



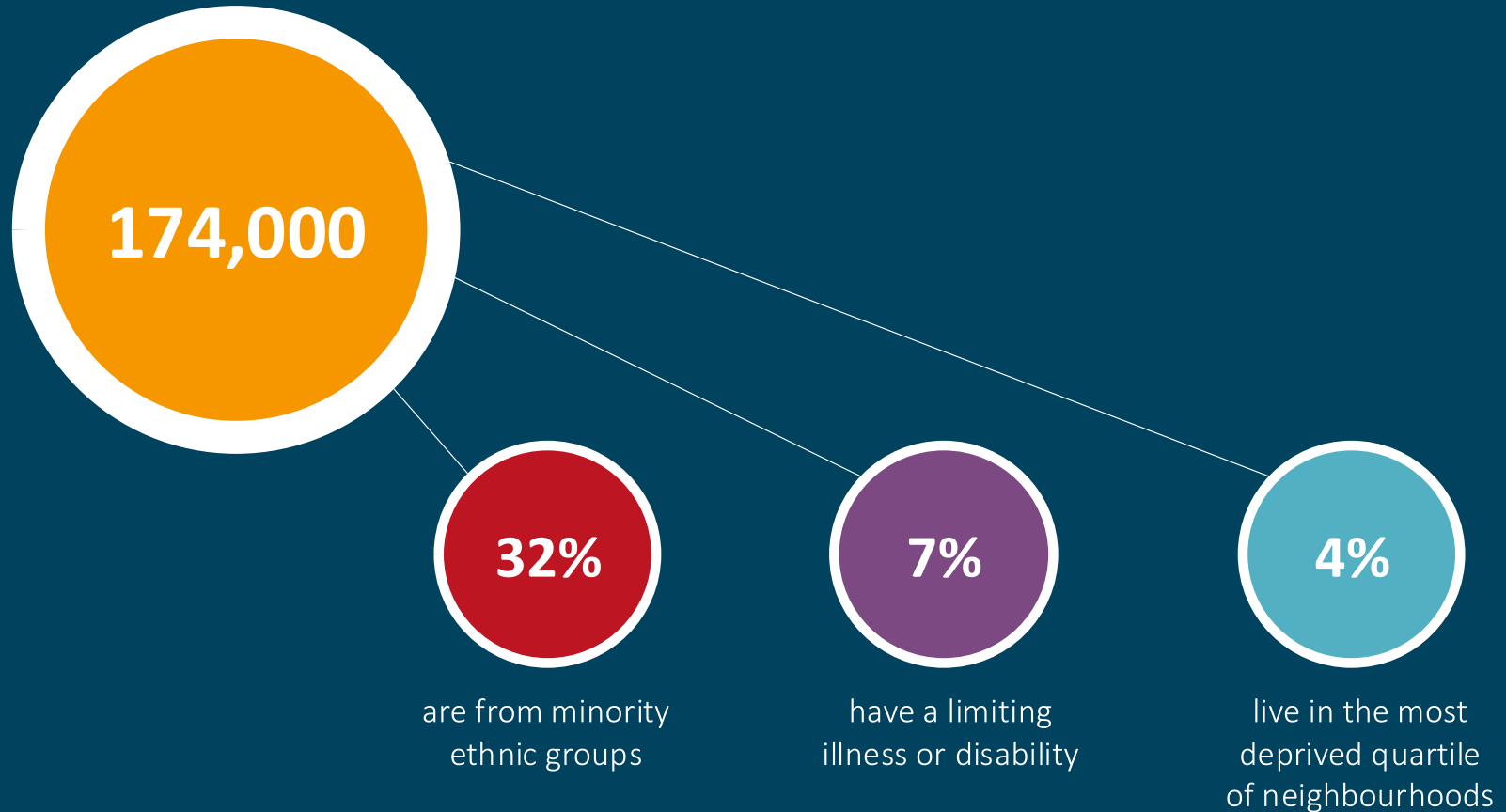
Children & Young People Physical Activity Behaviour in **Hertfordshire**

March 2025

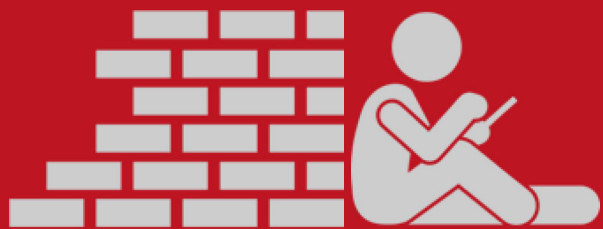
Active Lives Children's Survey 2023-24



There are **174,000** young people in Hertfordshire



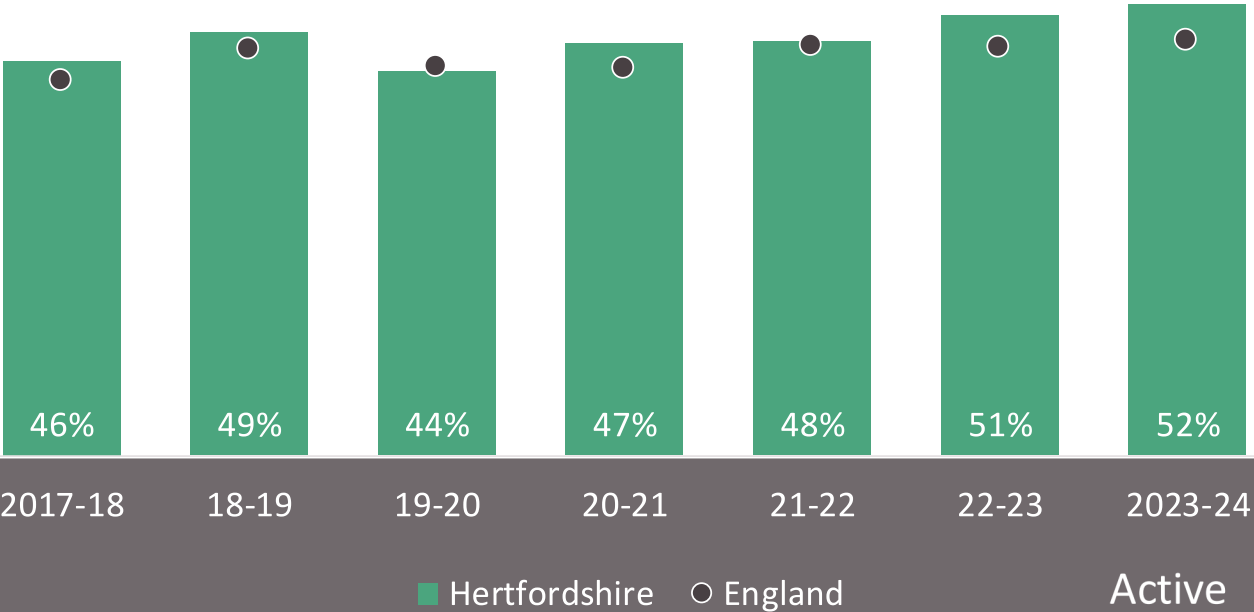
48% of children and young people are **not active enough**



