

Physical Activity in Children & Young People

Resource Pack



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

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Introduction

Physical inactivity is the fourth leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-35% lower risk of cardiovascular disease, coronary heart disease and stroke compared to those who have a sedentary lifestyle. Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis and colon/breast cancer and with improved mental health.

1 in 6

UK deaths are due
to physical
inactivity

40%

of long-term health
conditions could be
prevented by reducing
inactivity

Physical activity can help
manage more than

20

common physical and mental
health conditions

This data pack contains information on the most recent data available for physical activity levels of children and young people in Bradford District

Sources: Office for Health Improvement and Disparities. Public health profiles 2024

<https://www.richmondgroupofcharities.org.uk/areas-of-work/physical-activity/>

Key Points

The proportion of children and young people that are classified as **physically active** within Bradford District **decreased** in 2022/23 to **37.7%**

Proportion of physically active children and young people in the district is **below** both the **regional** (47.5%) and **national** (47.0%) averages

The gap between Bradford District and the average for England **widened** overall in 2022-23 for physically active children and young people

Bradford District has the **126th highest** proportion of physically active children and young people **in England**

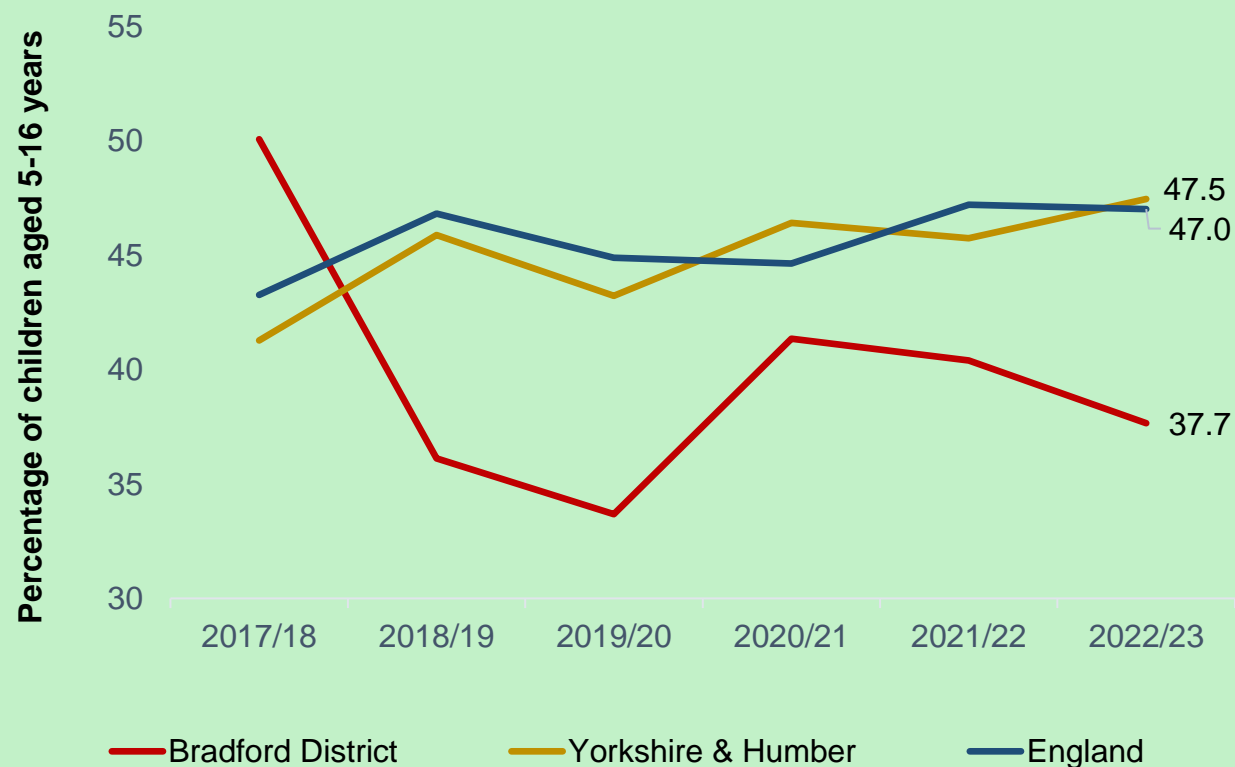
Bradford District has the **lowest** proportion of physically active children and young people in the **Yorkshire and Humber region**

Overall childhood obesity in Bradford District also decreased in 2022/23.

