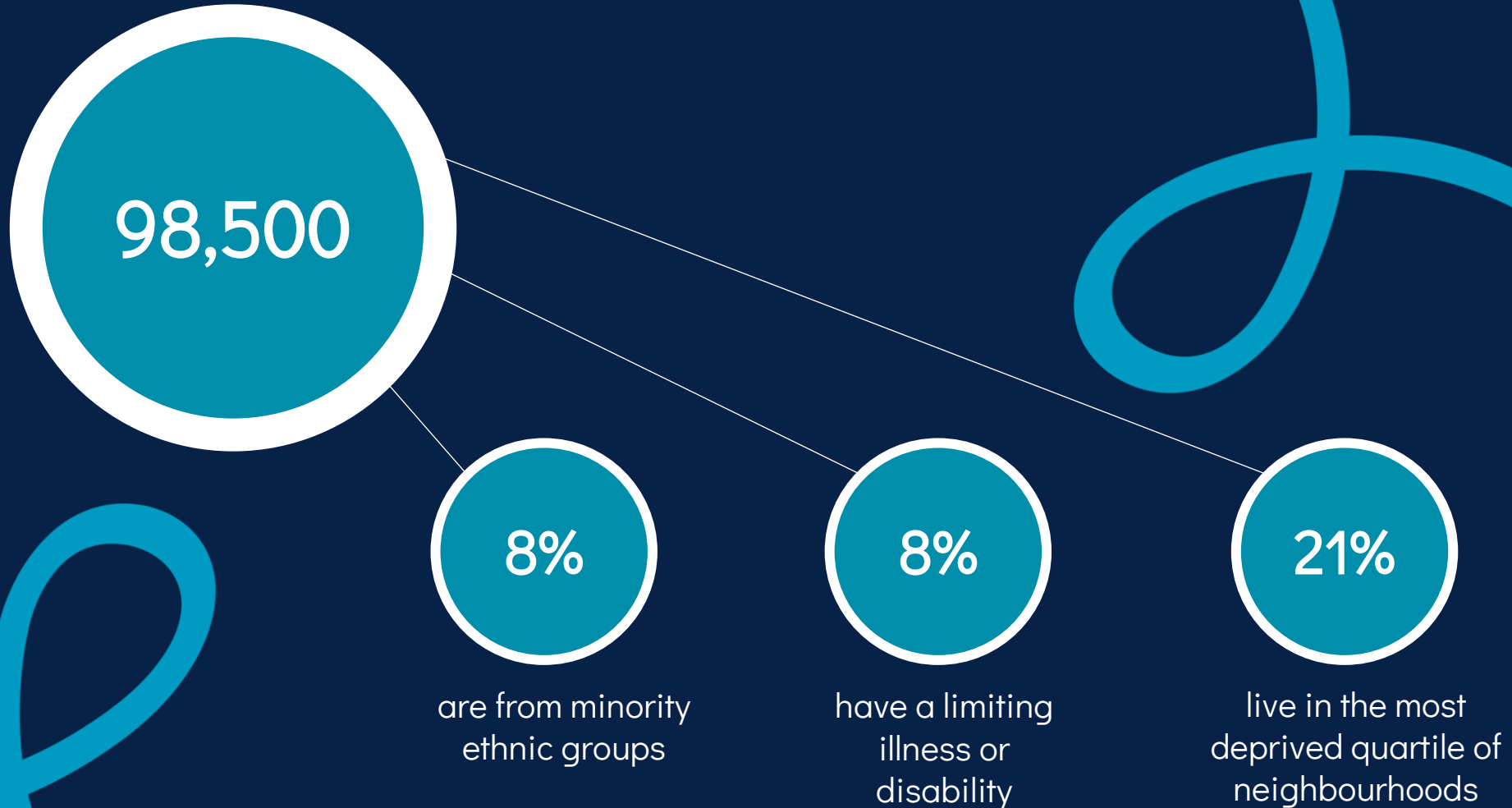


# Children & Young People Physical Activity Behaviour in Derbyshire

Active Lives Children's Survey 2023-24

# There are 98,500 young people in Derbyshire

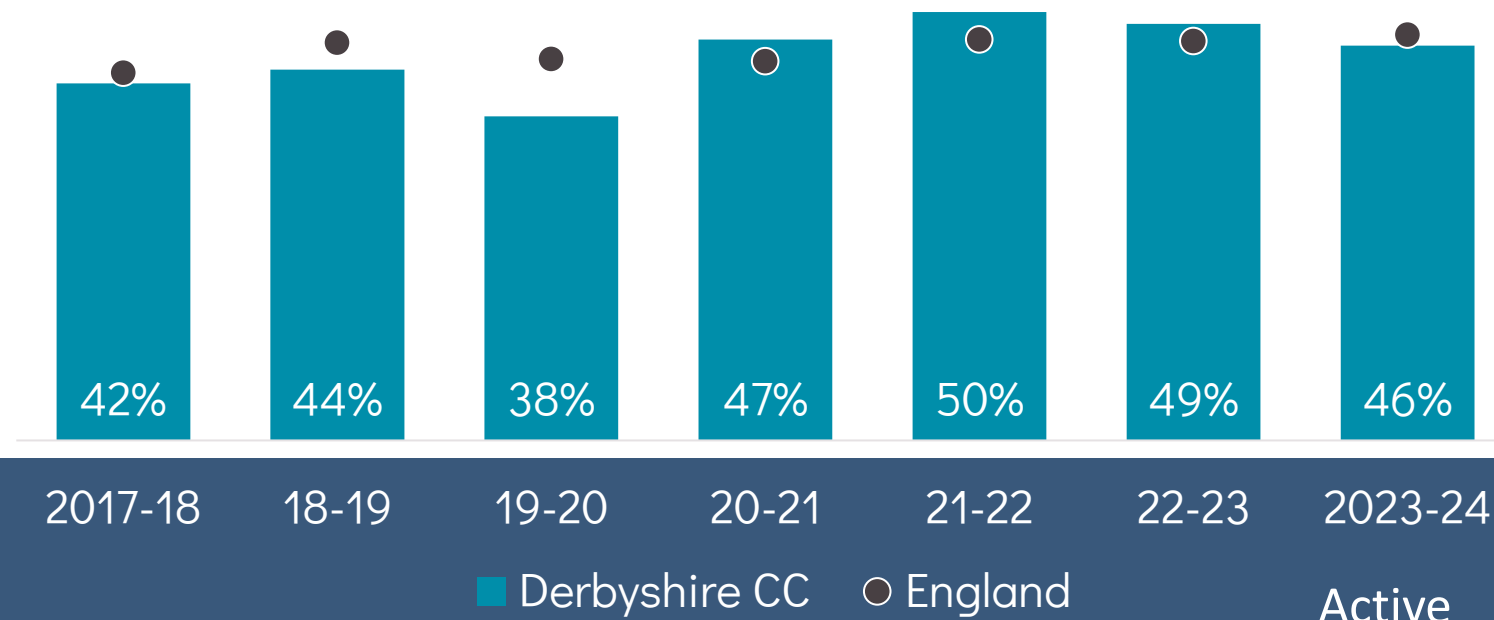
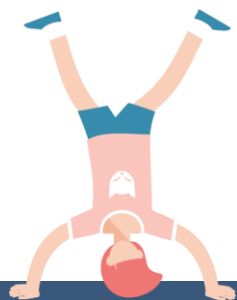


