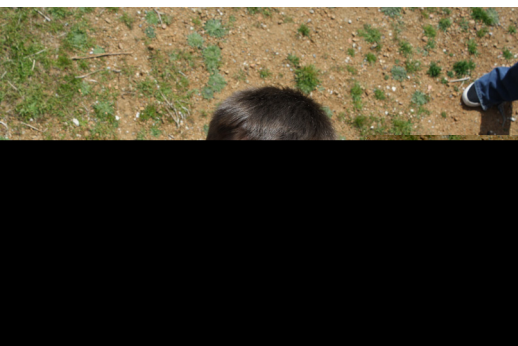




PROMOTING AND SUPPORTING
PHYSICALLY ACTIVE LIVES AMONGST
CHILDREN AND YOUNG PEOPLE
IN GUERNSEY AND ALDERNEY






Supported by
States of Guernsey

Be Active: A multi-agency forum promoting and supporting physically active lives amongst children and young people in Guernsey and Alderney¹

Helping young people to be more active involves all sectors of the community.


That community-wide engagement is reflected in the various organisations that have been involved in shaping this proposal. Organisations include:

-  Arts Commission; Recreation Services; Drug and Alcohol Strategy; Children and Family Services
-  Education Services; Epic Challenges; Guernsey and Alderney Schools and Colleges; The Health Promotion Unit; The Hub; Medical Specialist Group; Sports clubs
-  Sports Commission; Traffic and Highway services; Youth Commission; States Early Years Team

If you would like to find out more about the Be Active Forum, please contact:

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1. All references include Herm and Jethou

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Executive summary

Promoting physical wellbeing and being active plays an increasingly important role in the lives of children and young people in Guernsey and Alderney. This significance is reflected in the prominent role that increasing physical activity levels and leading active lives plays in the recently launched Children and Young People's Plan (CYPP) and Healthy Weight Strategy. Both policies have set challenging and exciting targets that will impact significantly on the lives of the Bailiwick's children and young people.

- The CYPP, for example, commits to the following Healthy and Active outcome:

We want children and young people to have the highest possible standards of physical and emotional health and to lead active lives that promote their long-term health.

It is widely accepted that there is no single response to the challenge of supporting children and young people to be healthy and active. The whole community, including families, health professionals, schools, sport and youth organisations, has a role to play and it is widely acknowledged that they can respond most effectively to these challenges by working together to create opportunities for young people to decrease time being sedentary and to be more active. The Bailiwick is well placed to increase the levels of activity of all young people. We are starting from a base where many children and young people are fully engaged with a variety of activities and are well provided for by a wide range of organisations.

However, those organisations that support children and young people recognise that they need to work together in a coherent, coordinated fashion to increase levels of activity across the population and, therefore, it is proposed that a Be Active Forum is established. This Forum will meet three to four times per year and will have involvement from bodies that work with children and young people in a variety of ways². The focus of the Forum will be to increase the levels of physical activity amongst children and young people of Guernsey and Alderney by:

- 🌿 Overseeing an annual work plan which draws together existing and new initiatives that are undertaken to support children and young people in Guernsey and Alderney to be physically active
- 🌿 Identifying areas where interventions will make the most impact
- 🌿 Reducing the levels of sedentary behaviour amongst children and young people in Guernsey and Alderney
- 🌿 Sharing good practice and ensuring communication regarding the physical activity opportunities available to children and young people in Guernsey and Alderney.
- 🌿 Monitoring progress of the key performance indicators linked to the work of the Be Active Forum



2. The terms of reference of the Be Active Forum can be found on the following link:

Strategic context of proposals

Promoting physical wellbeing and leading active lives plays a prominent role in the CYPP and associated strategies, especially the Healthy Weight Strategy.

Strong evidence indicates that being active is an essential component of a healthy lifestyle. Physical activity can help prevent a range of chronic diseases, including heart disease, cancer and stroke, the three leading causes of death, whilst physical inactivity has been cited as the fourth leading risk factor for death. Risk factors for diseases such as these can begin early in life and can also be affected early in life by adopting regular physical activity habits at a young age. Furthermore, research has found that physical activity is related to improvements in mental health, helping to relieve symptoms of depression and anxiety and increase self-esteem, whilst some studies show that physical activity is also correlated with improved academic achievement.

