

**Report of Director of Children and Families**

**Report to Scrutiny Board (Children and Families)**

**Date:** 6<sup>th</sup> March 2019

**Subject:** Scrutiny inquiry - is Leeds a child friendly city?



<p><b>Outcome:</b> Children and young people enjoy healthy lifestyles</p>	<p><b>Focus areas:</b> Children and young people’s physical activity</p>
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**Story behind the baseline and turning the curve story**

Physical activity is not only essential to maintaining a healthy weight but also to the wider mental and physical health of children and young people. Physical activity in children is crucial in maintaining cardiovascular health, achieving high peak bone mass and to emotional wellbeing. It can improve educational attainment and increase self-esteem and confidence in children.

The recent 2018 Sport England Active Lives Children’s survey data shows that nationally only 17.5% of children and young people (1.2m) are meeting the current Chief Medical Officer guidelines of taking part in sport and physical activity for at least 60 minutes every day. 32.9% (2.3m) do less than an average of 30 minutes a day.

Leeds My Health My School survey data is not directly comparable with the national survey as it measures young people who are active for 30 minutes or more a minimum of 7 times per week. In 2017/18, 68% of Leeds school age children reported being active for 30 minutes or more 7 times or more per week.

**Summary of the journey**

<p>Narrative/key milestones</p>	<ul style="list-style-type: none"> <li>• Work to raise awareness of the importance of tackling inactivity led to Leeds Health and Wellbeing Board adopting “more people more active more often” as a priority in 2016.</li> <li>• Both the Sports and Active Lifestyle Board, co-chaired by Public Health and a local volunteer with a background in sports development, and also the Children’s Physical Activity Steering group, chaired by Public Health, bring together key partners from Leeds City Council, NHS, universities, Sports Federation, Leeds United, Leeds Rugby and Leeds Cricket Foundations Dance Partnerships, schools and clusters to support joint action to tackle inactivity.</li> <li>• The PE and School Sports Premium which began in 2012 enabled Leeds to develop the Active Schools Plus programme which currently provides a traded offer for Leeds primary schools. This followed a significant cut to central Government funding for the Schools Sports Partnership in 2011.</li> <li>• The Leeds Healthy Schools programme supports schools to review strengths and identify areas for improvement across 10 school improvement strands, including a focus on physical activity. 214 schools (78%) across Leeds are engaged in the Healthy Schools programme. The</li> </ul>
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	<p>Active Schools + service promotes a sustainable system through developing models with schools to support the delivery of high quality physical activity, PE and sport. 114 primary schools have bought into the Active Schools + service.</p> <ul style="list-style-type: none"> <li>The environment children live in is key to their health and wellbeing and since 2011 which has resulted in the Planning and Design for Health and Wellbeing group being established bringing public health, planning and highways together for joint action. A set of key principles to prioritise active neighbourhoods, green space and connected communities has been developed in 2018 to influence new housing developments and regeneration projects. These principles are also being included in some Masterplan Planning Briefs. The aim is to create housing and neighbourhoods in Leeds that support children and families to have healthy, active lifestyles particularly in disadvantaged communities.</li> <li>The Bikeability programme has been ongoing between 2011 and 2018, improving children's cycling proficiency, plus major investment in cycling infrastructure has grown in recent years. Access to traffic free cycling for children is important for children to build skills and confidence and work to influence partners to allow access to and encourage cycling in parks has been underway since 2014.</li> </ul>																																								
<p>Performance measures 2011 to 2018</p>	<p>Physical activity levels are challenging to measure and no standardised measures have been developed yet. The Leeds My Health My School survey data for physical activity from 2011/12 is directly not comparable to 2017/18 due to a minor change to the question wording in 2013/14. However the survey does provide a relatively robust measure of children's self-reported physical activity which shows that in 2017/18, 76% of primary school aged children and 60% of secondary school aged children report doing at least 30 minutes of physical activity 7 or more times per week.</p> <p><b>Physically active for 30 minutes or more at least 7 times per week</b></p> <table border="1" data-bbox="395 1211 1394 1451"> <thead> <tr> <th></th> <th>2011/12</th> <th>2012/13</th> <th>2013/14</th> <th>2014/15</th> <th>2015/16</th> <th>2016/17</th> <th>2017/18</th> </tr> </thead> <tbody> <tr> <td>Primary</td> <td>46.0%</td> <td>43.4%</td> <td>74.1%</td> <td>75.2%</td> <td>76.9%</td> <td>76.9%</td> <td>75.9%</td> </tr> <tr> <td>Secondary</td> <td>33.6%</td> <td>33.7%</td> <td>60.2%</td> <td>60.6%</td> <td>58.9%</td> <td>60.5%</td> <td>60.0%</td> </tr> <tr> <td>Y11</td> <td>26.3%</td> <td>24.4%</td> <td>50.5%</td> <td>50.9%</td> <td>39.9%</td> <td>46.5%</td> <td>44.6%</td> </tr> <tr> <td>Overall</td> <td>40.5%</td> <td>39.8%</td> <td>68.2%</td> <td>69.0%</td> <td>68.9%</td> <td>70.1%</td> <td>68.5%</td> </tr> </tbody> </table> <p><b>Survey changed in 2013/14</b></p> <p>A physical activity health needs assessment was undertaken in 2016 in order to examine activity levels in Leeds from birth to 18 years and an in depth analysis of the 2016/17 MHMS data was carried out indicating that:</p> <ul style="list-style-type: none"> <li>- Only 39% of secondary school age girls achieved at least 7 hours of physical activity per week compared to 54% of boys.</li> <li>- Fewer children from deprived Leeds (54%) achieve the recommendation compared to those from non-deprived Leeds (64%) at primary school age but no significant difference is found at secondary school age.</li> </ul>		2011/12	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	Primary	46.0%	43.4%	74.1%	75.2%	76.9%	76.9%	75.9%	Secondary	33.6%	33.7%	60.2%	60.6%	58.9%	60.5%	60.0%	Y11	26.3%	24.4%	50.5%	50.9%	39.9%	46.5%	44.6%	Overall	40.5%	39.8%	68.2%	69.0%	68.9%	70.1%	68.5%
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<p>Additional supporting evidence</p>	<p>Leeds School Census 2015 data shows that the number of children in Leeds who walk to school has risen slightly from 53% in 2011/12 to 56% of children in 2015/16. Cycling to school still remains well below the national average of 4%, at 0.3% in 2011/12 and 0.5% in 2015/16</p>																																								
<p>Universal</p>	<p>Healthy Schools and the support offer within the Active Schools + service, support schools to take a whole systems approach to physical activity. Both are offered to all Leeds schools and initiatives delivered via a Service Level Agreement with schools which buy in the services.</p>																																								