54% of children and young people are not active enough

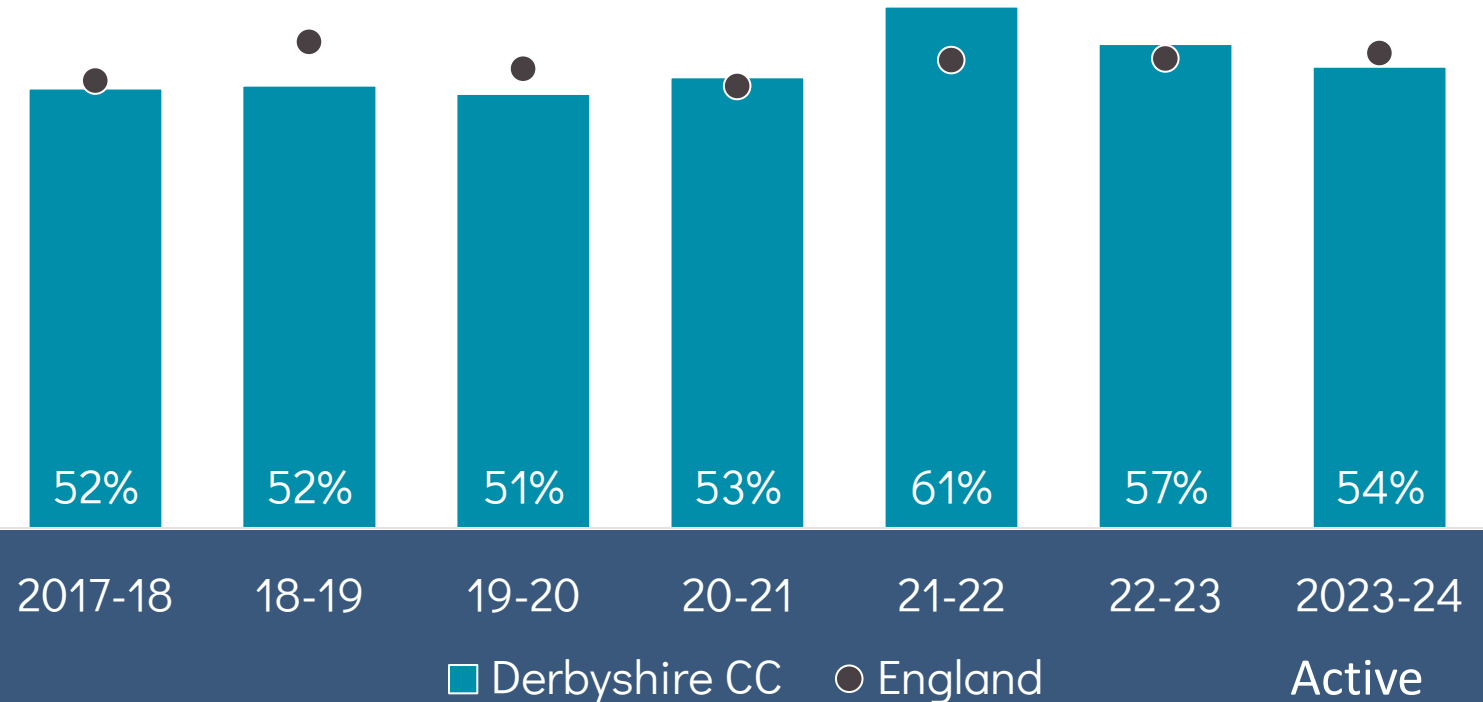


That's **52,600** young people not meeting recommended activity levels

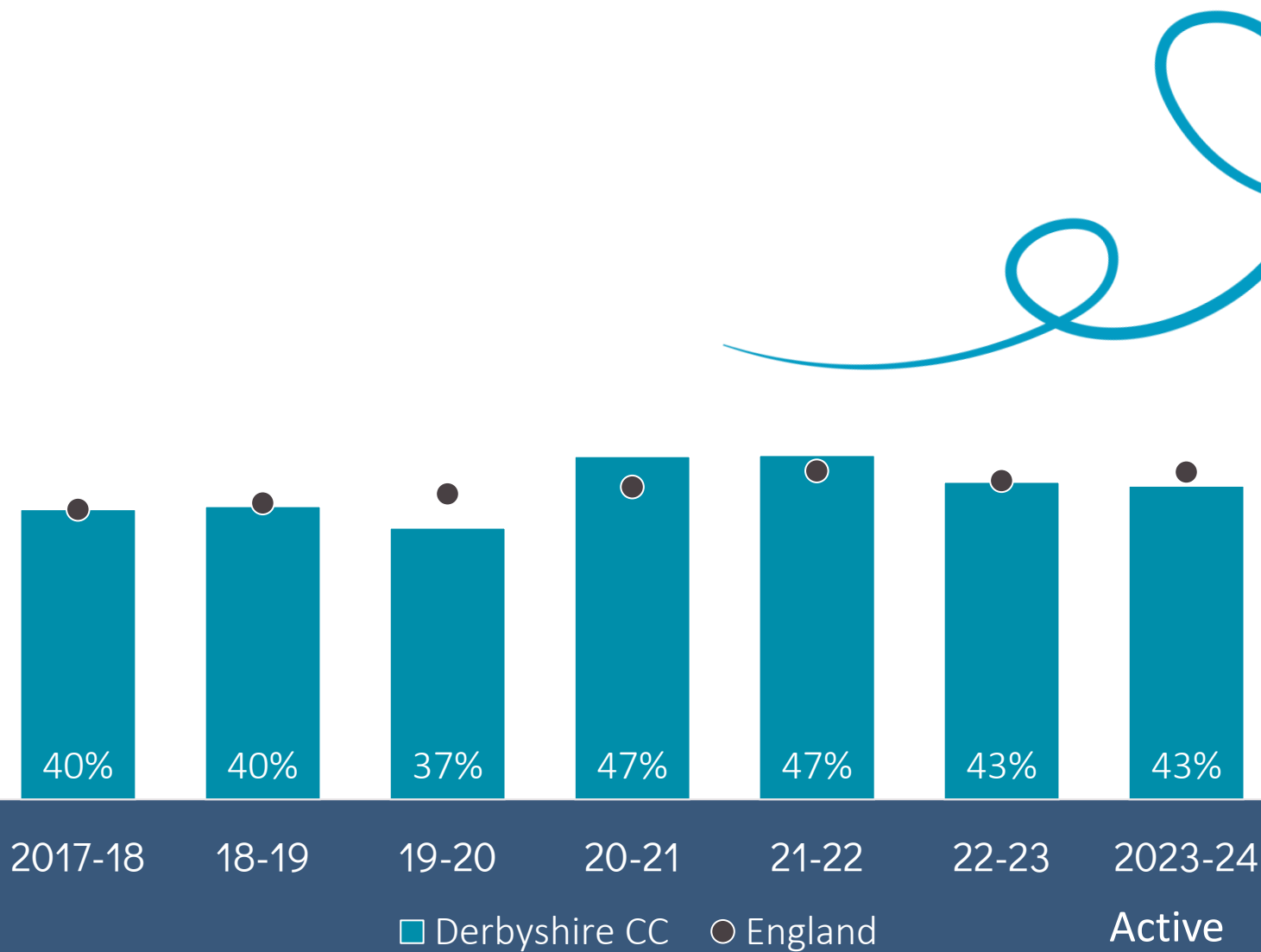
Overall, there has been little change in **active levels** for children and young people (everywhere)



Active levels are  
higher for children  
and young people  
**outside school**



Active levels are lower for children and young people at school



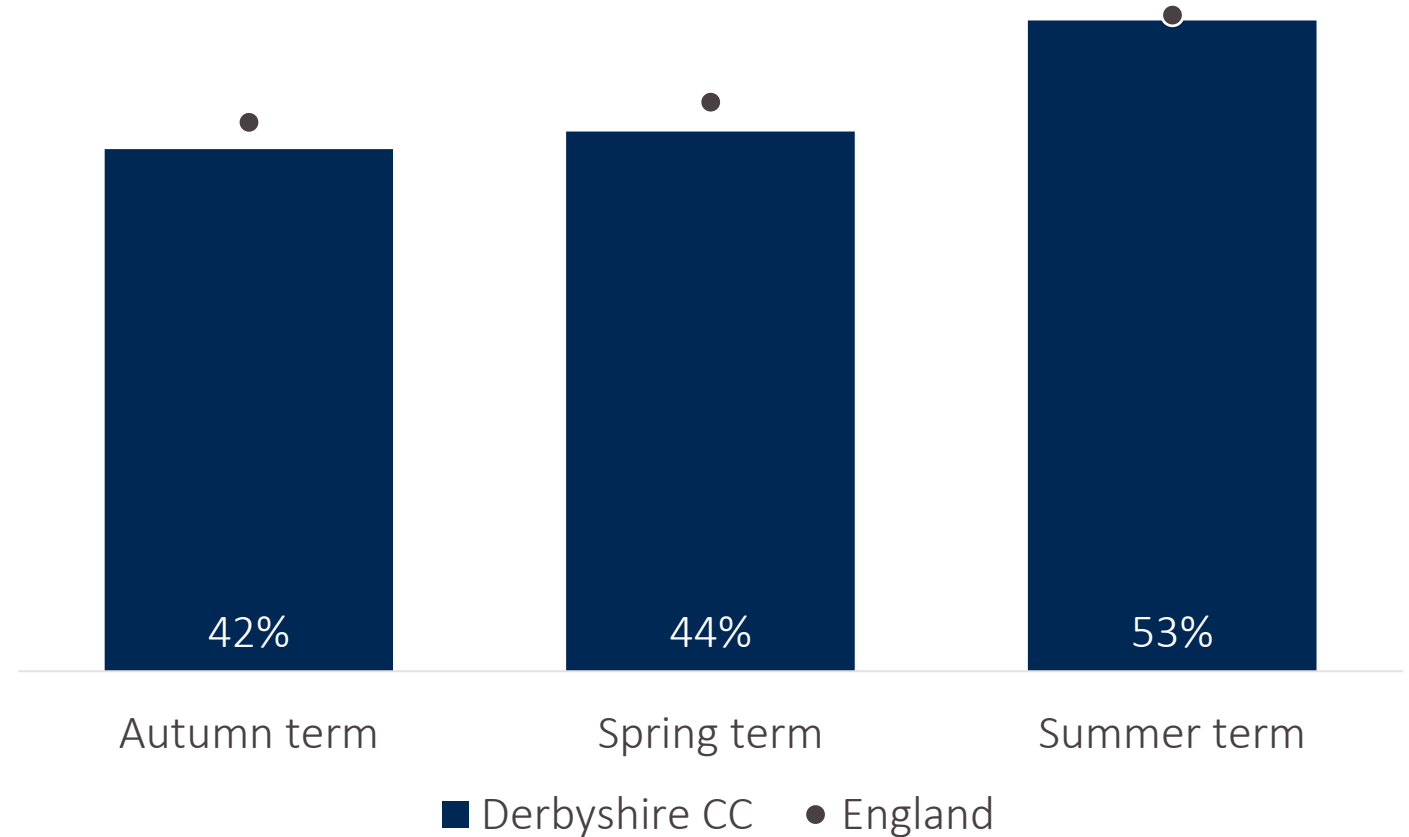
Source: Sport England Active Lives, Children and Young People survey 2017-18 to 2023-24  
Measure: An average of 30 minutes or more a day, at school

