%	29.50%	29.90%
Sunderland	44.70%	44.70%	31.40%	58.10%	26.90%	28.60%

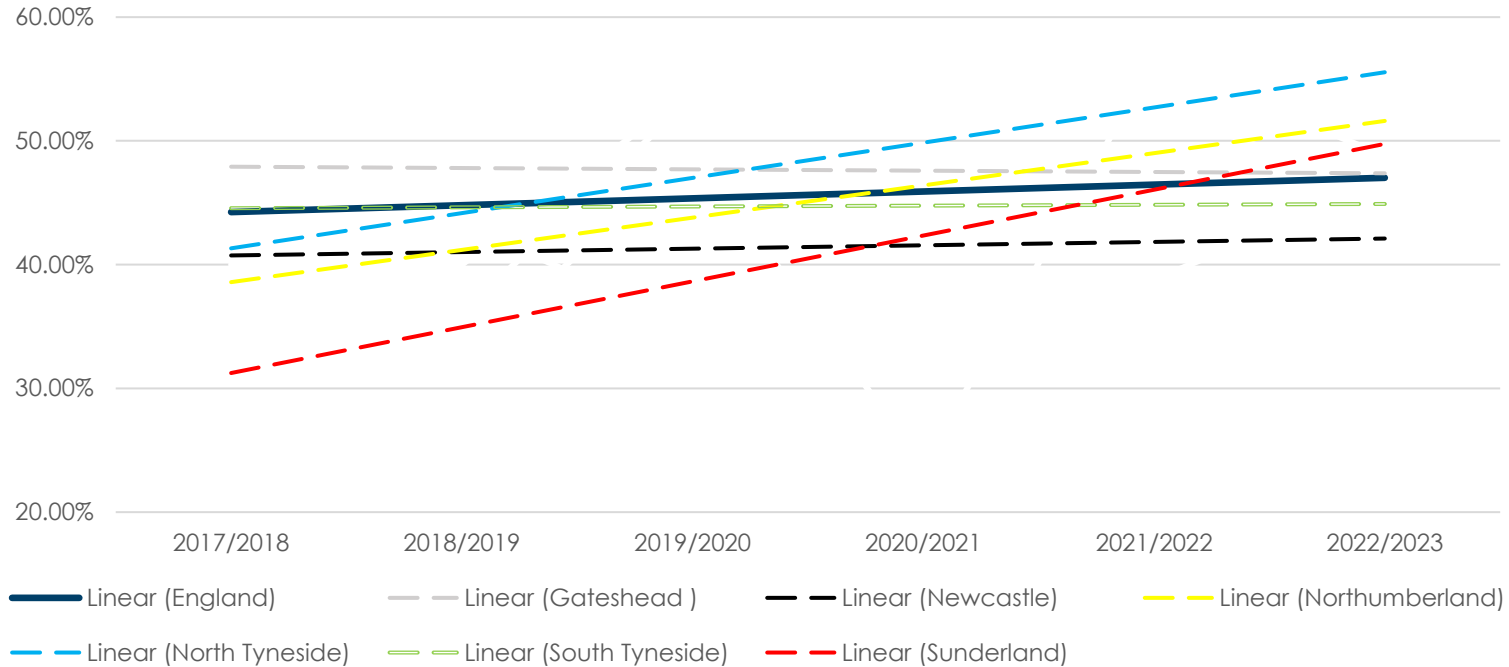
Active (average of 60 minutes or more of physical activity per day)

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Trends for Active (average of 60 minutes or more of physical activity per day)

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Active
(average of 60 minutes or more of physical activity per day)

	2017/2018	2018/2019	2019/2020	2020/2021	2021/2022	2022/2023
England	43.30%	46.80%	44.90%	44.60%	47.20%	47.00%
Gateshead	48.90%	48.90%	44.40%	47.90%	Not Available	48.30%
Newcastle	43.30%	43.30%	35.00%	Not Available	38.80%	46.60%
Northumberland	36.10%	36.10%	53.50%	Not Available	52.70%	45.80%
North Tyneside	40.00%	40.00%	54.10%	51.70%	51.00%	53.80%
South Tyneside	44.90%	44.90%	42.40%	44.70%	49.10%	42.40%
Sunderland	32.30%	32.30%	49.30%	23.80%	56.50%	48.80%

Highlights - Local

Trend analysis shows activity rates have increased, between 2017-18 and 2022-23, in Newcastle, Northumberland, North Tyneside, and Sunderland, but decreased in Gateshead and South Tyneside.

A greater proportion of children and young people are currently active in Gateshead, North Tyneside and Sunderland than in England. Conversely, a smaller proportion of children and young people are active in Newcastle, Northumberland, and South Tyneside than in England.

When considering the difference between the areas with the highest and lowest proportions of physically active children and young people in Rise's areas, there has been a decline from 16.6% in 2017-18 to 11.4% in 2022-23.

Looking at inactivity data, trend analysis shows inactivity rates have declined between 2017-18 and 2022-23 in Gateshead, North Tyneside, South Tyneside, and Sunderland, but increased in Newcastle and Northumberland.

When compared to national figures, levels of inactivity are higher in Newcastle and Northumberland but lower in Gateshead, North Tyneside, South Tyneside, and Sunderland.

Highlights - National

Children and young people's overall activity levels have remained stable, with 47% reported as taking part in an average of 60 minutes or more of sport and physical activity a day. This is in line with the 2018-19 academic year (47%), the last full year before the pandemic, and higher than in 2017-18 (43%), the first year that results were collected

Nationally, children and young people from the least affluent families are the least likely to be active, with only 44% meeting the Chief Medical Officers' guidelines – compared to 55% of those from the most affluent families.

Activity levels have been relatively stable over the last 12 months for boys and girls, with growth over the longer term at a similar rate for both. As a result, the gender gap between boys and girls currently stands at 6.8%, the same as the gap recorded in 2017-18.

Children and young people from White British (50%), White Other (54%) and Mixed (48%) backgrounds continue to be more likely to be active than those from Asian (40.0%), Black (40.0%) and Other ethnic (44%) backgrounds.

The percentage of young people in Years 7-11 (ages 11-16) reporting that they Often/Always feel lonely has remained stable (10%), however, there has been a 2.9% increase in the percentage that feel lonely Some of the time (24%).

Positively, results continue to provide further evidence that active children have higher levels of mental wellbeing and illustrate the role sport and physical activity can play in supporting them.