That's **83,700**
young people not
meeting recommended
activity levels

Source: Sport England Active Lives, Children and Young People survey 2023-24, ONS Mid year population estimates, 2023

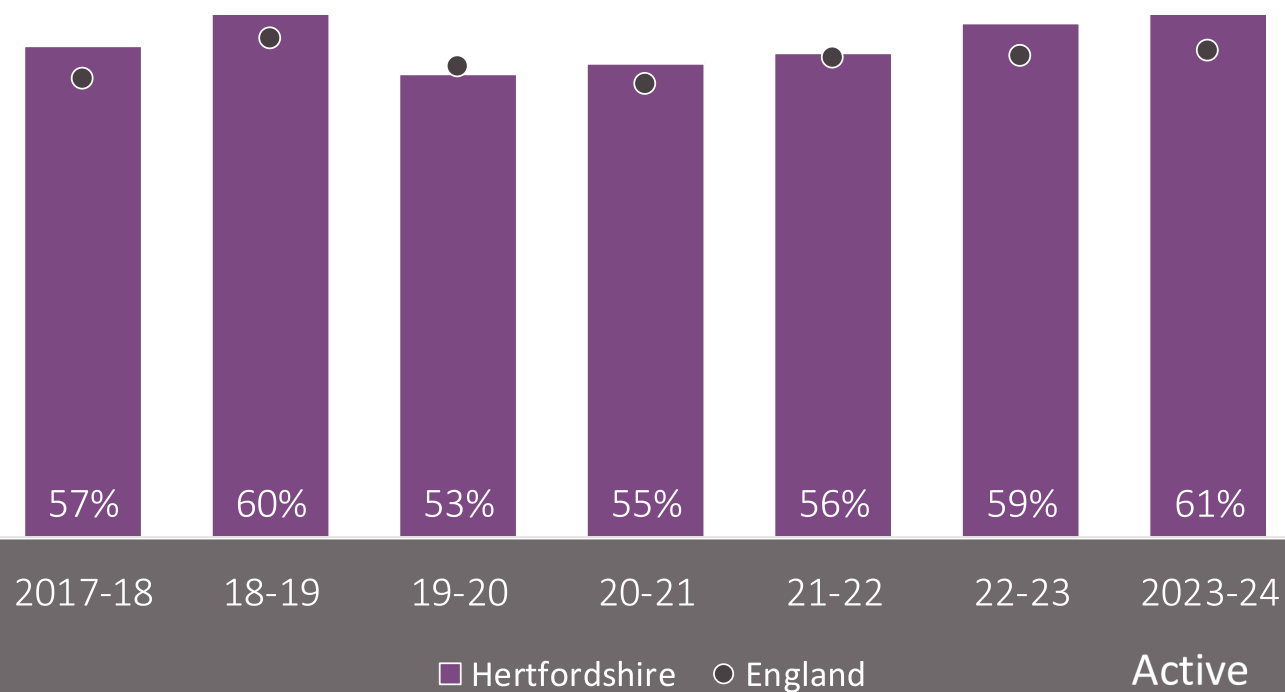
Overall, there has been an increase in **active levels** for children and young people (everywhere)



Source: Sport England Active Lives, Children and Young People survey 2017-18 to 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

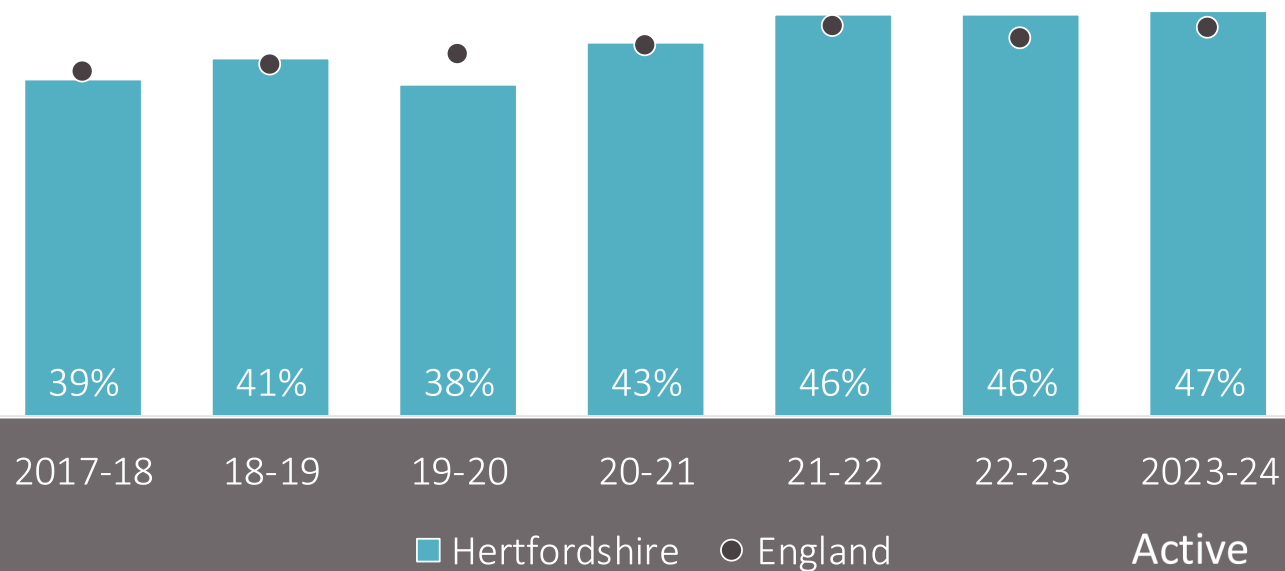


Active levels are
higher for children
and young people
outside school



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, **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**