# Activity levels are higher in the summer

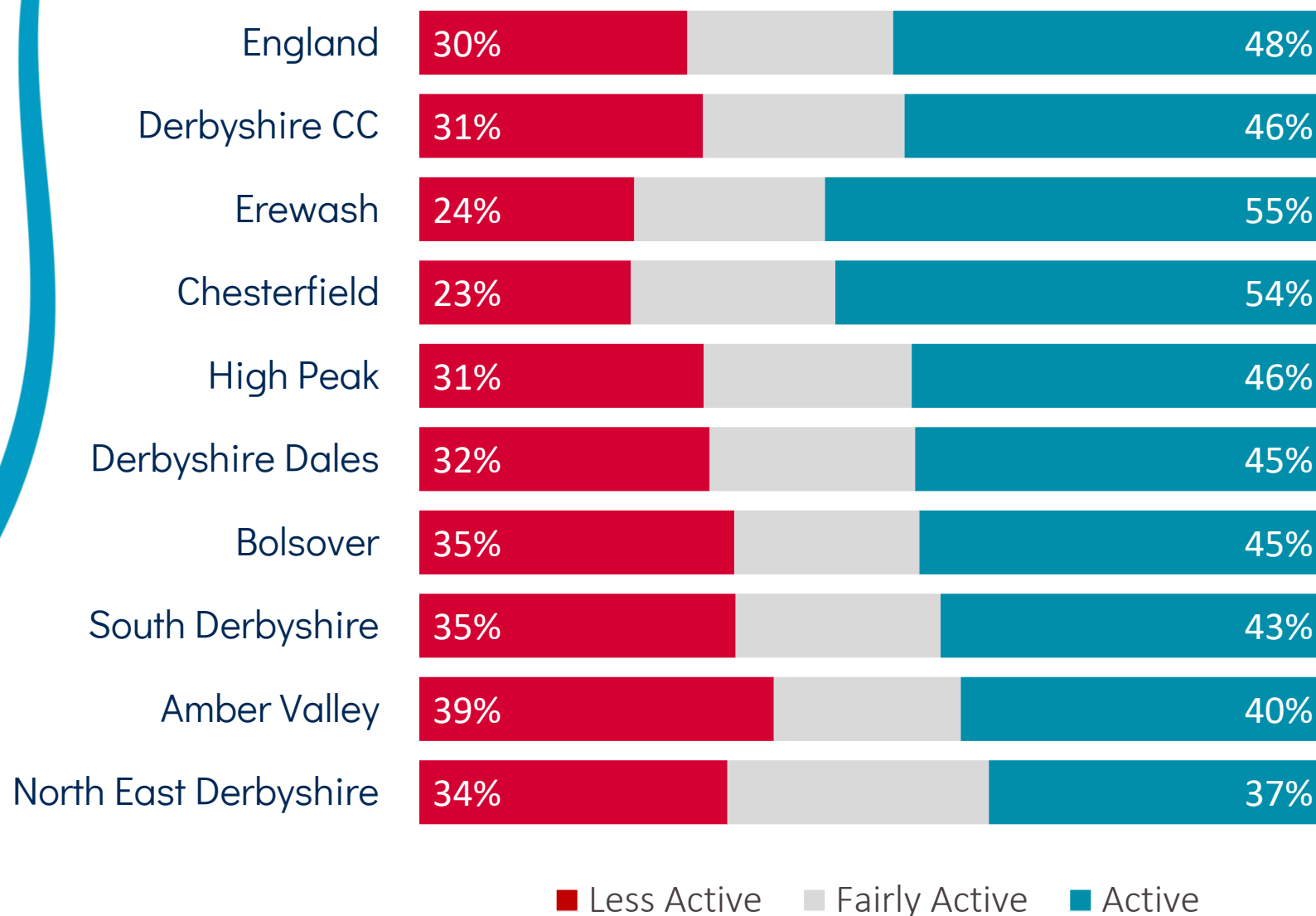
When surveys were completed will  
impact overall activity levels

Sample size by term:

- Autumn: 1,762
- Spring: 2,689
- Summer: 2,378



There is 18%  
difference in activity  
levels across our local  
area





# Sport England launched the **Inequalities Metric** in 2024

Its aim is to better  
surface inequalities  
in sport and  
physical activity  
participation

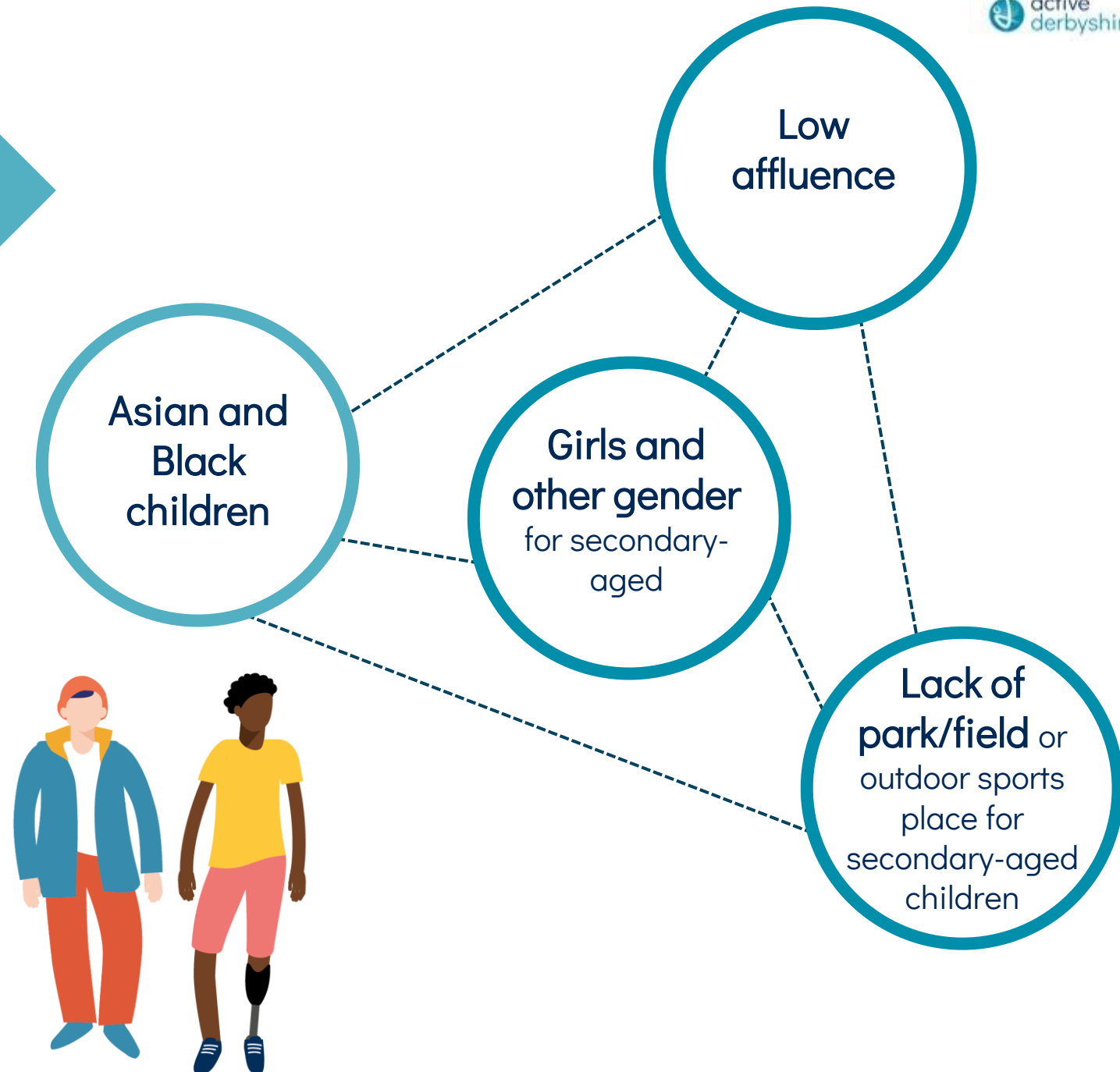
Nationally, **51%** of those  
with **no inequality factors**  
meet activity guidelines

