



Physical Activity and Children's Health

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- on behalf of the I.Family consortium -



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Physical activity is important for health...

...but fewer than 5% of children meet guidelines

Physical activity for children and young people (5 – 18 Years)

 <p>BUILDS CONFIDENCE & SOCIAL SKILLS</p>	 <p>MAINTAINS HEALTHY WEIGHT</p>	
 <p>DEVELOPS CO-ORDINATION</p>	 <p>STRENGTHENS MUSCLES & BONES</p>	 <p>IMPROVES SLEEP</p>
 <p>IMPROVES CONCENTRATION & LEARNING</p>	 <p>IMPROVES HEALTH & FITNESS</p>	 <p>MAKES YOU FEEL GOOD</p>

Be physically active

Aim for at least 60 minutes every day



What influences physical activity?

How old you are

Whether you're a boy or a girl

Where you live

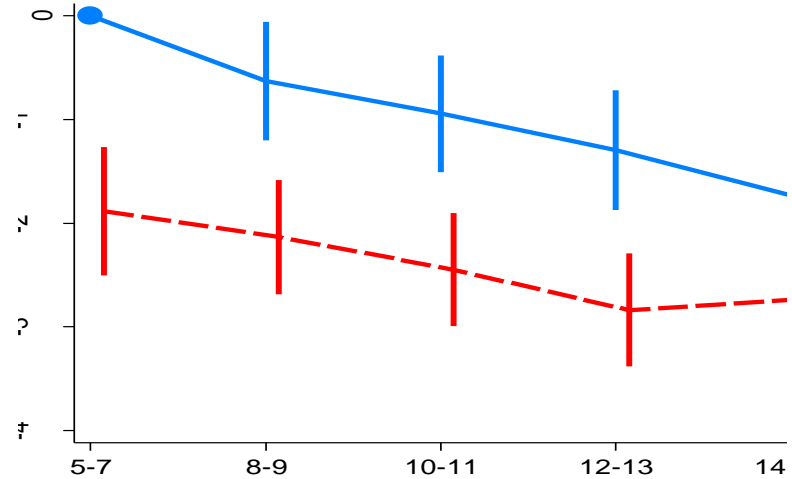
Where you go

How you travel

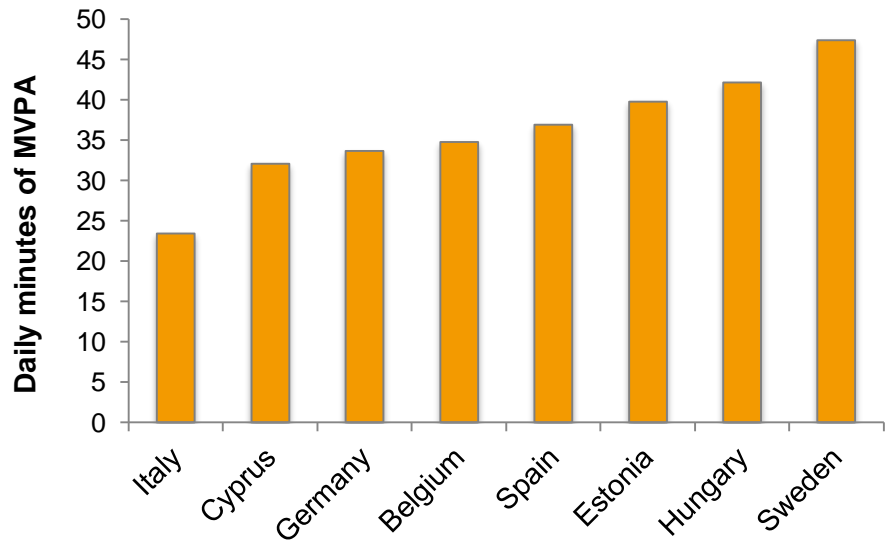
Who you're with



Physical activity decreases as children get older...