The Bailiwick of Guernsey is not immune to global trends and, for children and for young people, rates of physical activity have fallen substantially.

Currently a significant number of children and young people in Guernsey and Alderney experience an unbalanced diet and a low-activity lifestyle, which will affect their health profoundly, both in the short and the long-term. For example, in the 2013 Guernsey Young People's Survey, a third of fifteen year old girls said that they 'exercised hard less than three times per week'. In respect of body weight, figures from the Guernsey Child Measurement Programme in 2015 showed that 15.1% of Year 1 and 28.5% of Year 5 children were either overweight or obese. This equated to over 250 children being overweight or obese in just those two school years alone.

What the CYPP says about physical activity levels and leading active lives

Increasing physical activity levels and leading active lives for children and young people feature prominently in the CYPP and the Healthy Weight Strategy.

In the CYPP, 'Healthy and Active' is recognised as one of the four priority outcomes – alongside 'Included and Respected', 'Achieve Individual and Economic Potential' and 'Safe and Nurtured'. Being Active will also impact on all these priorities.



The Healthy and Active outcome states:

We want children and young people to have the highest possible standards of physical and emotional health and to lead active lives that promote their long-term health.

What the Healthy Weight Strategy says about physical activity levels and leading active lives

In addition, the Healthy Weight Strategy also outlines actions which embrace being active:

- **To:** reduce levels of physical inactivity and of sedentary behaviour
- **By:** in partnership, designing and implementing evidence-based projects to reduce inactivity and sedentary behaviour, with a particular emphasis on targeting those in additional need of support and the most inactive
- **To:** further improve the options to be physically active in schools
- **By:** Reviewing education programmes on a rolling basis and providing further support to primary and secondary schools to encourage regular participation in physical activity in line with appropriate guidance
- **To:** raise awareness in adults and children of the benefits of meeting physical activity guidelines and of minimising sedentary behaviour
- **By:** using population-level campaigns and social marketing to target parents, carers and those in need of additional support

Key performance indicators linked to the work of the Be Active Forum

Being healthy and active: The key performance indicators for the Children and Young People's Plan

What we will do:	Support the introduction of the Healthy Weight Strategy to tackle childhood obesity
By when:	2020
Success criteria:	Reduction in childhood obesity

What we will do:	Work with young people to improve the access to and range of inclusive cultural, social and physical activities, particularly in the winter months
By when:	2016–2018
Success criteria:	Young people report that they have more places to go and things to do, particularly in the winter months. A greater number of children and young people access and participate in a wider range of activities, such as the arts, sports and other social experiences

Being physically active: the key performance indicators for children and young people in the Healthy Weight Strategy³

What we will do:	Increase the percentages of boys and girls in Year 6 who meet the relevant physical activity guidelines
By when:	2023
Success criteria:	More boys and girls in Year 6 will meet the relevant physical activity guidelines than in 2016

What we will do:	Increase the percentages of boys and girls in Year 10 who meet the relevant physical activity guidelines
By when:	2023
Success criteria:	More boys and girls in Year 10 will meet the relevant physical activity guidelines than in 2016

3. The physical activity guidelines referred to: see DH (2011) Start Active, Stay Active: A Report on Physical Activity from the Four Home Countries' Chief Medical Officers. London: The Stationery Office.

Being Active alongside other strategies

The work of the Be Active Forum will sit alongside – and integrate with – the work of other strategies which support children and young people. These include the Disability and Inclusion Strategy; the Domestic Abuse Strategy; the Drug and Alcohol Strategy; the Supported Living and Ageing Well Strategy (SLAWS); the Mental Health and Wellbeing Strategy; the Sexual Health Strategy and the forthcoming sports strategy.

The benefits of being physically active are wide and go way beyond the immediate health benefits. They can also support the aims that shape these partner strategies.

