

## Section 3: Children and young people

# Healthy eating and physical activity



a single version of the truth



## Related briefings in the JSA for Health and Wellbeing

Briefing (and hyperlink)	Section
<a href="#">Obesity</a>	Children and Young People
<a href="#">Emotional wellbeing and Mental health</a>	Children and Young People
<a href="#">Dental health</a>	Children and Young People
<a href="#">Diabetes</a>	Burden of ill-health: general health
<a href="#">Maternity</a>	Health promotion and preventative services
<a href="#">Obesity</a>	Health promotion and preventative services
<a href="#">Physical activity &amp; healthy eating</a>	Health promotion and preventative services
<a href="#">Health and wellbeing benefits of access to nature</a>	Wider determinants of health
<a href="#">Transport</a>	Wider determinants of health

## Outcome Frameworks Summary

The Public Health Outcomes Framework for England, 2013-2016<sup>1</sup> outlines the overarching vision for public health as “to improve and protect the nation’s health and wellbeing, and improve the health of the poorest fastest”. The following indicators from this framework are relevant to this section.

Framework	Reference	Indicator
Public Health	1.16	Utilisation of green space for exercise/health reasons
Public Health	1.18	Social connectedness
Public Health	2.2	Breastfeeding
Public Health	2.5	Child development at 2 to 2.5 years
Public Health	2.6	Excess weight in 4-5 and 10-11 year olds
Public Health	2.11	Diet
Public Health	2.12	Excess weight in adults
Public Health	2.13	Proportion of physically active and inactive adults
Public Health	2.17	Recorded diabetes
Public Health	4.2	Tooth decay in children aged five years

## Edition

Edition	Version no.	Changes/Comments

## Executive summary

A balanced diet and physical activity are vital for good health. They are both key to halting the rise in childhood obesity that is being seen nationally.

The proportion of school pupils eating five or more portions of fruit and vegetables a day in Wiltshire is 24%, compared with 19% in England<sup>2</sup>.

Wiltshire has 37,000 physically active school-aged children spending at least 3 hours per week on high quality physical education (PE) and school sport<sup>3</sup>. This equates to 63.4% of pupils in Wiltshire which is significantly higher than the percentage for England (55.1%).

The 2011 Health Related Behaviour Survey<sup>4</sup> showed that 92% of primary school pupils have a bicycle but only 7% cycled to school in the morning. 48% of primary school pupils walked to school, 42% came by car.

## Why this area is important?

A balanced diet is vital for good health. In particular, the consumption of at least five portions of fruit and vegetables each day is likely to contribute markedly to lowering a person's risk of heart disease, stroke or cancer.

Physical activity is an important component of a healthy lifestyle. Adults who are physically active have a 20 to 30% reduced risk of premature death, for example. Physical inactivity is associated with an increased risk of cardiovascular disease, some cancers, osteoporosis and overweight and obesity. In addition, physical activity has a protective effect on mental health (associated with reduced stress and depression) and has wide-ranging social benefits.

## What are the needs of the population?

### Healthy eating

Advice from the World Health Organization, recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems, such as heart disease, stroke, type 2 diabetes and obesity. Based on this advice the NHS provide the 5 a day message to highlight the health benefits of getting five 80g portions of fruit and vegetables a day<sup>5</sup>.

The proportion of school pupils eating five or more portions of fruit and vegetables a day in Wiltshire is 24%, compared with 19% in England<sup>6</sup>.

**Table 1: Fruit and vegetable consumption**

How many of the “five a day fruit and vegetables” did you eat yesterday?	Wiltshire (%)	England (%)
None	7	9
1-2	25	29
3-4	39	35
5 or more	24	19
Don't know	6	7

Source: Tellus survey, 2009

Other relevant findings from the 2011 Health Related Behaviour Survey<sup>7</sup> include:

- More girls report having fresh fruit ‘on most days’ than boys. However consumption of fruit and vegetables decreases with age and while 62% of Year 6 girls report eating fruit and vegetables on most days only 49% of Year 10 girls report this level of consumption.
- Those pupils reporting having at least 5 portions of fruit/vegetables the day before decreased with age: 30% in the primary school age sample and 21% in the secondary school age sample.
- 8% of primary school pupils said they had no portions of fruit or vegetables at all yesterday (with the possible exception of potatoes which are not included in the 5-a-day target). The secondary figure was 9%.
- 4% of primary school pupils had nothing to eat or drink before school on the day of the survey while 10% of secondary school pupils had nothing for breakfast.
- In secondary schools 60% had a packed lunch yesterday and 22% a school lunch; 17% of the Year 10 girls also reported having no lunch yesterday.
- In secondary schools, 15% of pupils said they never considered their health when choosing what to eat.
- In secondary schools, 40% of pupils thought that their school lessons about healthy eating were at least quite useful.

The summer 2012 Tomorrow’s Voice survey<sup>8</sup> asked what young people felt about the amount of fruit and vegetables they eat. 43% said they were happy with the amount they eat and don’t need reminding but 33% think they should probably eat more fruit and 23% think they should probably eat more vegetables.