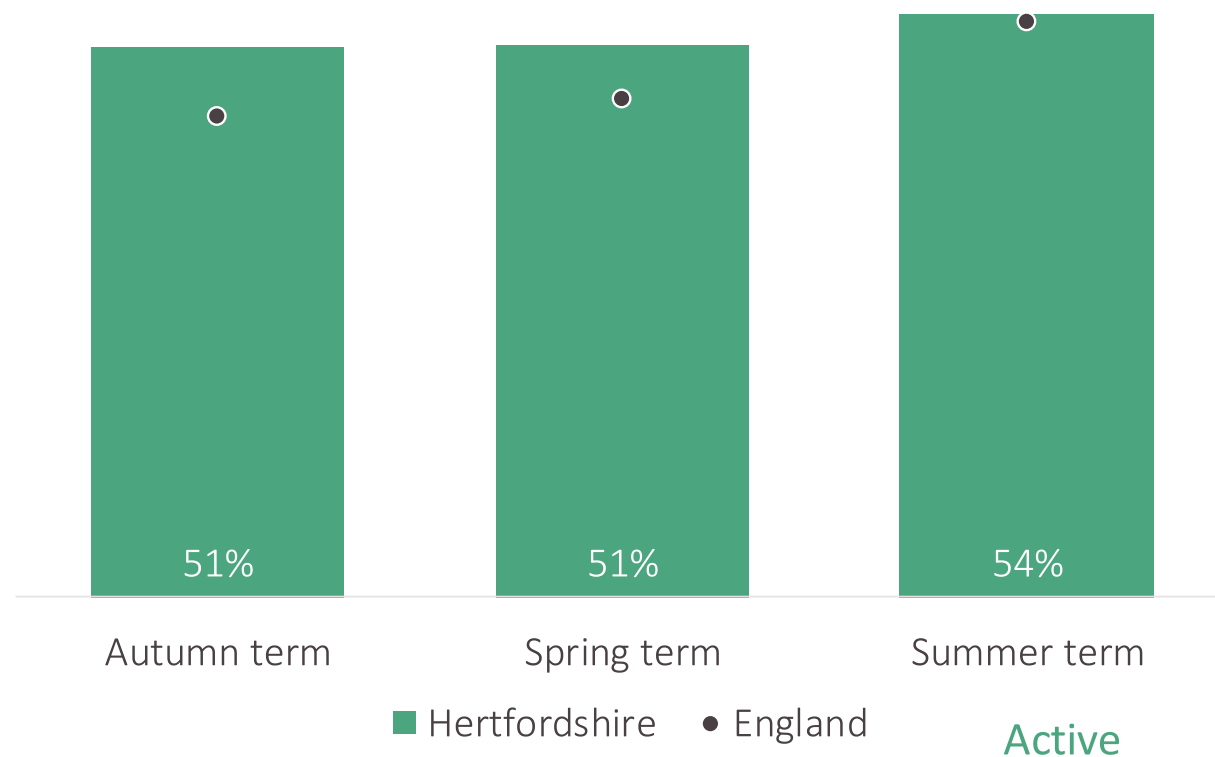


Activity levels are higher in the summer

When surveys were completed will impact overall activity levels

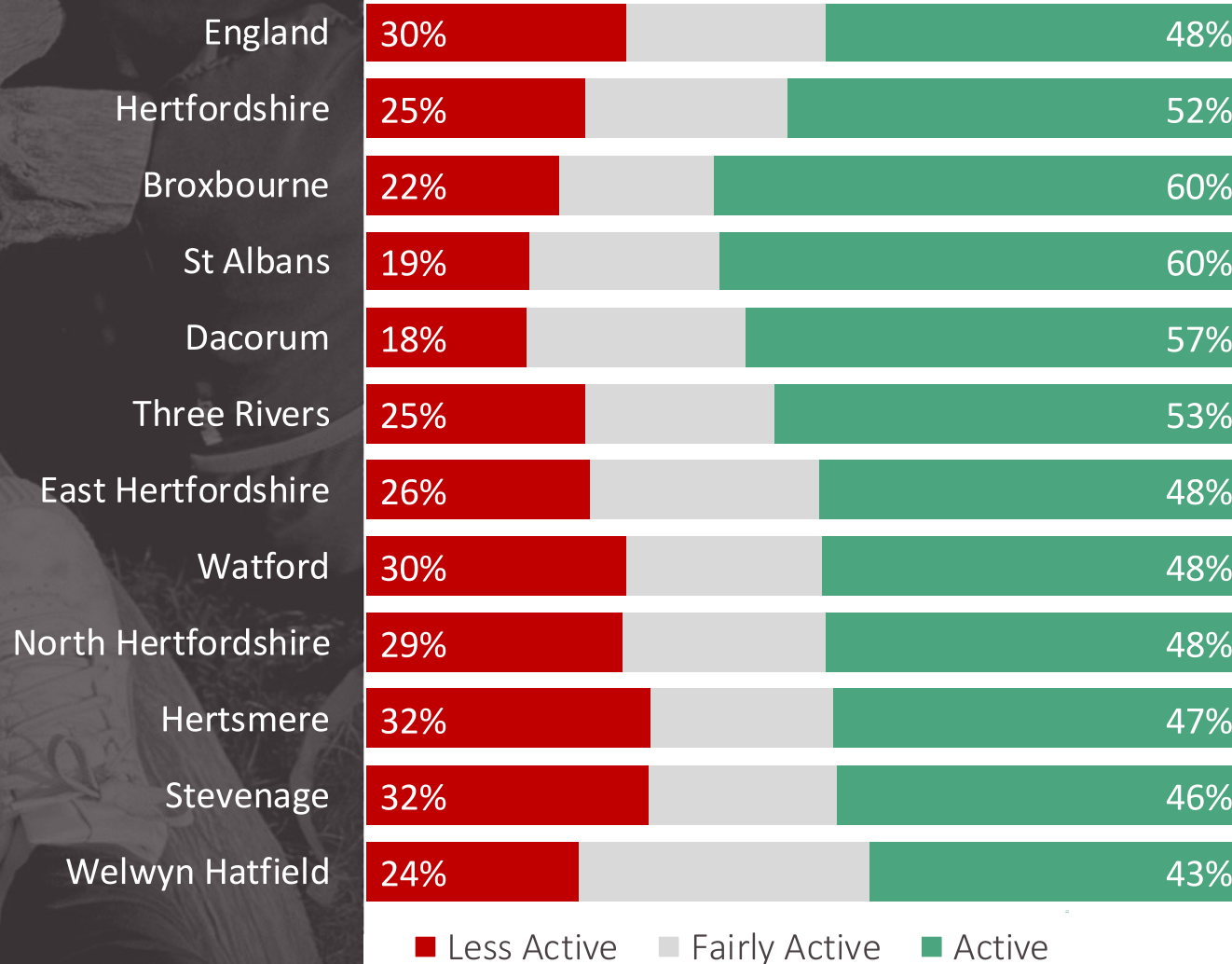
Sample size by term:

- Autumn: 758
- Spring: 1,765
- Summer: 1,506



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**)

There is a 17%
difference in
activity levels
across our local
area



Data is for: Hertfordshire

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**)



