

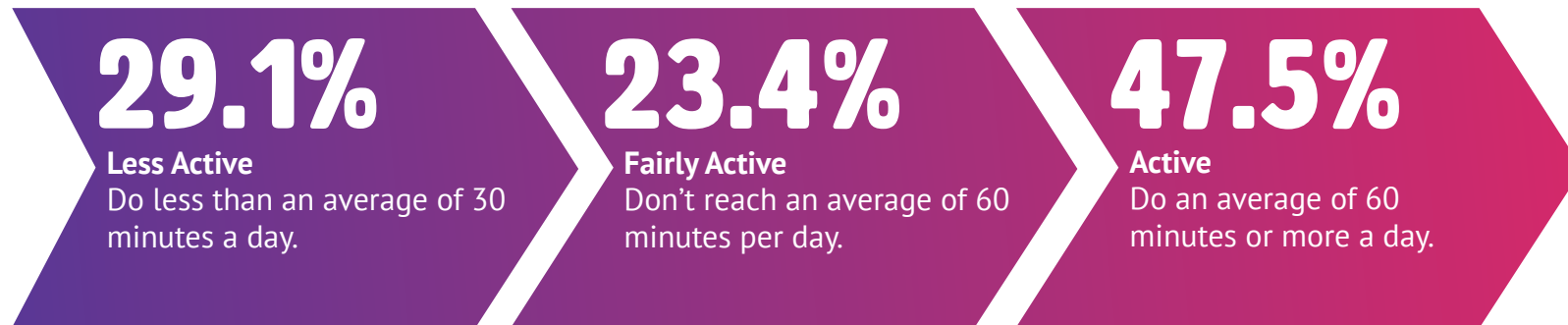
Headline Children & Young People Statistics

Trafford 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.

- 18.6% of children & young people in Trafford are achieving 60 minutes of physical activity every day, this is equivalent to 6,500 children & young people.
- 16,700 are averaging 60 minutes a day

**NEARLY
1 IN 2**

Children have volunteered twice in the last 12 months. This is a 12.6% increase on last year.

31.6%

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

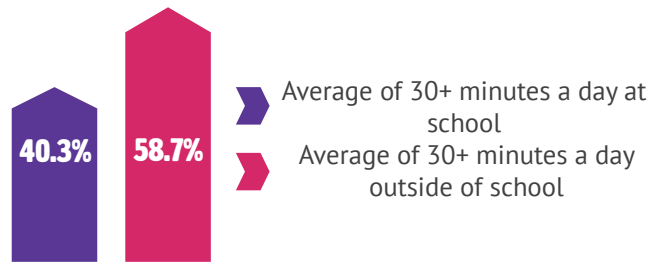
National Child Measurement Programme data, 2018/2019

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

**3 IN 5 YOUNG PEOPLE IN TRAFFORD
ACHIEVE AN AVERAGE OF 30
MINUTES+ OUTSIDE OF SCHOOL**

74.7%

School Readiness
Of children achieving
“Good level” of
development by age 5.

Public Health England Data, 2019

**OVER 6 IN 10 YOUNG PEOPLE DO LESS
THAN AN AVERAGE OF 30+ MINUTES
AT AND OUTSIDE SCHOOL**