Percentage of physically active children and young people

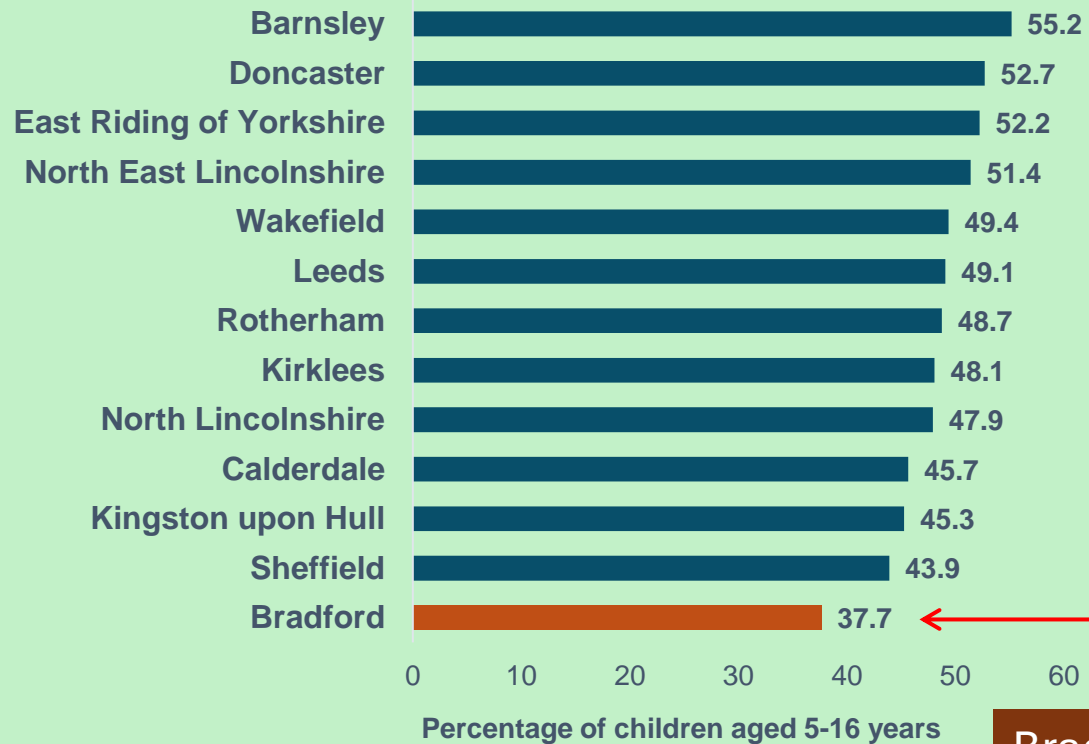
Definition :The percentage of physically active children and young people is defined as Percentage of children aged 5 to 16 that meet the UK Chief Medical Officers' (CMOs') recommendations for physical activity (an average of at least 60 minutes moderate to vigorous intensity activity per day across the week)

- The proportion of children and young people that are classified as physically active within Bradford District **decreased** in 2022/23 to **37.7%**
- Bradford District continues to have a **lower** proportion of physically active adults than both the **regional and national average**
- The gap between Bradford District and England **widened** overall since 2020/21 from **3.3 to 9.4 percentage points**