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**

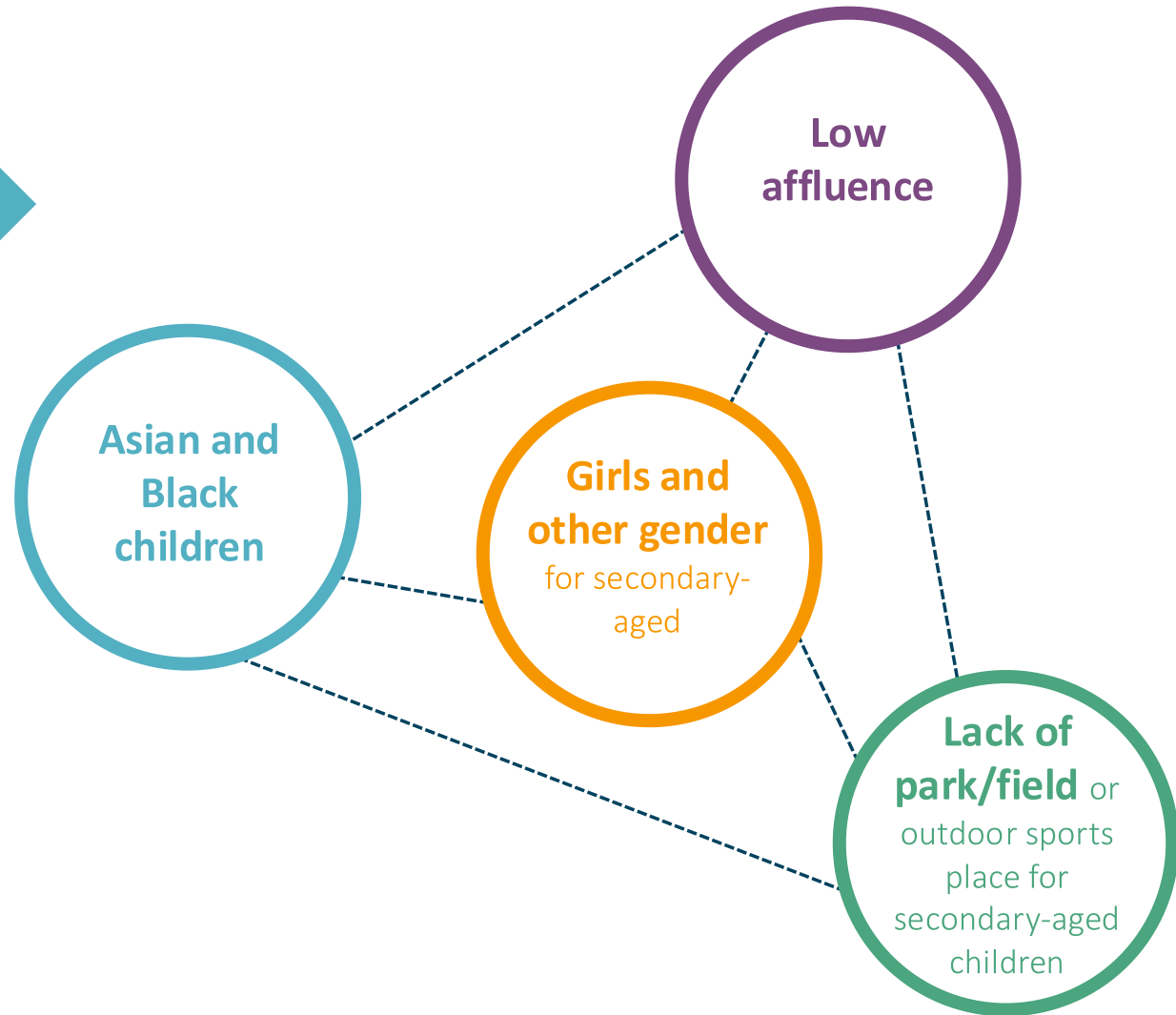


Data is for: England

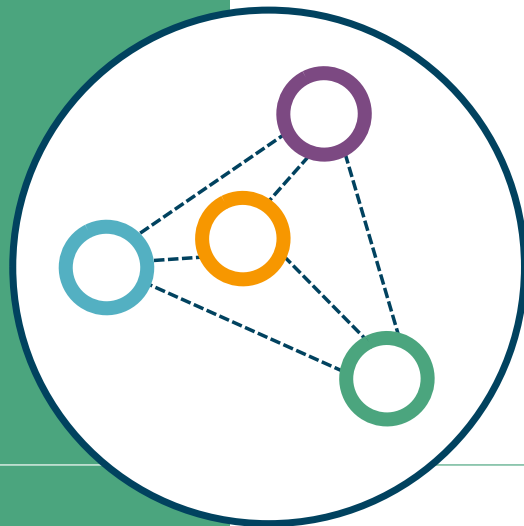
Source: Sport England Active Lives, Children and Young People survey 2021-23, combined

Key characteristics for children and young people

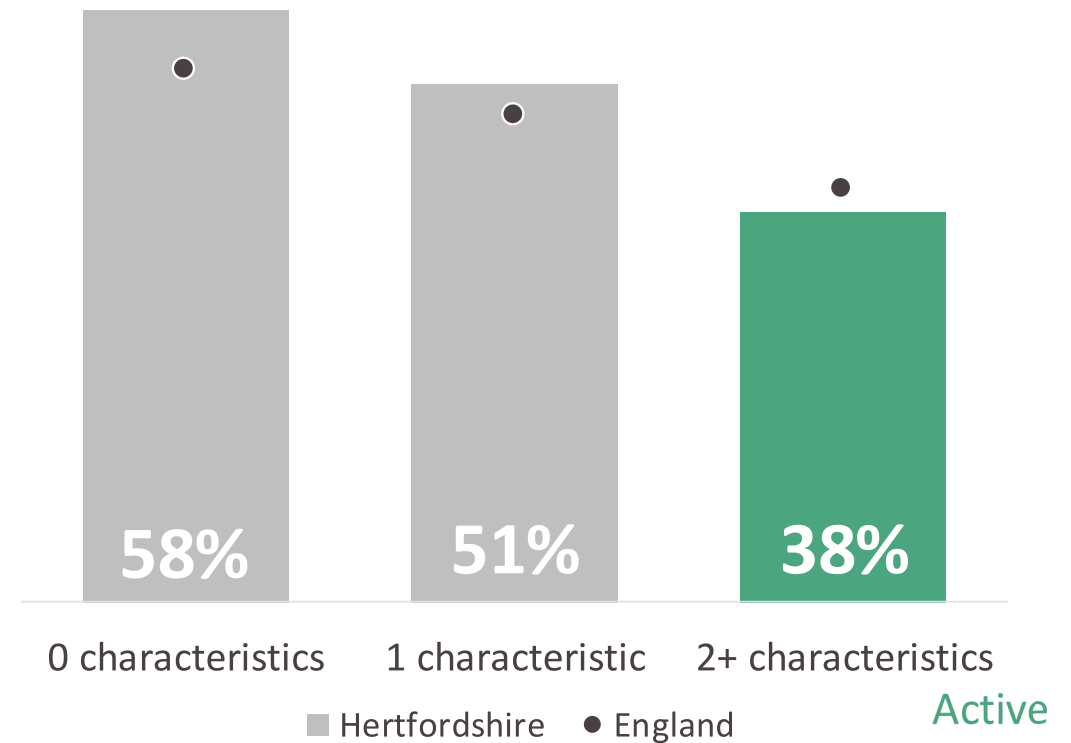
The key driver of lower levels of physical activity is where a child has **two or more characteristics associated with being less active**