Compared to **39%** for  
those with **two or more**  
**characteristics**



# Key characteristics for children and young people

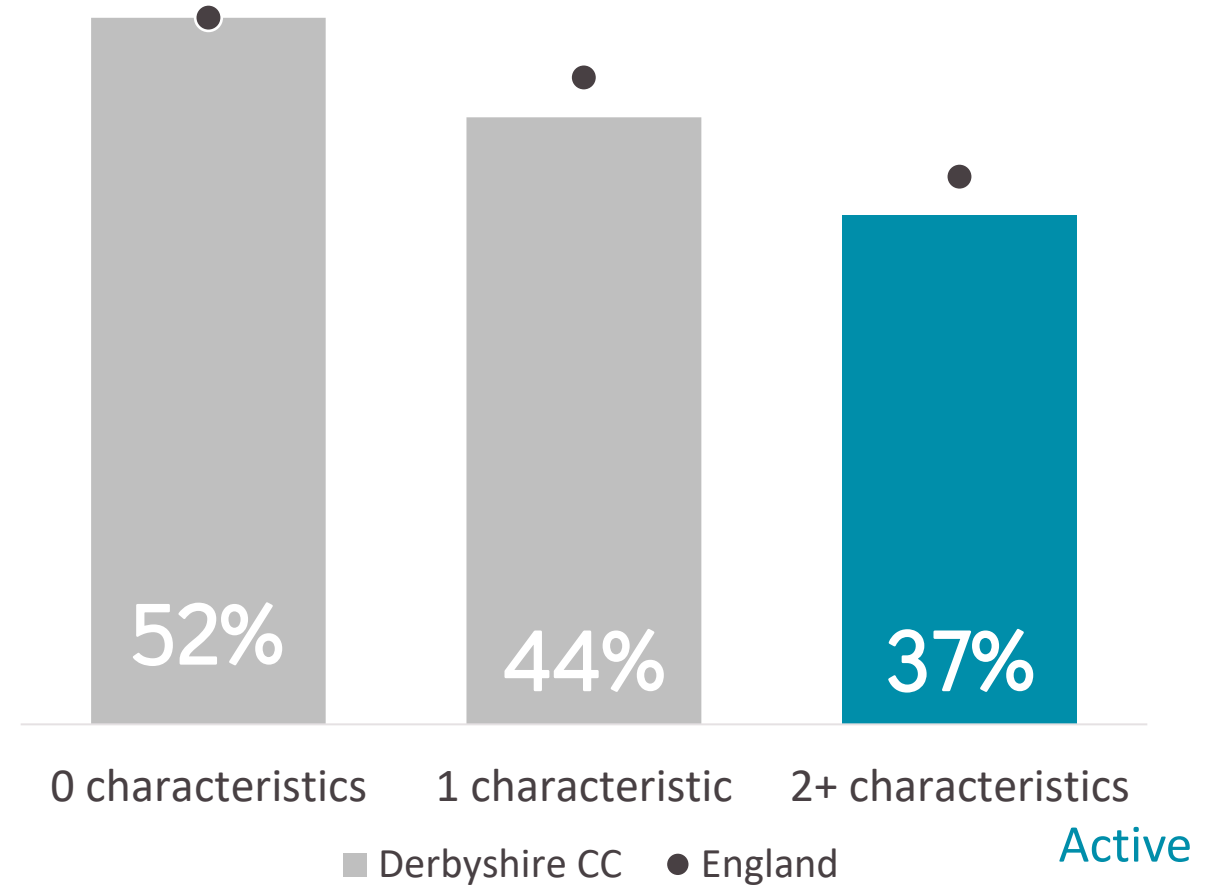
The key driver of lower levels of physical activity is where a child has **two or more characteristics** associated with being less active



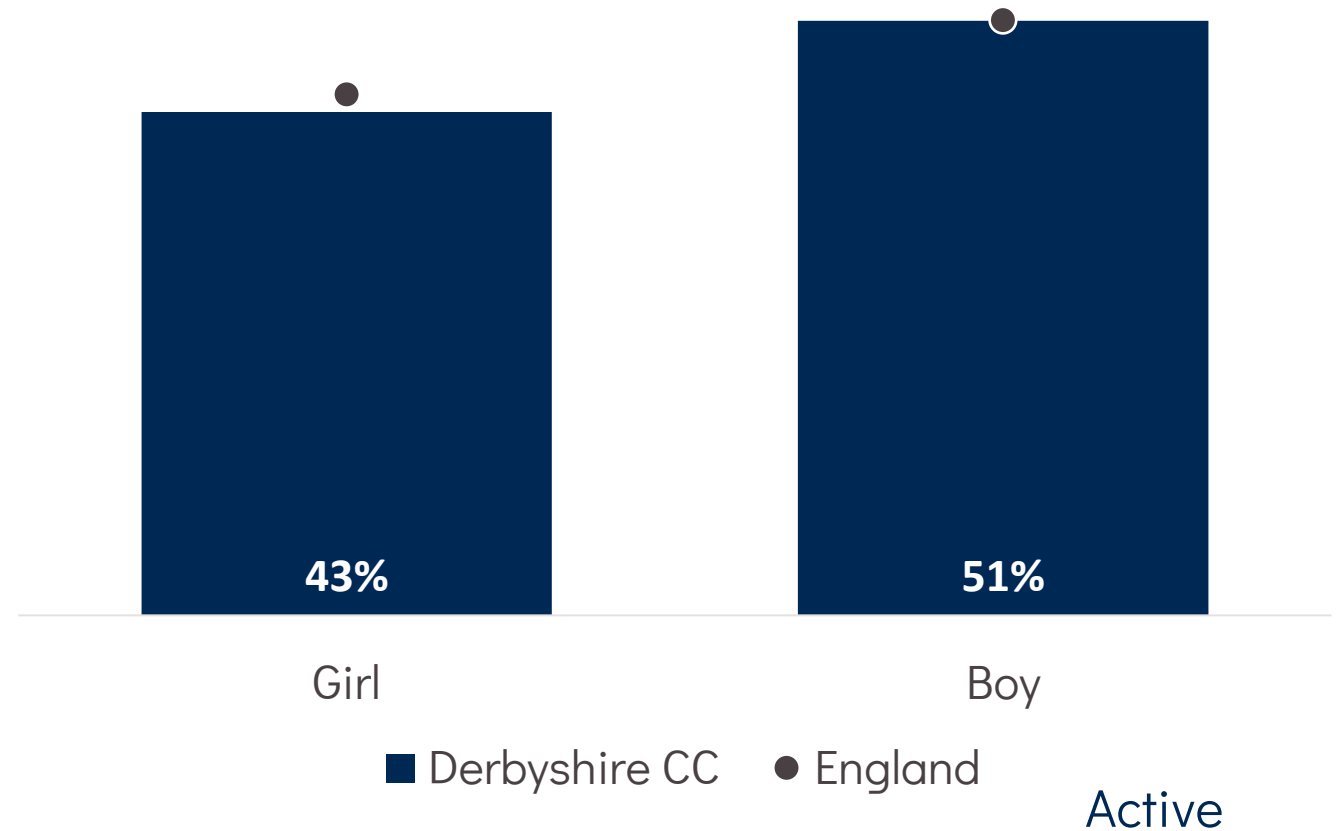
# Active levels as measured by the Inequalities Metric



Activity levels reduce as our children and young people experience more factors from the Inequalities Metric



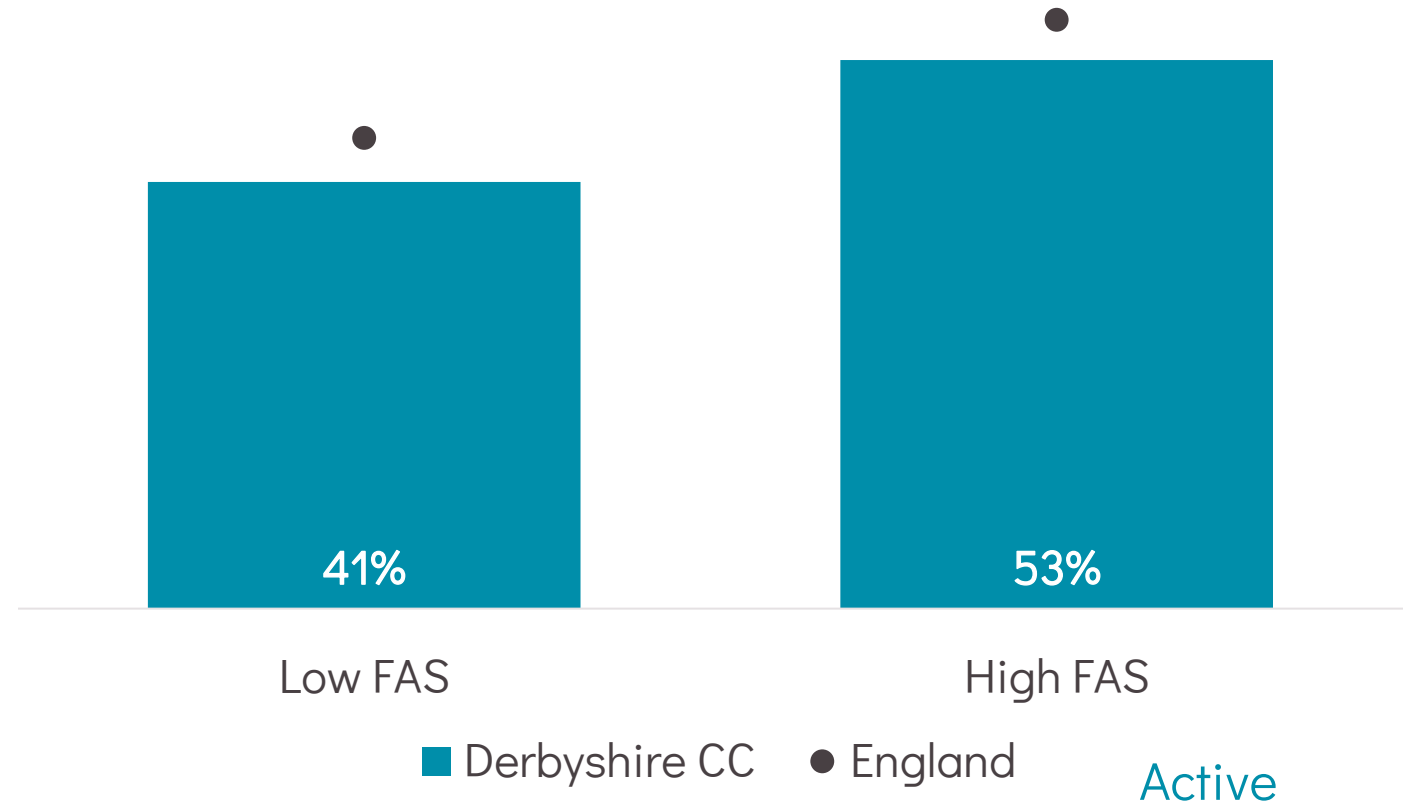
# Girls are less likely to be active compared to boys