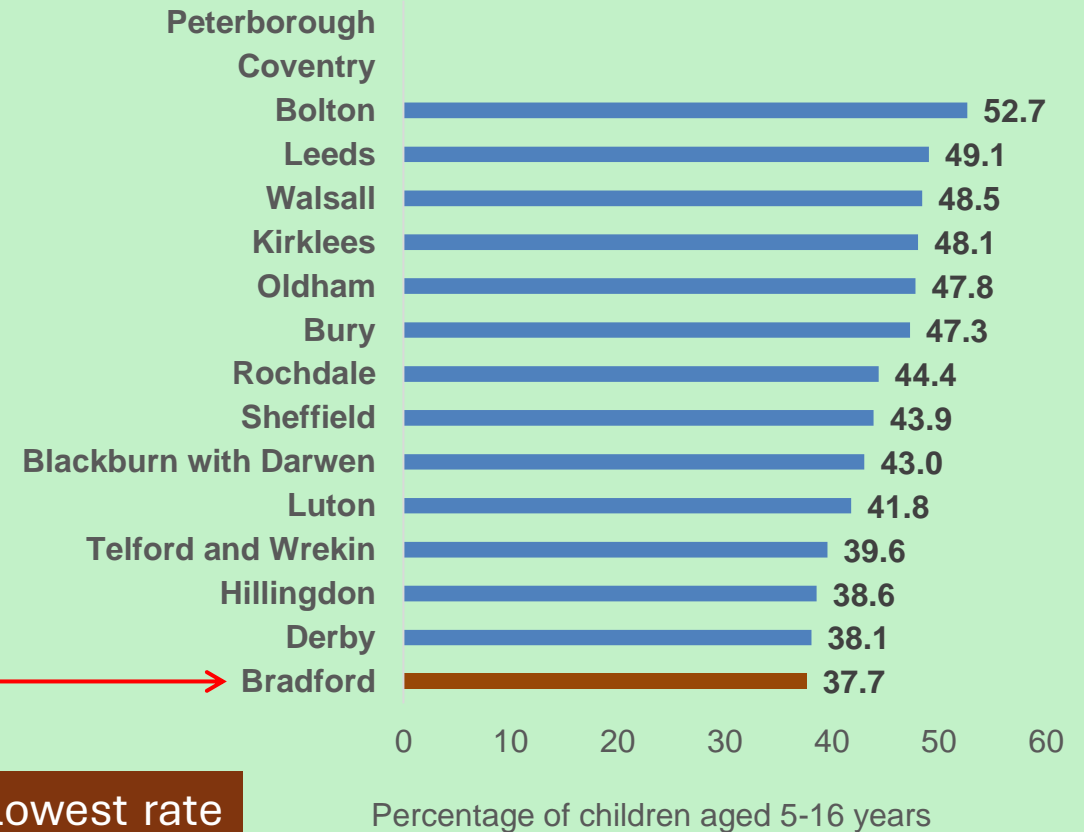


Percentage of physically active children and young people

Yorkshire & The Humber



Similar Local Authorities



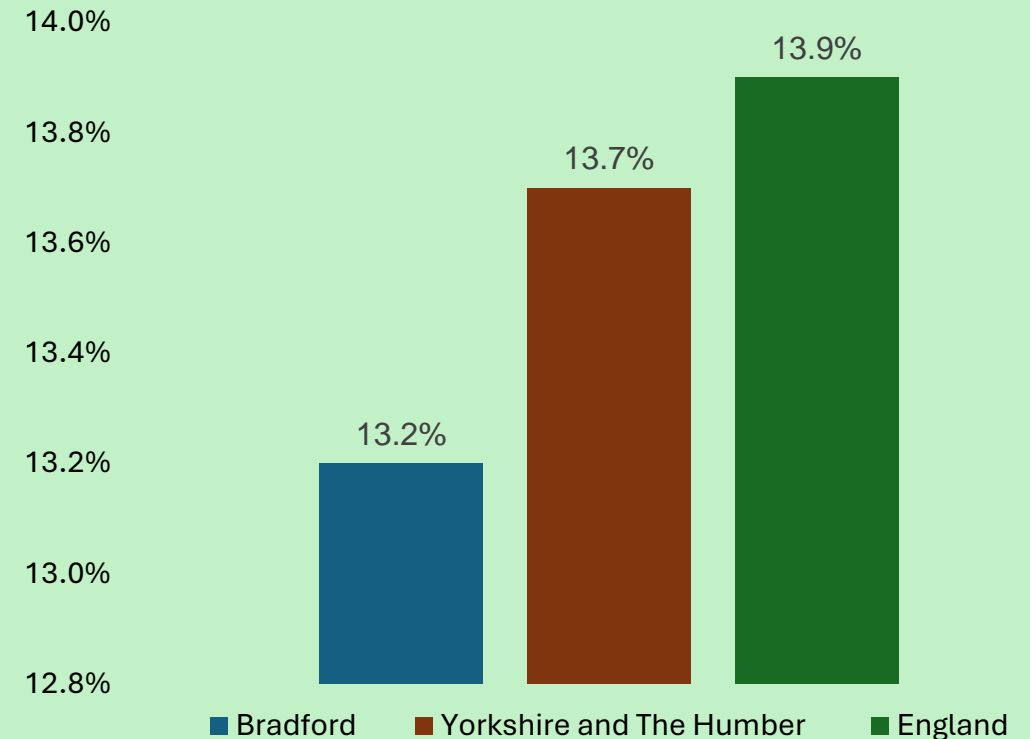
Bradford has the lowest rate when compared to similar local authorities and other local authorities in the region

Percentage physically active for at least one hour per day seven days a week at age 15

Definition : The percentage of 15 year olds who responded to Q13 in the What About YOUth survey ("Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?") and said that they engaged in moderate/vigorous physical activity for at least 60 minutes every day within the past 7 days.