Active levels as measured by the **Inequalities Metric**

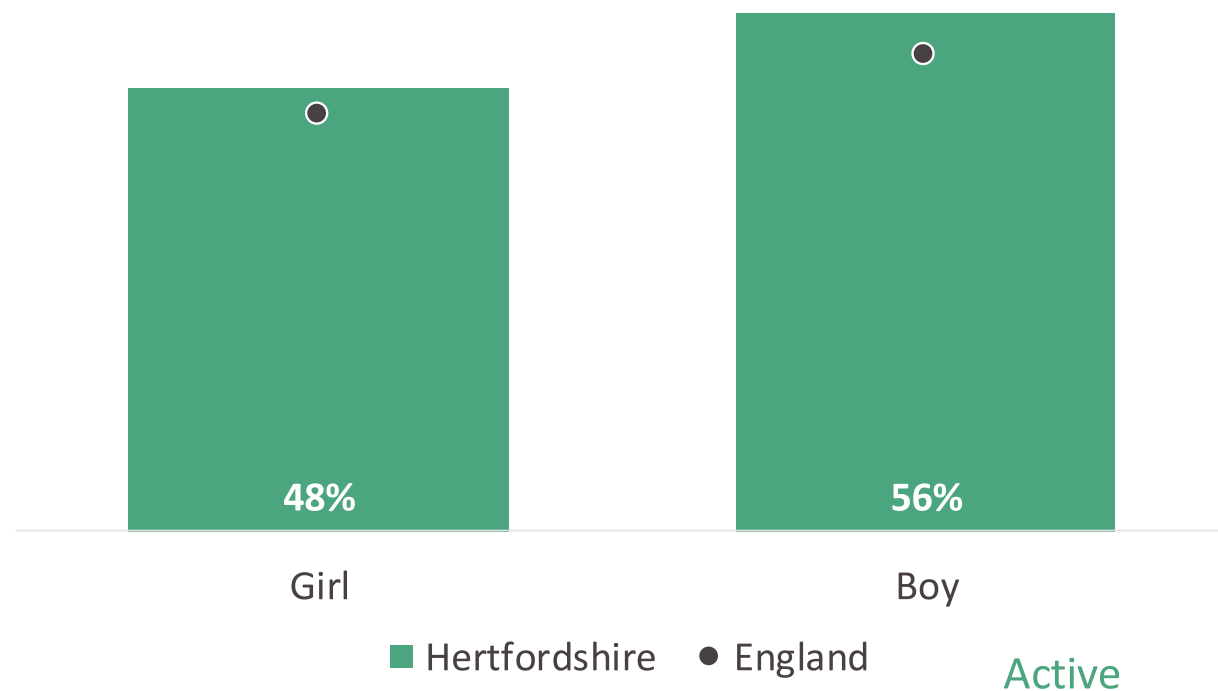


Activity levels reduce as our children and young people experience more factors from the Inequalities Metric



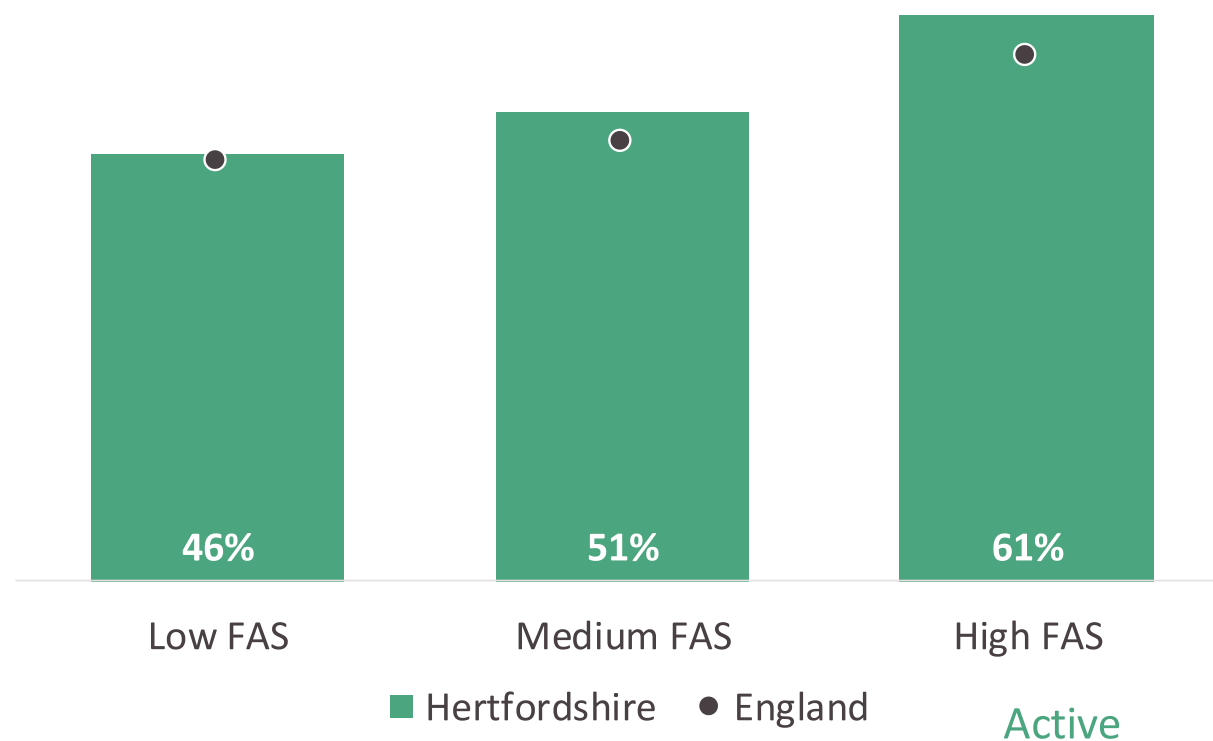
Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

Girls are less likely to be **active** compared to boys. This inequality gap is bigger than national.



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**)