	<p>The Change4Life campaign is promoted locally by Public Health and wider partners. It provides social marketing to encourage children and families to move more and sit less, including raising awareness of excessive TV and screen time.</p> <p>In addition, Dr TV and the TV Zombies, a locally developed initiative, also addresses issues of sedentary behaviour and excessive screen time through a musical theatre production where children communicate the messages to their parents and communities.</p> <p>Leeds promotes the development and implementation of school travel plans to support the promotion of active travel to school. Travel plans provide the means within schools to provide direction through parent, pupil and community consultation, which identifies barriers and provides the school with a clear action plan for the promotion of walking, cycling and scooting to and from school. All state schools and Academies in Leeds have a travel plan.</p>
Vulnerable	<p>MHMS data shows participation levels in sports/dance clubs and swimming are lower for children from deprived Leeds than from non-deprived Leeds.</p> <p>The Active4Life physical activity programme was commissioned by Public Health in 2008 to reduce health inequalities. This has now been replaced by the Children Healthy Living Activities, engaging children in regular activity and healthy eating. The programme is delivered by Dance Action Zone Leeds (DAZL), The Works skate park and Health for All Active Clubs Experience (HFA-ACE), engaging approximately 9000 children from disadvantaged communities, targeting the top 5 NCMP school cluster areas, Farnley, ACES, CHESS (now known as 2gether), OPEN XS and Inner East.</p>
Children looked after	<p>Work has been undertaken through the MALAP Enjoy partnership to increase opportunities for children looked after to be active. This includes fun days for foster carers and their children to try out sports and activities plus better signposting and communication into existing provision.</p>
<b>Next stage of our journey</b>	
Future aspirations	<p>Plans are now agreed and underway to establish four Cycle Friendly Parks in 2019 with a view to roll out the initiative to more parks.</p> <p>Options are being explored with partners from Active Schools, Active Leeds and British Cycling to ensure pre-school children, particularly girls, are confident to ride bikes/balance bikes before they start school. This will be led by Leeds Cycling Partners Group, under the Leeds Cycling Starts Here Strategy. The aim is that future generations of cyclists in Leeds use the cycle infrastructure we are investing in. Consultation with Children's Centres across the city is underway.</p> <p>Work is underway to develop the new East Leeds Extension housing area as an exemplar of planning and design that encourages active neighbourhoods.</p>
Challenges/barriers	<ul style="list-style-type: none"> <li>• Traffic levels in Leeds still remain a major barrier to children's cycling and outdoor play.</li> <li>• No consistent approach nationally to measuring physical activity levels and local self-report data has limitations.</li> </ul>
<b>Supporting evidence</b>	
<p>Leeds Children &amp; Young People Physical Activity Needs Assessment 2016:  <a href="http://observatory.leeds.gov.uk/resource/view?resourceId=4777">http://observatory.leeds.gov.uk/resource/view?resourceId=4777</a>  Sport England Active Lives Children's Survey: <a href="https://www.sportengland.org/media/13698/active-lives-children-survey-academic-year-17-18.pdf">https://www.sportengland.org/media/13698/active-lives-children-survey-academic-year-17-18.pdf</a>  Public Health England; Everybody Active Everyday:  <a href="https://www.gov.uk/government/publications/everybody-active-every-day-a-framework-to-embed-physical-activity-into-daily-life">https://www.gov.uk/government/publications/everybody-active-every-day-a-framework-to-embed-physical-activity-into-daily-life</a>  Leeds Sustainable Educational Travel Strategy:  <a href="https://www.leeds.gov.uk/docs/Sustainable%20Education%20Travel%20Strategy%202017-21.pdf">https://www.leeds.gov.uk/docs/Sustainable%20Education%20Travel%20Strategy%202017-21.pdf</a></p>	