...and differs between countries

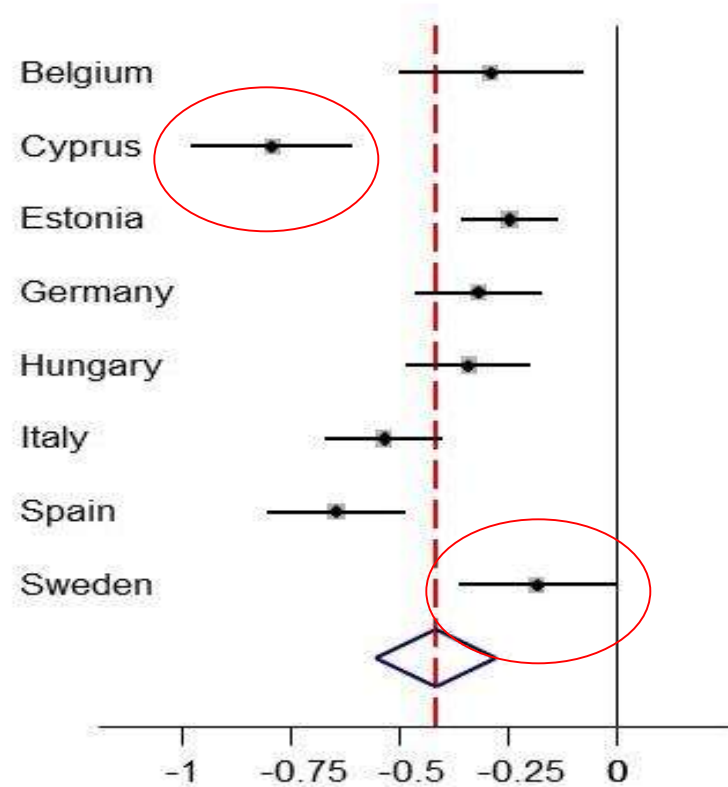


MPVA = Moderate to Vigorous Physical Activity



Girls are less active than boys...

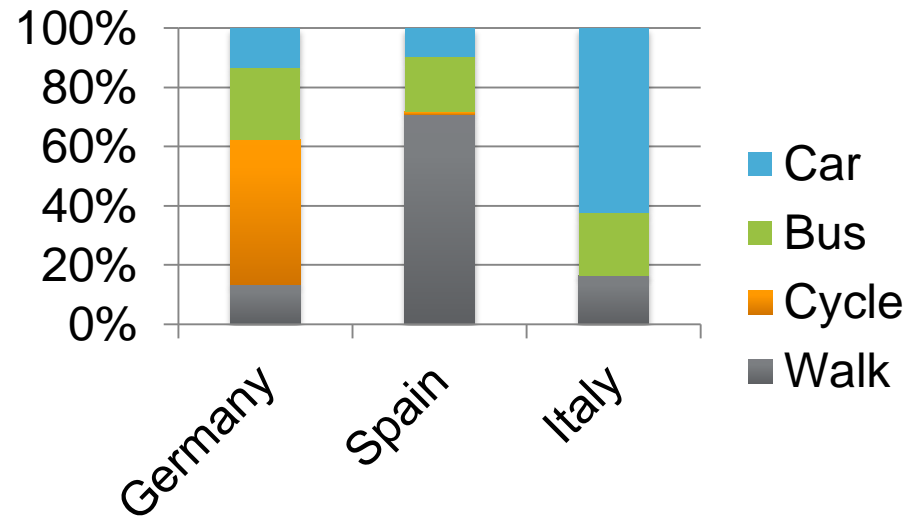
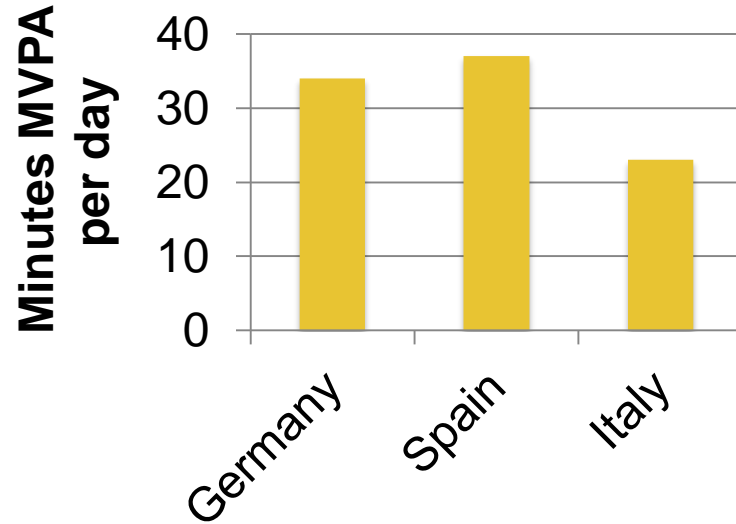
...but the difference is not the same in every country