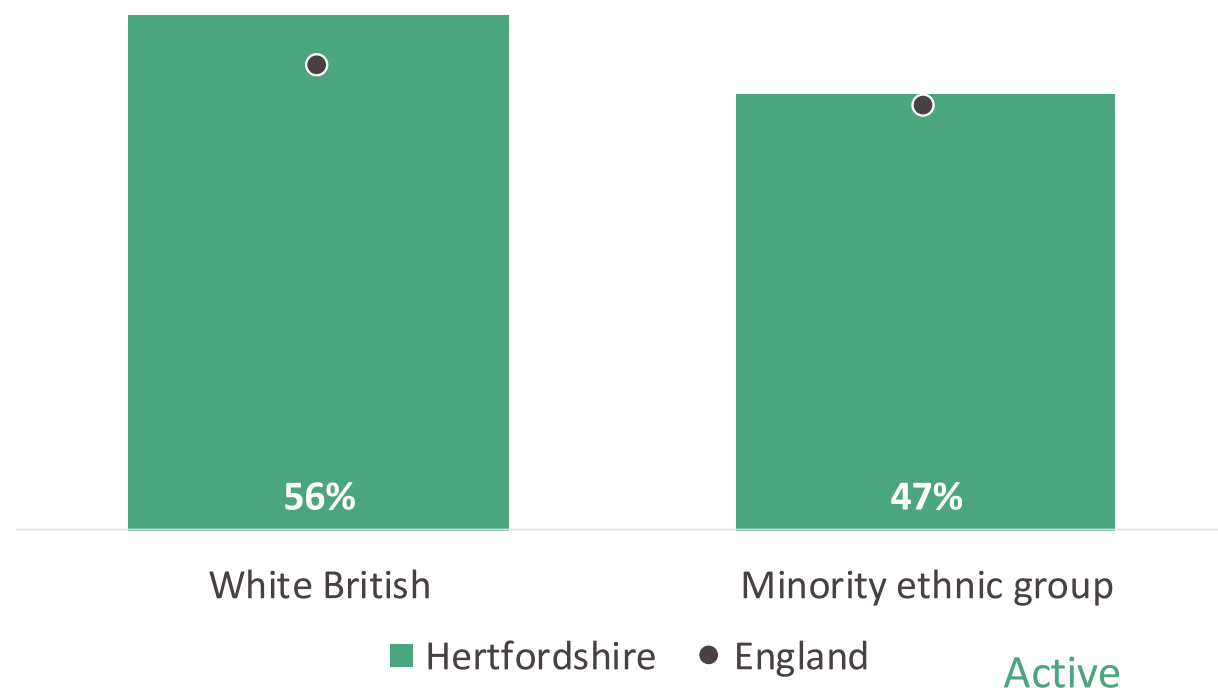
Children and young people from **high affluence families are far more likely to be active** than their peers from both low and medium-affluence families



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**)

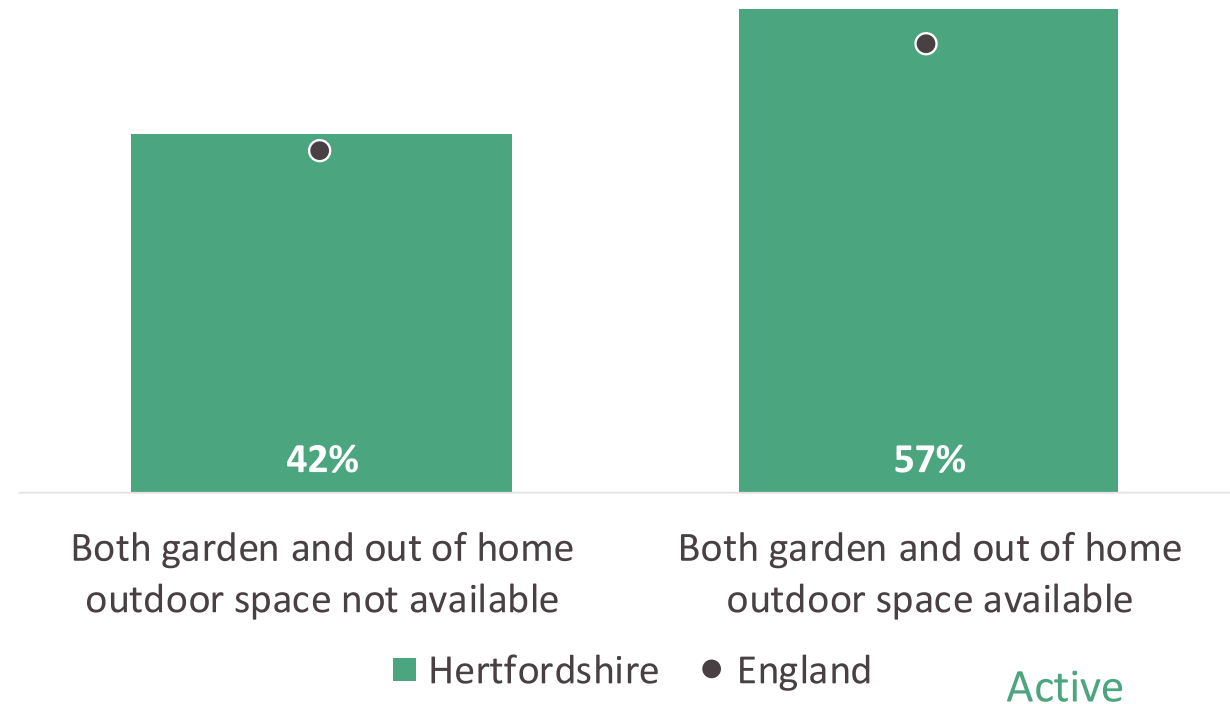
Children and young people from **ethnic minorities** are less likely to be active than those from **White British** backgrounds

This inequality is driven by outside school



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**



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

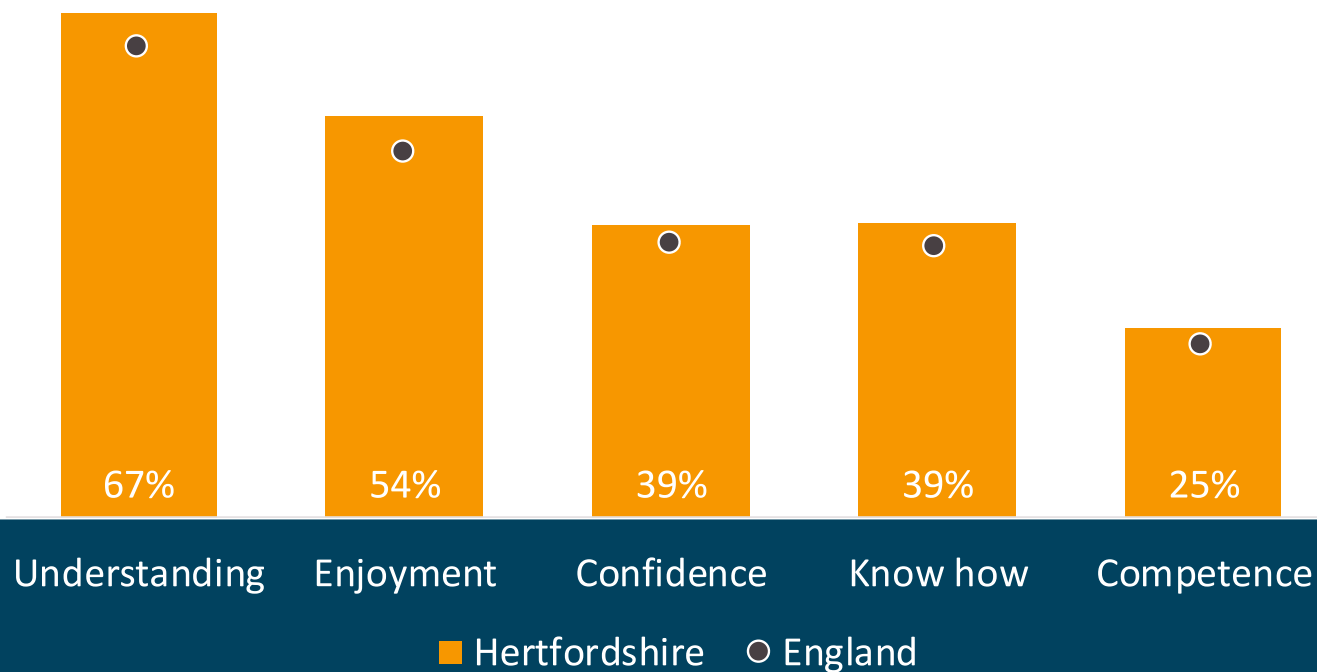


Appendix

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)