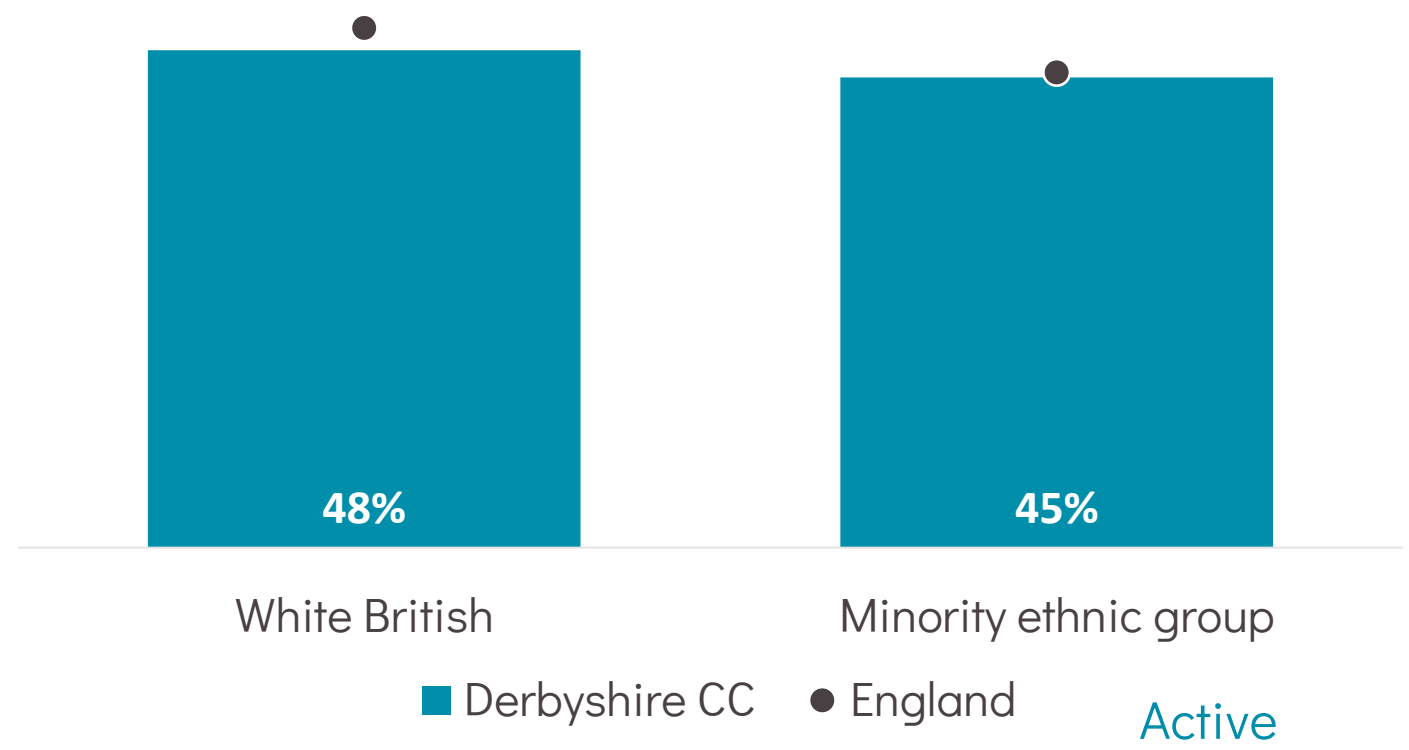
Source: Sport England Active Lives, Children and Young People survey 2023-24  
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

# Family affluence creates the biggest inequalities in activity levels

This inequality is present both at and outside school

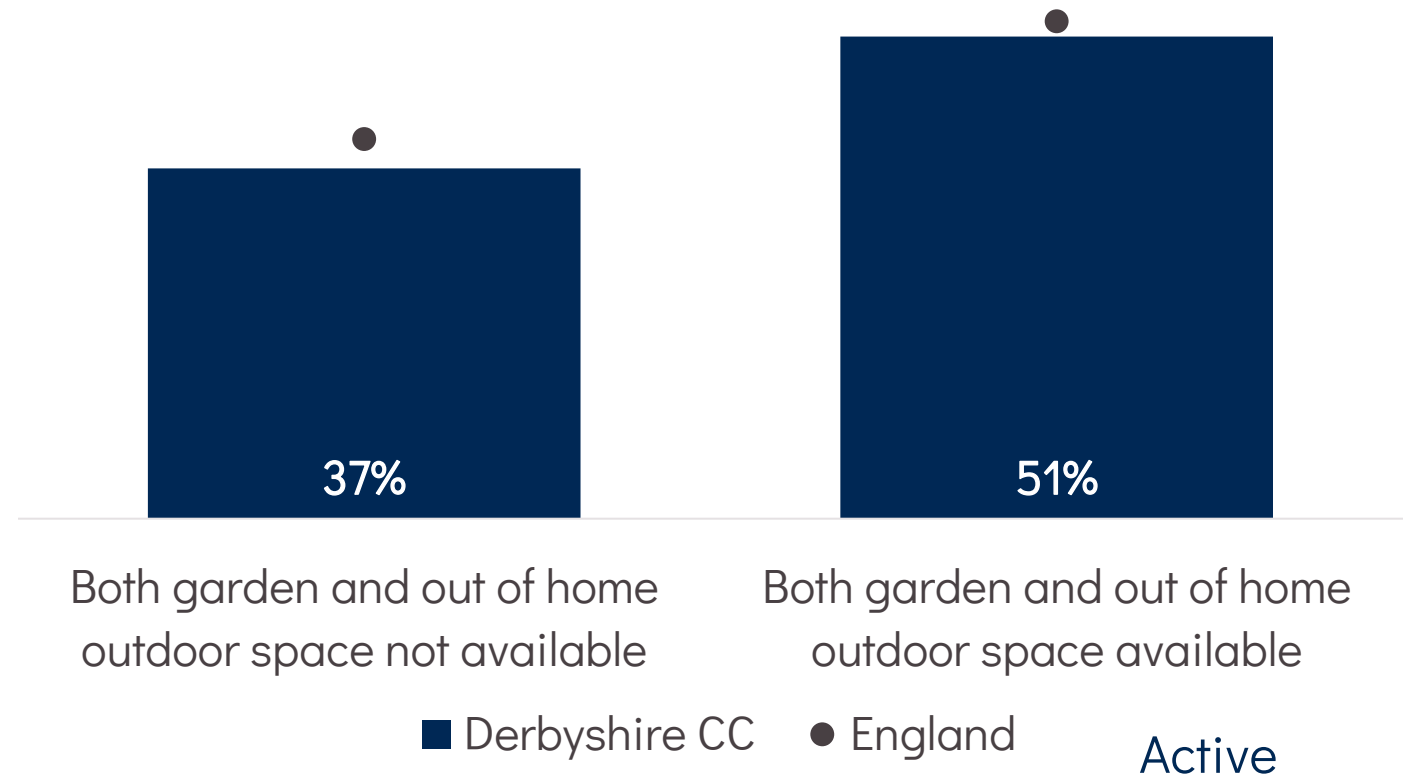


We are only able to view data in two categories, **White British** and **Minority ethnic groups**. This may mask some of the inequalities between ethnic group



Source: Sport England Active Lives, Children and Young People survey 2023-24  
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

Having access to outdoor space both at home and away from home (such as parks) has a **positive impact** on activity levels