Opportunities for young people to be physically active will:

- Provide a safe yet challenging environment for them to grow in confidence and develop their self-esteem
- Offer enjoyable, progressive, stimulating experiences in competitive and collaborative settings
- Help young people learn resilience, respect for others and the value of teamwork and perseverance
- Help to distract young people from anti-social behaviour
- Help to increase young people's employability

Applying the six commitments of the CYPP to the Be Active Forum

The CYPP has outlined six commitments which are aimed to add value to children's lives:

1. We will ensure that the voices of children and young people are at the heart of everything we do
2. We will focus resources on early help and preventing problems getting worse for children, therefore reducing the numbers who then have high levels of need
3. We will tackle inequality of help and support, including the impact of low income and high level of need that disadvantage some of our children and young people and their families
4. We will get better at sharing information and working more closely in partnership with each other and with children and families

5. We will improve our data collection and IT systems so that we have an evidence base about the nature and level of need, and can use our resources wisely
6. We will improve communication to make the plan more relevant – a living document – and resource it properly

These commitments are reflected in the actions outlined in this response and as the initiative becomes embedded we will increasingly benchmark our developments against them.

These commitments also align closely with a recently published document, *What Works in Schools and Colleges to Increase Physical Activity?*⁴ which outlines the key principles for promoting physical activity amongst all young people.

These principles can provide a framework for the Bailiwick's child and youth-focused organisations when considering what works in increasing physical activity for children and young people.

The eight principles are:

1. Deliver multi-component interventions
2. Ensure a skilled workforce
3. Engage 'student voice'
4. Create active environments
5. Offer choice and variety
6. Embed in curriculum, teaching and learning
7. Promote active travel
8. Embed monitoring and evaluation

4. PHE (2015) *What Works in Schools and Colleges to Increase Physical Activity?*
Public Health England: London. October

5. Summary of key activities for 2016:

The Be Active Forum will build upon the opportunities that are currently offered to children and young people in Guernsey and Alderney. It will structure and record initiatives according to the key principles for promoting physical activity amongst all young people, listed in What Works in Schools and Colleges to Increase Physical Activity? The remainder of this document outlines those activities, connects them to the principles and identifies the resources required to implement the activities.

The initiatives, listed under these principles, are outlined below with the current status of the actions at March 2016.

1. Deliver multi-component interventions

- Liaison with the Guernsey Island Games Association (GIGA) to establish a 5-year 'preparation package' for Guernsey schools including a focus on inclusion for the whole community
- Introduction of a Bailiwick of Guernsey Youth Health Champions Programme
- Establish guidelines for all organisations that work with children and young people to encourage increased physical activity
- A 'Be Active' Conference – Thursday 7th July – to consider how we can help children and young people to lead active lives and promote their short-term and long-term physical health

2. Ensure a skilled workforce

- Development of partnership with the Sports Commission to extend the PE in Schools Project to include whole-school assessments of school and staff to embed healthy lifestyles in school life
- Support early years providers to deliver on the Early Years Quality Standard Framework (in respect of physical development)

3. Engage student voice

- To work with the Guernsey and Alderney Youth Forum and similar bodies to elicit the views of young people on the most effective ways to engage young people in physical activity, especially in response to the Youth Forum priority topic of addressing issues of mental health and wellbeing for young people.

4. Create active environments

- Set out guidance and good practice for the establishment of outdoor learning areas

5. Offer choice and variety

- Review of the arrangements for the Guernsey Schools Sports Federation
- To extend the Hub/Barnardo's mentoring programme to incorporate mentors who can actively promote physical activity




6. Embed in curriculum, teaching and learning

- Establishment of the principles of physical literacy to be incorporated into the Bailiwick of Guernsey's Curriculum Framework. Physical literacy framework to include reference to 'learning outside the curriculum'/ 'outdoor education'

7. Promote active travel

- To establish a programme to enhance the opportunities for cycling for primary school pupils

8. Embed monitoring and evaluation

- Development of indicators to measure levels of physical activity amongst children and young people, including the three yearly Young People's Survey, the establishment of a physical activity log and a range of fitness measurement programmes
- Introduction of a revised Guernsey-based Healthy Schools Award Scheme
- Establishment of a set of activity guidelines appropriate for children and young people in Guernsey and Alderney
- Establishment of a multi-agency Being Active Forum which will meet three to four times per year with the following purpose:
 -  To oversee an annual work plan
 -  To identify areas where interventions will make the most impact
 -  To reduce the levels of sedentary behaviour amongst children and young people in Guernsey and Alderney