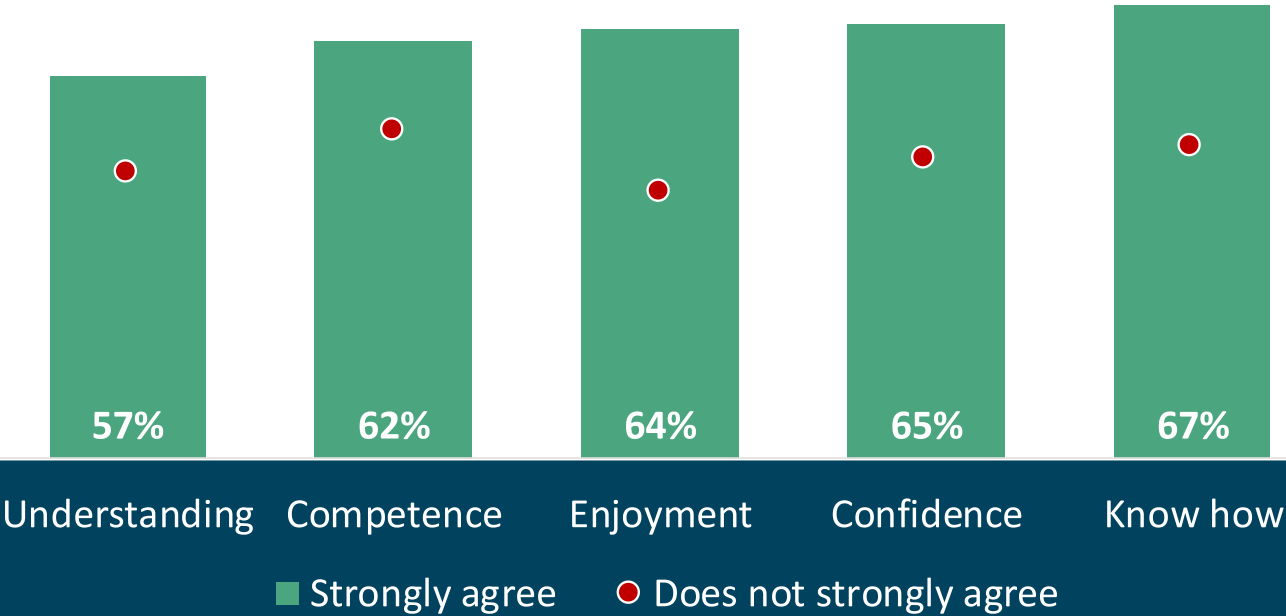


Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: positive attitude towards sport and physical activity

Activity levels by physical literacy

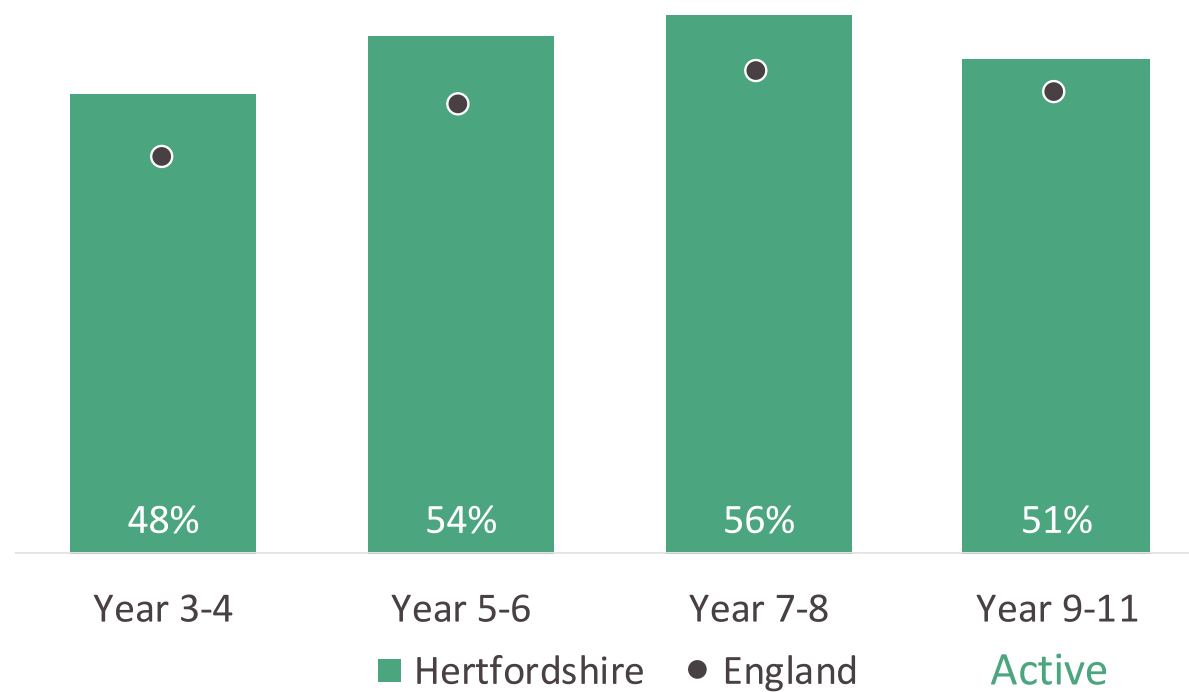
Children and young people who have a **positive association with movement** and physical activity are **more likely to be active**

