

Report of: Anna Frearson; Consultant in Public Health

Report to: Inner North East Community Committee – Chapel Allerton, Moortown and Roundhay

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Children's Physical Activity

Purpose of report

1. To consider the issue of children's physical inactivity and how this can be addressed in Inner North East Leeds to help all children be active and healthy.

Main issues

2. Half of all children in Leeds are not achieving the levels of physical activity needed to benefit their health. A third of children in the city are overweight or obese and physical activity is an important part of maintaining a healthy weight. Being active is essential for physical and mental health and can prevent over 20 diseases in adulthood such as heart disease, type 2 diabetes, cancer and depression.
3. Children from socio economically disadvantaged backgrounds are more inactive than other children and particularly outside of school. Asian girls are significantly more inactive than any other group.

Options

4. A range of approaches can increase children's physical activity including increasing access to sports and active recreation and encouraging play, walking and cycling.
5. There are initiatives in the city including Leeds Lets Get Active, Active4Life and Active Schools that can support activity at a local level. Of particular interest to the committee may be the **Play Streets** scheme; a resident-led initiative to enable children to play freely and safely in their own street. Leeds residents can make an application to the council for a temporary play street order which allows neighbours to close their road to

through traffic for the purpose of play for up to three hours at a time. Leeds Play Network support more disadvantaged communities to set up Play Streets.

- a. Consultation and engagement** - Children and young people have been consulted in various areas of Leeds and including BME groups. They enjoy football, sports, and dance and going to the park. They are aware that being active is important to their health. They say that more access to sports and dance would help them be more active and suggest incentives or rewards to encourage them to spend less time on commuters and TV and being active.
- b. Equality and diversity / cohesion and integration** - BME groups and children from disadvantaged communities are priority groups for improving access to physical activity opportunities
- c. Council policies and city priorities** – Increasing physical activity is a priority in the Healthy lifestyles and reducing inequalities Breakthrough project. Supporting children to have healthy lifestyles including being active is a priority in the Children and Young People’s Plan.
- d. Resources and value for money – N/A**
- e. Legal implications, access to information and call in – N/A**
- f. Risk management – N/A**

Conclusion

- 6. The issue of children’s low physical activity levels is an important one and could be effectively addressed at a locality level. Support for children and their families from disadvantaged communities to be more active is particularly important as they face more barriers to being active.

Recommendations

- 7. That the community committee considers actions that can be taken at a locality level to support children and families to be more active.
- 8. That the Community Committee agrees to consider the issues raised through discussions in the workshop session held as part of this Community Committee meeting.

Background information

See attached Appendix 1 for additional information.