

Physical Activity Children & Young People

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Overview

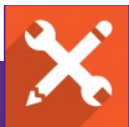
Regular physical activity has been proven to have a beneficial effect in countless areas. physical health, mental health, social isolation and a persons link to their community.

The UK Chief Medical Officers' (CMOs') recommend that children and young people (5-18 years) are physically active for an average of at least 60 minutes per day across the week.



Sandwell Children Activity Levels

- The Active Lives Children and Young People Survey by Sport England.
- Sandwell children are racing ahead with physical activity
- Sandwell now ranked 4th compared to the rest of England
- And top in the West Midlands.
- <https://www.expressandstar.com/news/health/2022/02/01/sandwell-children-are-the-most-active-in-the-black-country-survey-suggests/>



Tackling the Issues



Inequalities

Reduce health inequalities within the local community, work to improve the choices young people make in regards to healthy lifestyles and physical activity.



Inactive - Active

Work to embed physical activity in to daily life, across the life course and in all communities. Making it easy, cost effective and normal.



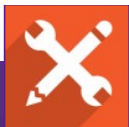
Impact

Long term, improvements in healthy life expectancy, improved mental health & wellbeing, happier, healthier young people engaged in community activity.



Physical Activity Offer

- Move More Sandwell.
<https://www.healthysandwell.co.uk/about-move-more-sandwell/>
- 106 identified activities for children and young people.
- HAF – Holiday Active and Food Provision.
- Free swimming (<16 school holidays).
- PHDO school engagement work.



Future Physical Activity Plans

- **Cycling** – Partnership agreement with British Cycling for the Cycle Activator post in Sandwell (2 years).
- **Adaptive Cycling** – Service specification has been drafted and advert to go out soon for a borough wide inclusive cycling project.
- **Secondary School Project** – PHDO's are currently engaging with secondary school settings (teachers, pupils) and hosting consultations .
- **STEPS school** – plans to run sport club taster sessions to children and young linking to the 2022 Commonwealth Games.
- **CAC Funding** – Commonwealth Activity Communities, successful bid to fund an array of activities in 6 wards, activating green spaces.
- **NAPSACC** – Feasibility research project with Bristol University.
- **Swimming offer** – Plans for further investment.



Thank You and Any Questions?