...than young people who don't



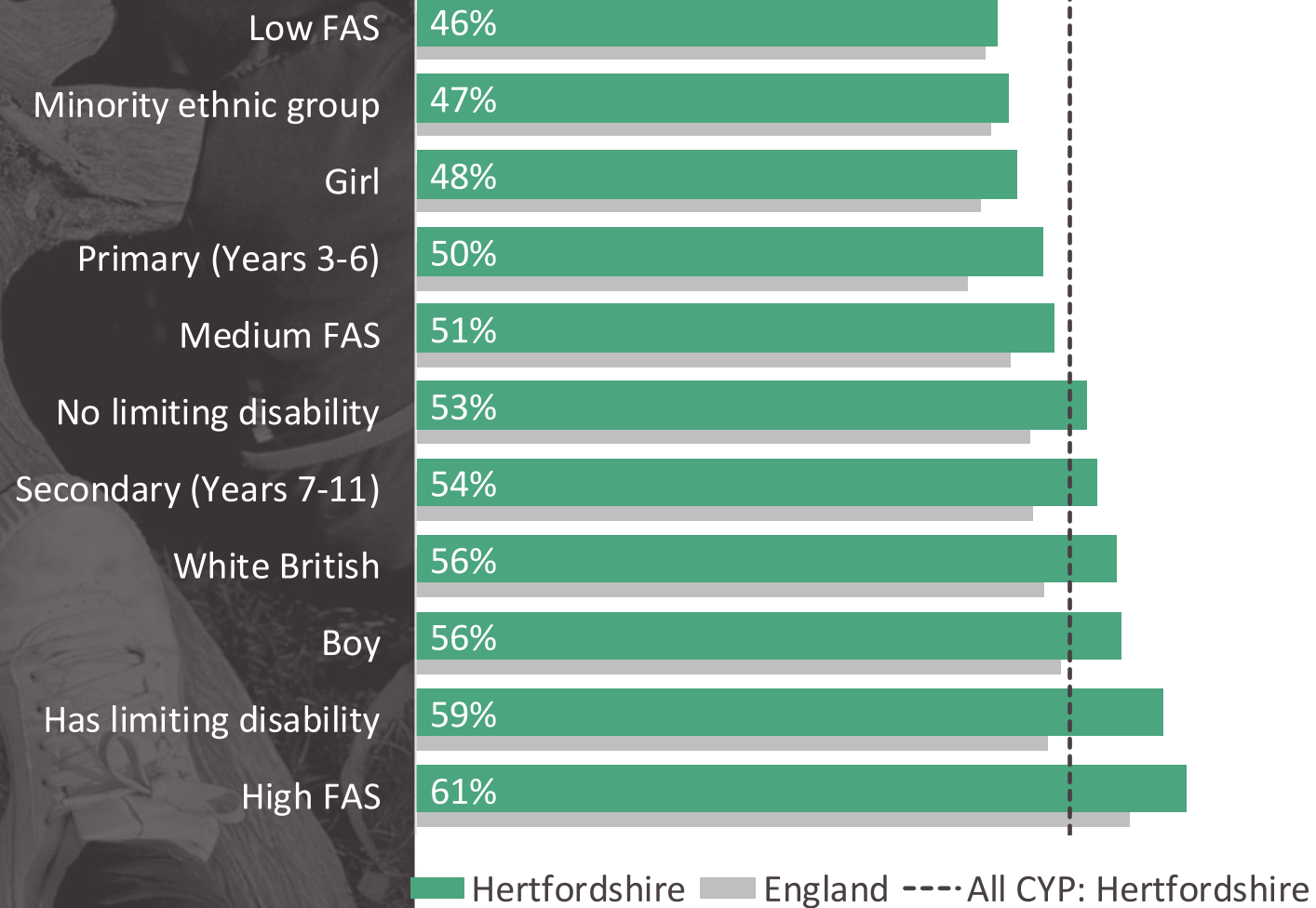
Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

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

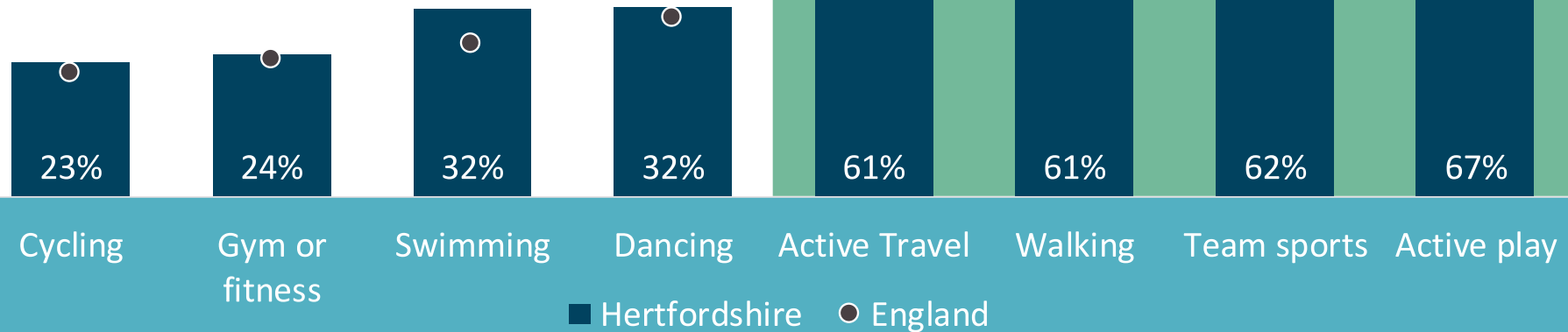


Data is for: Hertfordshire

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)



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



Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: Once a week participation by most prevalent activity groups

Sample size table: Demographics

	17-18	18-19	19-20	20-21	21-22	22-23	23-24
All CYP	2909	6569	3401	3018	5864	5266	4029
Boy	1258	2647	1443	1300	2601	2459	1796
Girl	1453	3361	1710	1496	2708	2301	1855
Low FAS	355	876	540	537	968	594	432
Medium FAS	1537	3370	1741	1830	3483	2323	1675
High FAS	902	1938	944	459	956	1379	1131
White British	1937	3874	1893	1805	3370	3123	2223
Minority ethnic group	903	2029	1138	893	1877	1583	1326
Has limiting disability	-	-	170	168	311	367	239
No limiting disability	-	-	2225	2064	3776	3157	2360
Primary (Years 3-6)	1762	2868	1631	1325	2024	1665	2029
Secondary (Years 7-11)	1003	3381	1679	1373	3479	3352	1671
0 characteristics	-	-	-	-	-	2168	1634
1 characteristic	-	-	-	-	-	2381	1825
2+ characteristics	-	-	-	-	-	717	570

Source: Sport England Active Lives, Children and Young People survey 2017-18 to 2023-24

Sample size table: Local authorities

	17-18	18-19	19-20	20-21	21-22	22-23	23-24
Hertfordshire	2909	6569	3401	3018	5864	5266	4029
Broxbourne	193	458	194	137	360	78	287
Dacorum	268	1011	333	533	673	845	373
East Hertfordshire	418	853	228	198	353	280	316
Hertsmere	231	706	82	205	425	365	214
North Hertfordshire	175	381	77	236	445	463	368
Three Rivers	262	522	583	169	658	290	300
St Albans	461	566	357	596	1060	1270	931
Stevenage	269	896	689	331	1062	1298	603
Watford	239	236	277	318	480	161	321
Welwyn Hatfield	393	940	581	295	348	216	316

Source: Sport England Active Lives, Children and Young People survey 2017-18 to 2023-24

Key messages



- **Nearly half (48%) of our children and young people are not active enough.** That's around 83,700 children and young people in Hertfordshire not meeting recommended activity levels
- Activity levels have increased over time
- Children and young people in **Welwyn Hatfield experience the lowest activity levels** (43% active) and those in Broxbourne the highest (60% 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 **high affluence families are far more likely to be active** than their peers from both low and medium-affluence families. **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.
- Children and young people from **ethnic minorities** are less likely to be active than those from White British backgrounds
- 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