Walking to school
is good for
physical activity...

...and so is cycling



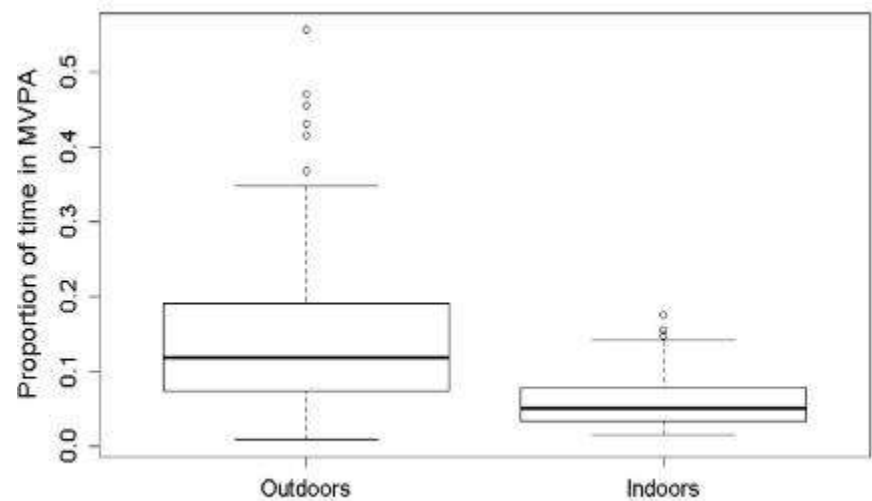
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Young people
are more active
outside...

...34% of total
daily MVPA is
outside

MPVA = Moderate to Vigorous Physical Activity

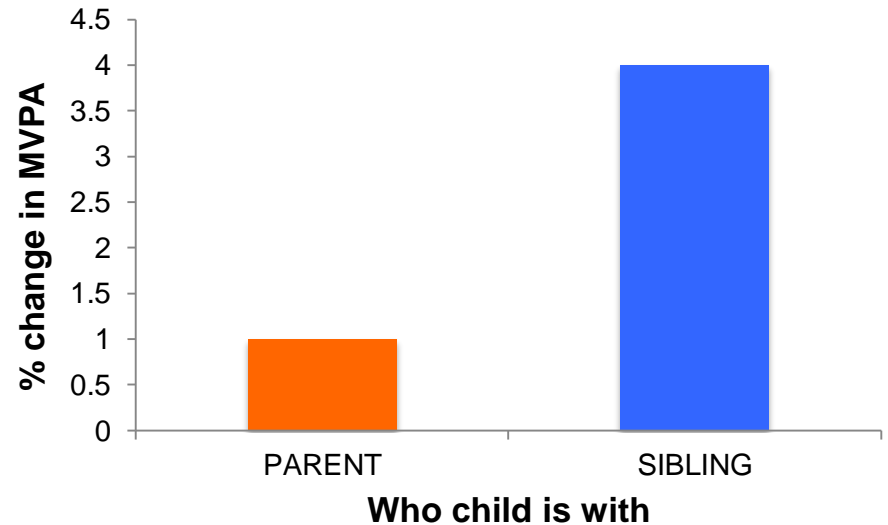




**Young people
are more active
when they are
with their
parents...**

**....but even
more active with
their siblings**

**Increase in child MVPA for a 10% increase
in parent or sibling MVPA**



MPVA = Moderate to Vigorous Physical Activity