# Appendix



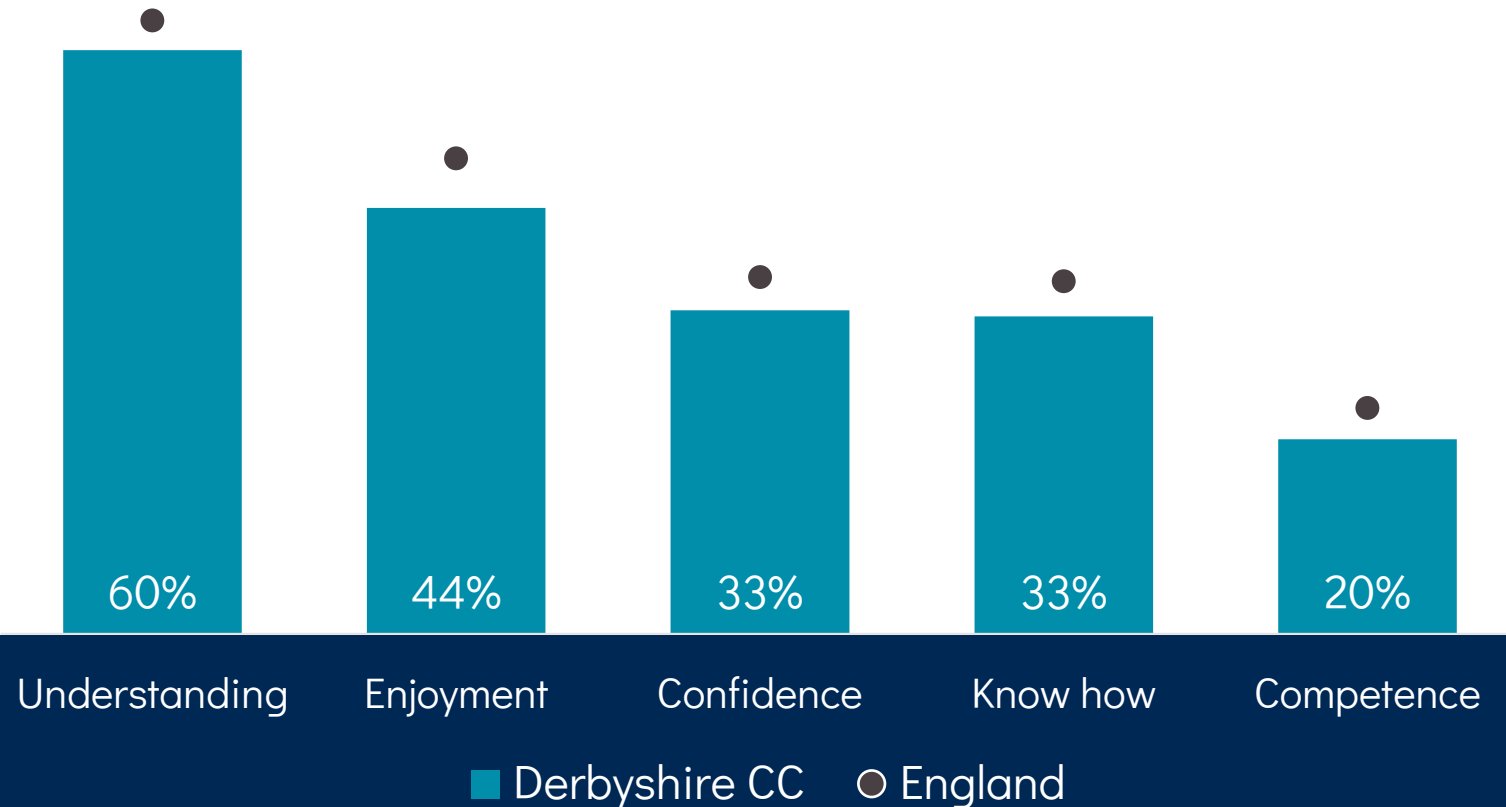
Data is for: Derbyshire CC



# Positive attitudes towards sport and physical activity

The proportion of children and young people reporting that they:

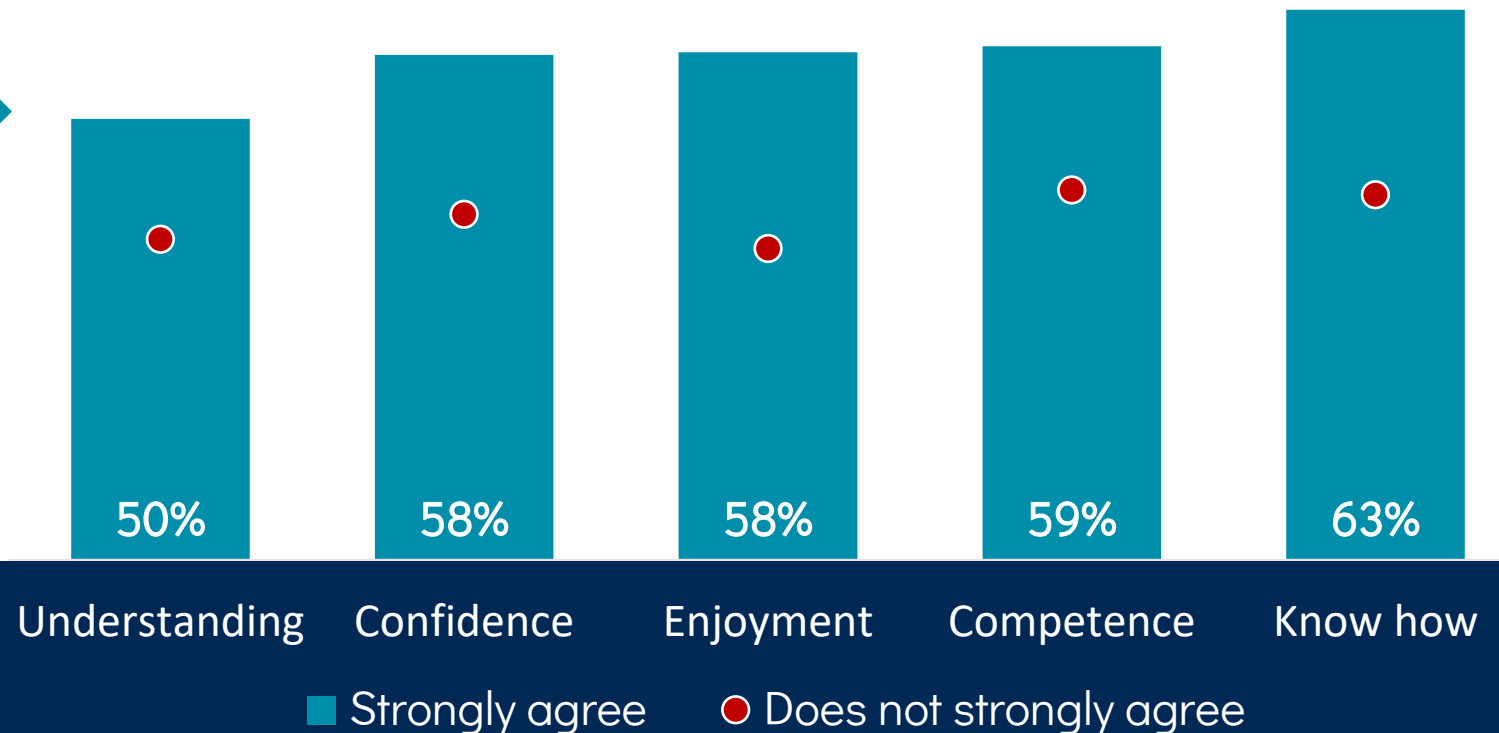
- **Understand** why being active is good for them (understanding)
- **Enjoy** taking part (enjoyment)
- **Feel confident** when doing so (confidence)
- **Know how** to get involved (know how)
- **Find it easy** (competence)



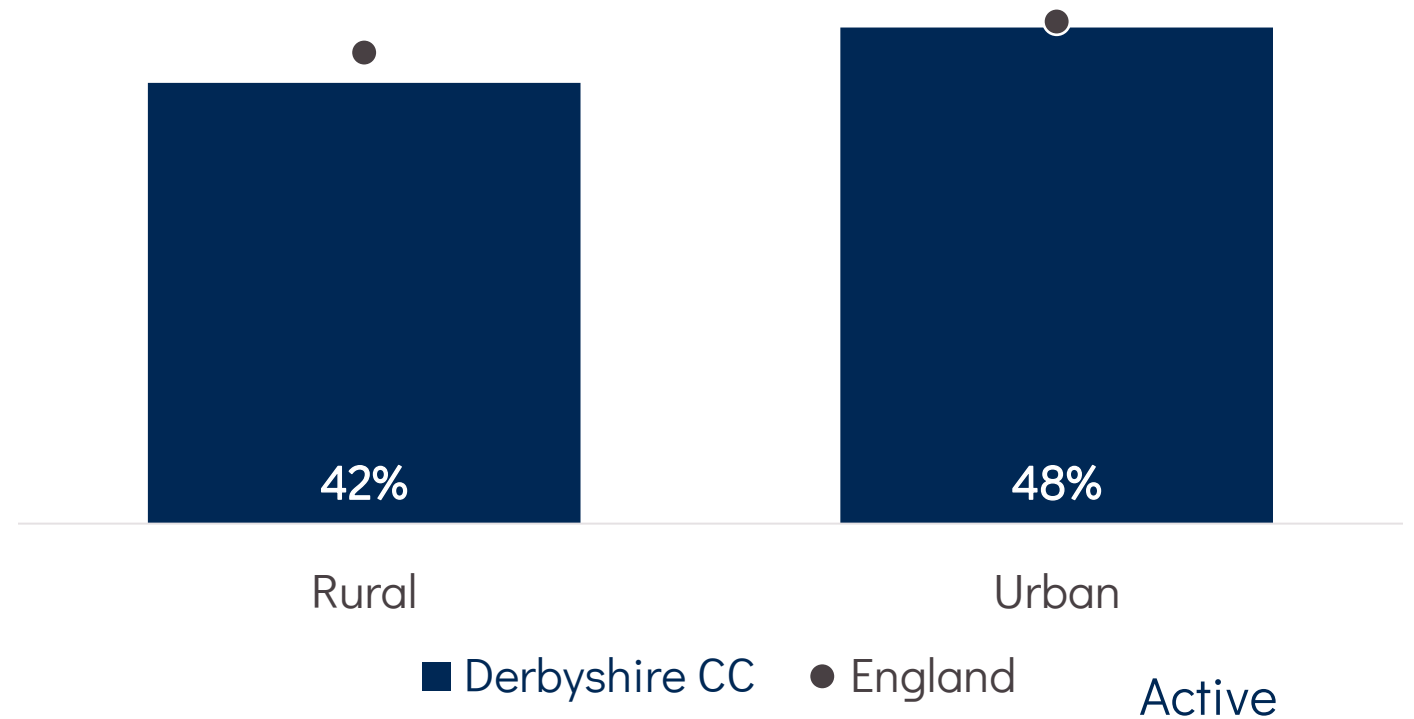
# Activity levels by physical literacy

Children and young people who have a **positive association with movement** and physical activity are **more likely to be active**