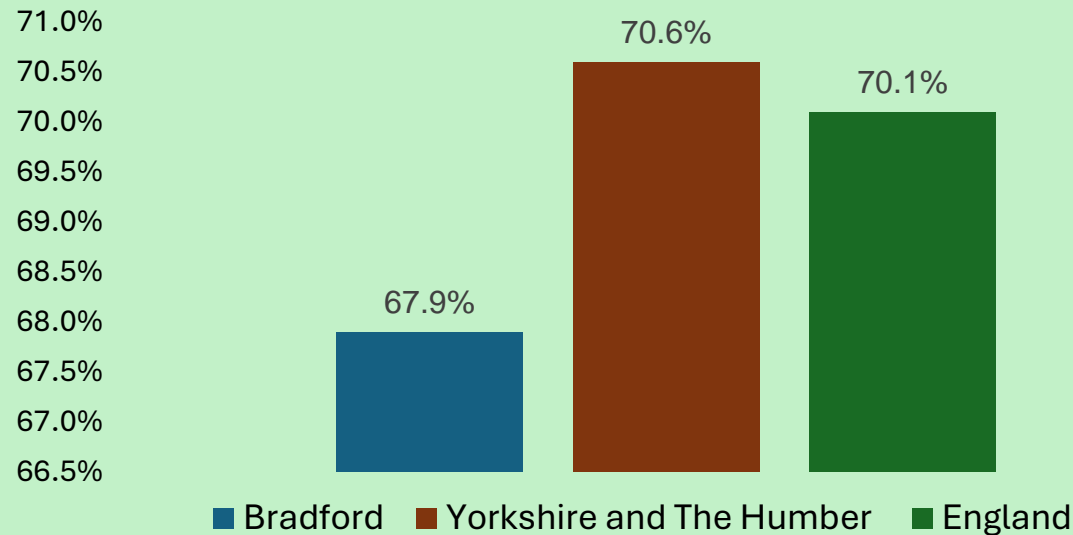


- 13.2% of 15 years olds in Bradford District engaged in moderate/ vigorous physical activity for at least one hour every day .
- This proportion is similar to both regional (13.7%) and national (13.9%) averages



Percentage with a mean daily sedentary time in the last week over 7 hours per day at age 15

Definition : The percentage of 15 year olds who responded to questions 8, 9, 10, 11 and 12 in the What About YOUth survey with responses indicating that participants spent "About 7 or more hours a day" doing sedentary behaviours on weekdays.



- **67.9% of 15 years olds in Bradford District spent about 7 or more hours doing sedentary behaviours on weekdays.**
- **Bradford's rate is lower than both regional (70.6%) and national (70.1%) averages**

Utilisation of outdoor space for exercise or health reasons

Definition : The weighted estimate of the proportion of residents in each area taking a visit to the natural environment for health or exercise purposes.

Bradford

12.4%

**Yorkshire &
The Humber**

17.5%

England

17.9%

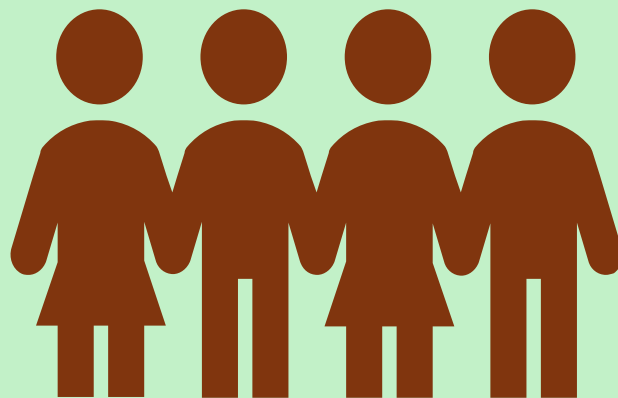
- Latest data available shows 12.4% of 16+ years olds in Bradford District taking a visit to the natural environment for health or exercise purposes.
- Bradford's rate is lower than both regional (17.5%) and national (17.9%) averages



Childhood Obesity

Reception aged children who are overweight (including obesity) **decreased** to **21.2%** in 2022-23, below the England average of 21.3% and regional average of 22.5%.

Bradford has the **84th highest** prevalence of reception aged children who are overweight (including obesity) **out of the local authorities in England**



Year 6 aged children who are overweight (including obesity) **decreased** to **40.4%** in 2022-23, above national average (36.6%) and regional average of 38.1%.

Bradford has the **40th highest** prevalence year 6 aged children who are overweight (including obesity) **out of the local authorities in England**