

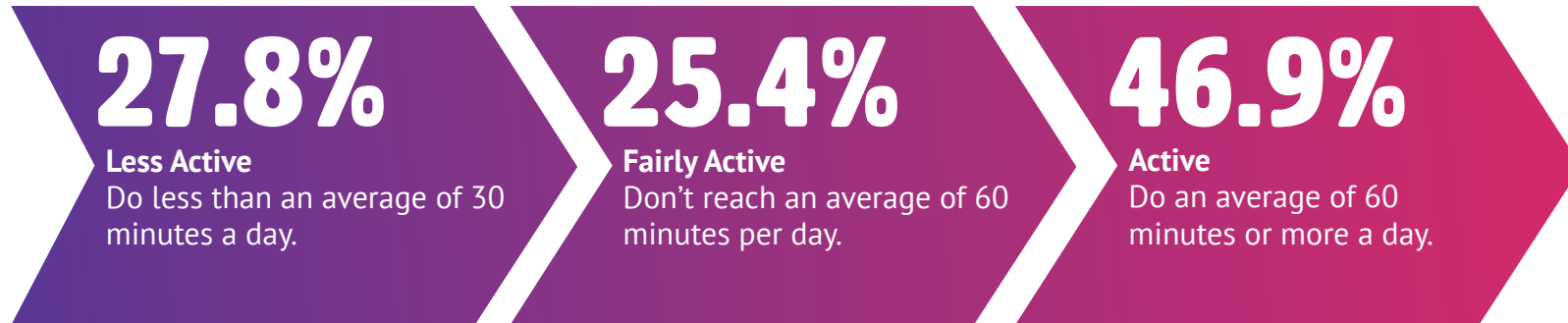
Headline Children & Young People Statistics

Rochdale Overview

Academic Year 2018-2019
CYP Active Lives

Published December 2019

The second CYP Active Lives survey was published in December 2019 by Sport England and reflects data from the academic year 2018-19.



The recommendation for children & young people, aged 5 – 16 is to do a minimum of 60 minutes every day.

- 22.6% of children & young people in Rochdale are achieving 60 minutes of physical activity every day, this is equivalent to 7,000 children & young people.
- 14,600 are averaging 60 minutes a day

38.2% **Overweight and obese**
Of children classified as overweight or obese by year 6

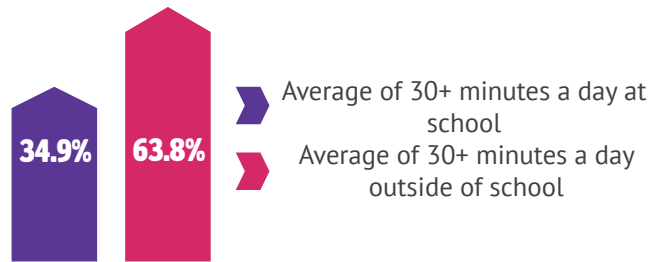
National Child Measurement
Programme data, 2018/2019

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7 IN 10 YOUNG PEOPLE DO LESS THAN AN AVERAGE OF 30+ MINUTES AT AND OUTSIDE SCHOOL

The Chief Medical Officer recommends that children and young people should be active for 30 minutes at school and 30 minutes outside of school

MORE THAN 3 IN 5 YOUNG PEOPLE IN ROCHDALE ACHIEVE AN AVERAGE OF 30 MINUTES+ OUTSIDE OF SCHOOL

66.0% **School Readiness**
Of children achieving "Good level" of development by age 5.

Public Health England Data, 2019