...than young people who don't

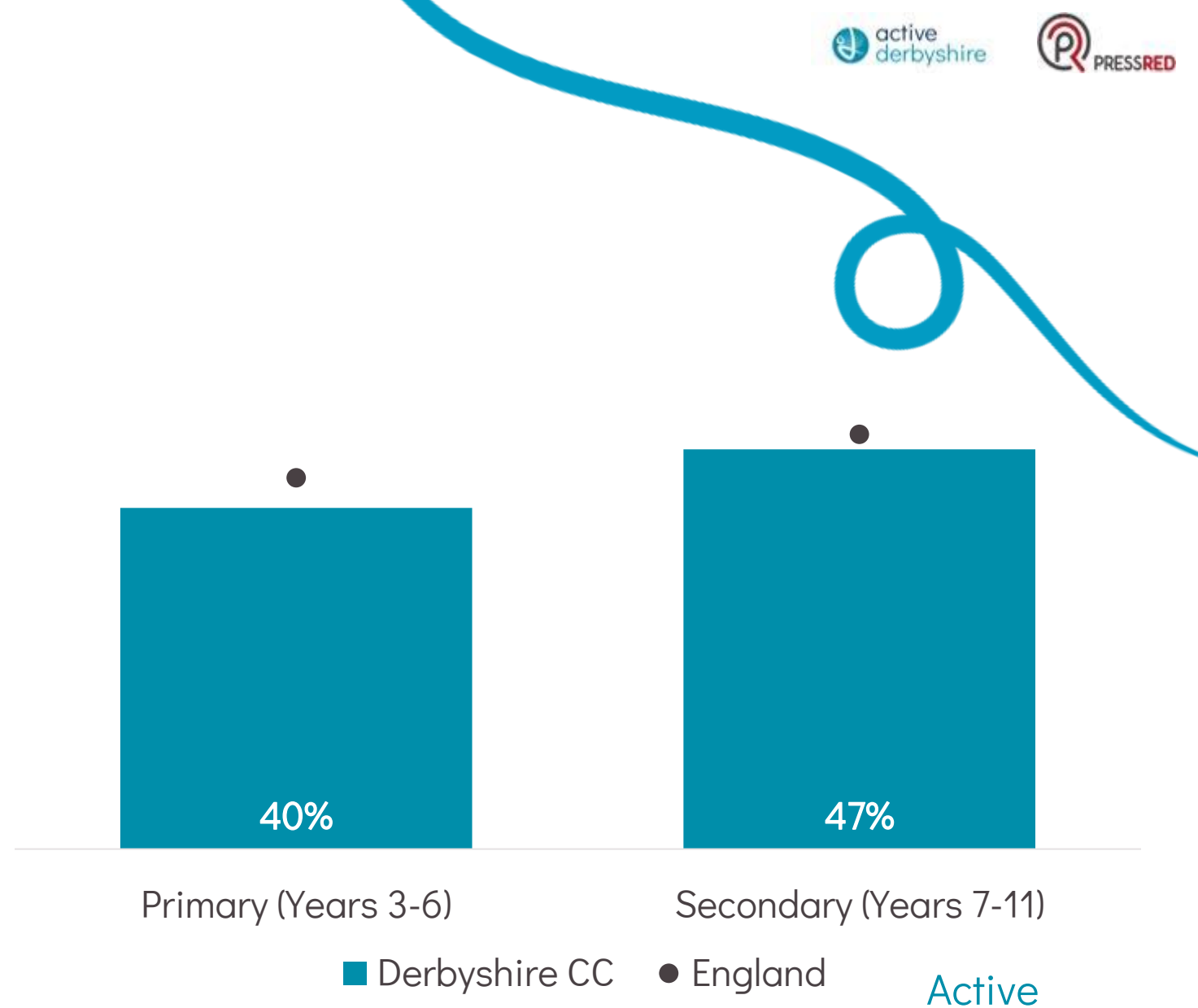


Children and young people living in rural communities are less likely to be active than peers living in urban settings



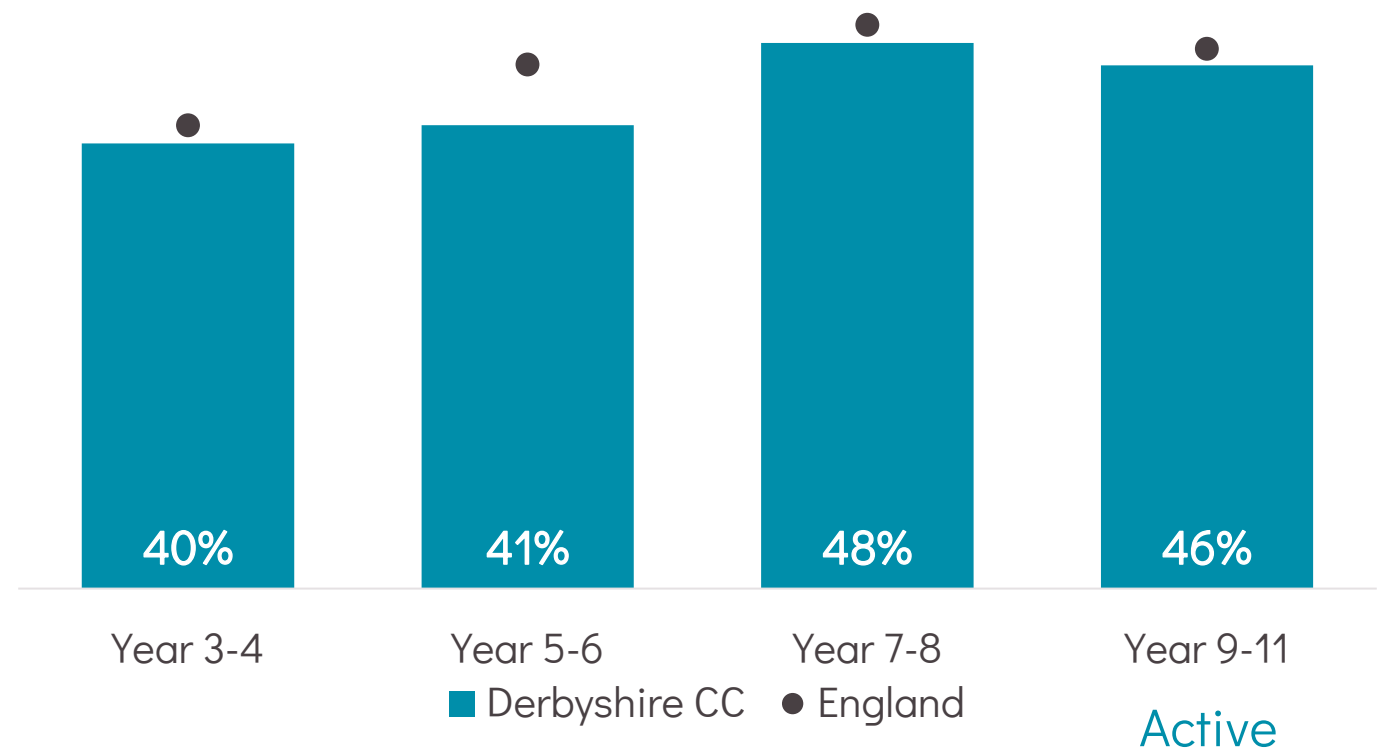
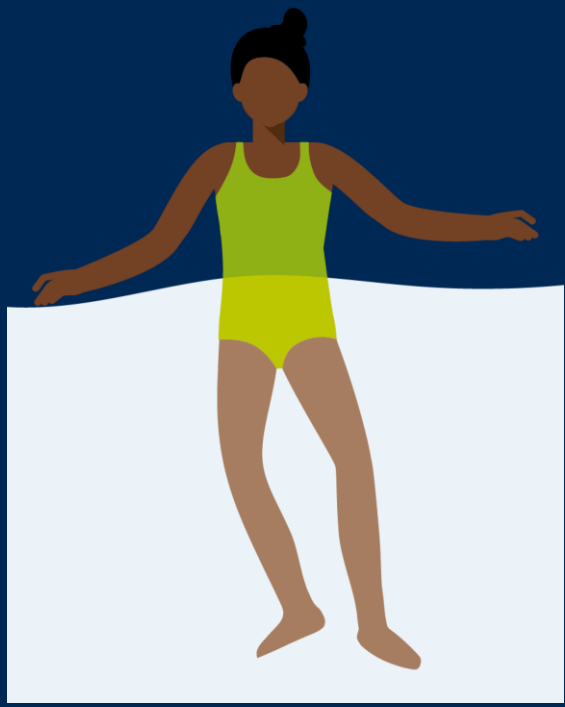
Source: Sport England Active Lives, Children and Young People survey 2023-24  
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

Activity levels are lower  
in primary than  
secondary schools



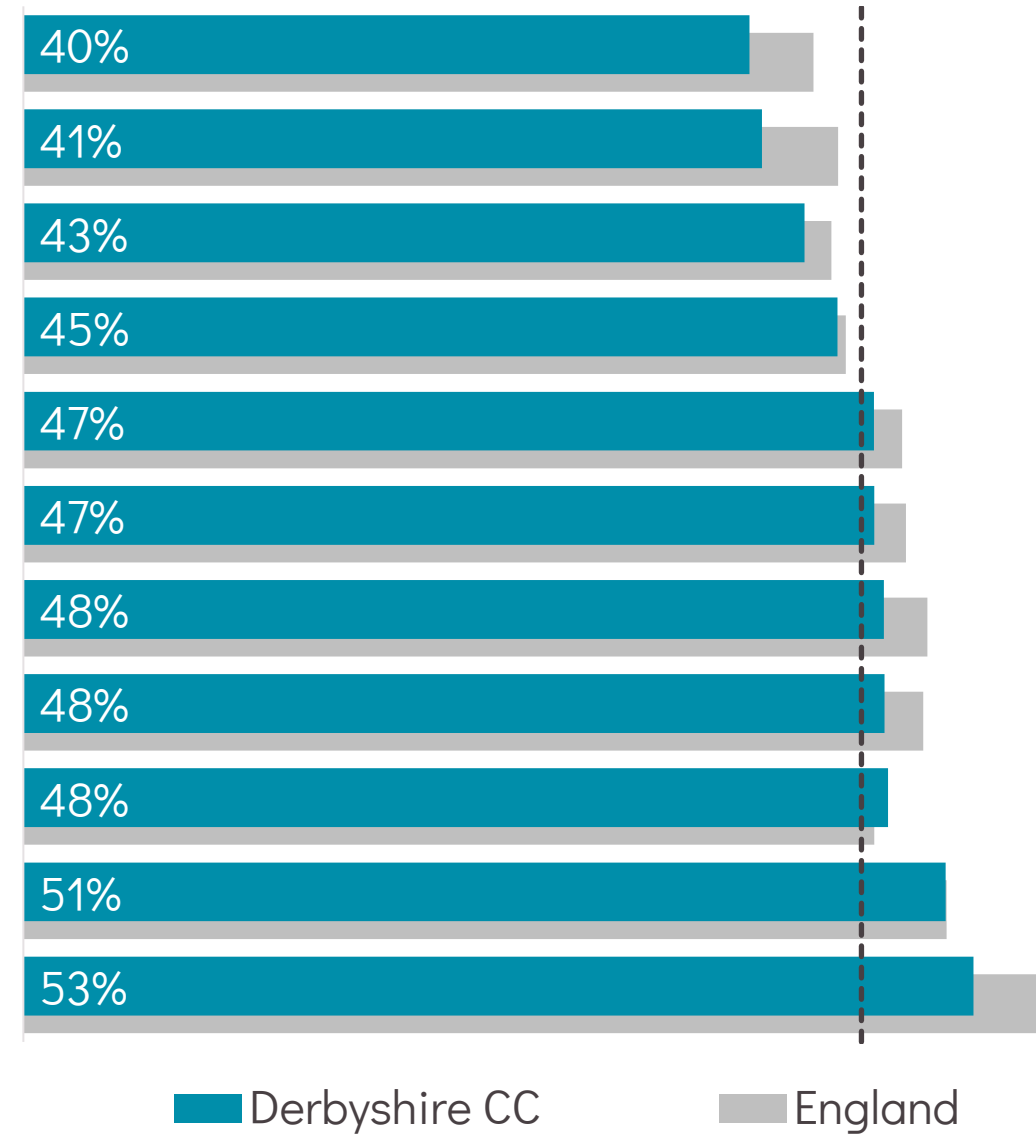
Source: Sport England Active Lives, Children and Young People survey 2023-24  
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

# Activity levels peak in years 7-8

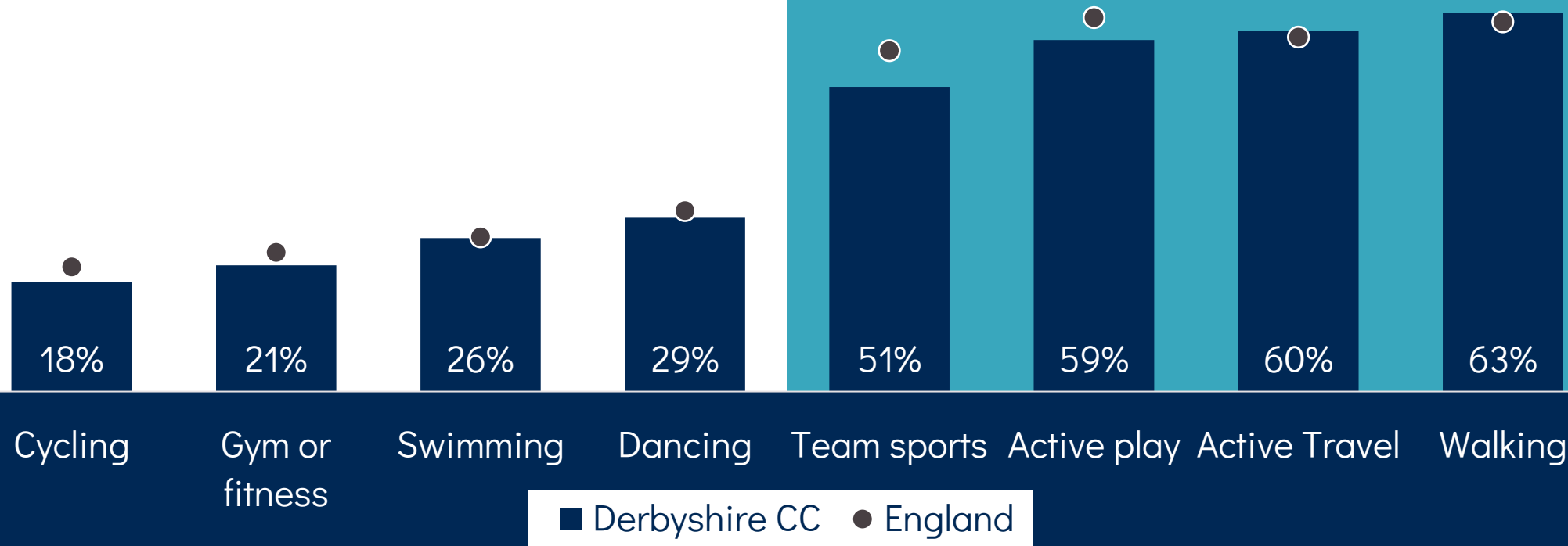


Source: Sport England Active Lives, Children and Young People survey 2023-24  
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

# Active levels everywhere



Over half of young people participate in team sports, active play, active travel or walking each week



# Key Messages



- Over half (54%) of our children and young people are not active enough. That's around 52,600 children and young people in Derbyshire not meeting recommended activity levels
  - Activity levels appear stable over time
  - Children and young people in **North East Derbyshire** experience the lowest **activity levels** (37% active) compared to those in Erewash (55% active)
  - The **Inequalities metric** shows activity rates are much lower for young people with two or more characteristics, and lower than national
  - There is a gender inequality gap, **girls are less likely to be active**
- 
- Children and young people from **our low affluence families are the least likely to be active**
  - **Primary school children** experience lower levels of activity. Activity levels peak in years 7-8.
  - Young people who report that they do not have **access to outdoor space** are less likely to be active
  - Having a strong positive association to movement and physical activity contributes to higher active levels
  - Children and young people living in rural communities are less likely to be active than peers living in urban settings



# Sample size table: Demographics

	17-18	18-19	19-20	20-21	21-22	22-23	23-24
All CYP	1439	1847	1052	1867	2337	4330	6829
Boy	609	795	463	841	958	1862	2863
Girl	733	906	525	831	994	1983	3236
Low FAS	325	332	222	409	525	665	961
Medium FAS	770	1025	558	1065	1181	2068	3170
High FAS	284	420	211	245	309	740	1479
White British	1210	1499	893	1495	1796	3463	5480
Minority ethnic group	187	198	91	209	231	414	643
Has limiting disability	-	-	69	155	164	364	598
No limiting disability	-	-	712	1055	1223	2300	3587
Primary (Years 3-6)	756	616	315	519	545	1360	1358
Secondary (Years 7-11)	638	1218	689	1260	1702	2783	5267
0 characteristics	-	-	-	-	-	1794	2747
1 characteristic	-	-	-	-	-	1998	3203
2+ characteristics	-	-	-	-	-	538	879

# Sample size table: Local authorities

	17-18	18-19	19-20	20-21	21-22	22-23	23-24
Derbyshire CC	1439	1847	1052	1867	2337	4330	6829
Amber Valley	11	168	205	27	212	366	834
Bolsover	250	161	213	94	222	429	1160
Chesterfield	226	410	225	313	408	485	886
Derbyshire Dales	27	126	61	103	142	133	797
Erewash	562	298	4	533	407	514	329
High Peak	216	182	65	245	427	1236	2096
North East Derbyshire	55	278	177	0	31	272	193
South Derbyshire	92	224	102	552	488	895	534