### **Schools Food Trust**

The School Food Trust annual survey reports a 32.1% take up of school lunches in primary schools in Wiltshire in 2011/12, down from 34.6% in 2010/11 but higher than the 2009/10 figure of 30.2%. Secondary school lunch take up decreased again in 2011/12 to 26.7% down from 28.2% in 2010/11 and 28.9% in 2009/10<sup>9</sup>. In England

as a whole a higher take up than that in Wiltshire was reported, with a 46.3% average in primary schools and a 39.8% average in secondary schools.

## Physical exercise and activity

### Guidelines

In 2011, the Chief Medical Officer produced a suite of physical activity guidelines aimed at different ages.

Early years (under 5s) – for infants who are not yet walking<sup>10</sup>

- Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments.
- All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

Early years (under 5s) – for children who are capable of walking<sup>11</sup>

- Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.
- All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

Children and Young People (5-18 years)<sup>12</sup>

- All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
- All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

### Activity rates

Wiltshire has 37,000 physically active school-aged children spending at least 3 hours per week on high quality physical education (PE) and school sport<sup>13</sup>. This equates to 63.4% of pupils in Wiltshire, which is significantly higher than the percentage for England (55.1%).

The 2011 Health Related Behaviour Survey<sup>14</sup>, in common with those for 2006 and 2008, found that girls generally exercise less than boys. This difference in physical activity rates in the sexes was more pronounced at older ages.

**Table 2: Physical activity rates by age and gender: how many times in the week previous to the survey pupils exercised hard enough to breathe harder and faster**

Times*	Year 5		Year 6		Year 8		Year 10	
	Male	Female	Male	Female	Male	Female	Male	Female
0	5%	2%	4%	3%	6%	4%	8%	6%
1	11%	6%	7%	8%	7%	6%	8%	10%
2	9%	15%	12%	14%	13%	18%	14%	22%
3	21%	22%	20%	25%	17%	22%	20%	24%
4	16%	18%	14%	16%	20%	21%	18%	15%
5 or more	38%	38%	43%	34%	39%	30%	33%	23%
Sample size	194	189	321	315	241	363	253	374

Source: Wiltshire Health Related Behaviour Survey, 2011

\* days not times used in secondary school survey

In 2009 the Tellus survey asked school aged children about activity levels and showed that children in Wiltshire appear to be slightly more active than the national average.

**Table 3: Wiltshire and England activity rates compared**

Thinking back to last week, how often did you do something active?	Wiltshire %	England %
<i>I did something active before school</i>		
Everyday	28	24
Most Days	17	16
Some days	27	25
Never	28	35
<i>I did something active during lesson time ( including PE lessons)</i>		
Everyday	18	21
Most Days	41	34
Some days	39	40
Never	2	5
<i>I did something active during lunchtime/break times</i>		
Everyday	36	37
Most Days	23	20
Some days	24	23
Never	16	20
<i>I did something active after school</i>		
Everyday	36	36
Most Days	33	27
Some days	26	25
Never	6	12

Source: Tellus survey, 2009

Physical activity also varies by age. Physical activity is likely to decline with age. In 2007/08 the Tomorrow's voice survey found that in Wiltshire 64% of 11 to 14 year

olds take part in 3 or more activities a week compared to only 53% of 15 to 18 year olds.

Other relevant findings from the 2011 Health Related Behaviour Survey<sup>15</sup> include:

- 69% of primary pupils considered themselves fit or very fit; the figure for secondary pupils was 36%.
- 81% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'; the figure for secondary pupils was 74%.
- 38% of primary pupils reported that they had exercised five times or more, in the last week, which made them breathe harder.
- 31% of secondary pupils reported that they had exercised five times or more, in the last week, which made them breathe harder.
- In secondary schools, outside school hours, football was the most popular form of physical activity for the boys and going for walks for girls.
- 40% of the Year 10 boys consider themselves 'fit' or 'very fit' compared with only 23% of the girls.

There is a lot of interest at the moment in the links between exercise and achievement. Among Year 10 students, the average number of days taking part in hard exercise goes up with GCSE expectations.

**Table 4: Physical activity and GCSE expectations**

GCSE expectation	Average days taking hard exercise
I don't expect to take any GCSEs	2.3
I don't know what GCSEs I'm going to take, if any	2.4
I expect to take a few GCSEs (1 to 4)	3.0
I expect to take several GCSEs (5+)	3.0
I expect to take several GCSEs at grades A to C	3.5

Source: Wiltshire Health Related Behaviour Survey, 2011

Wiltshire Council's sports and physical activity team has worked closely with colleagues in Public Health, the wider health community, education and the Wiltshire and Swindon Sports Partnership to ensure a lasting Olympics 2012 legacy for sport and physical activity in Wiltshire. Initiatives included:

- Star:track Athletics: flagship grassroots athletics programme for 8 to 14 year olds.
- Sportivate: targeting 14-25 year olds to receive 6 to 8 weeks of high quality coaching in the sport of their choice and then be guided into regular participation within their local community.

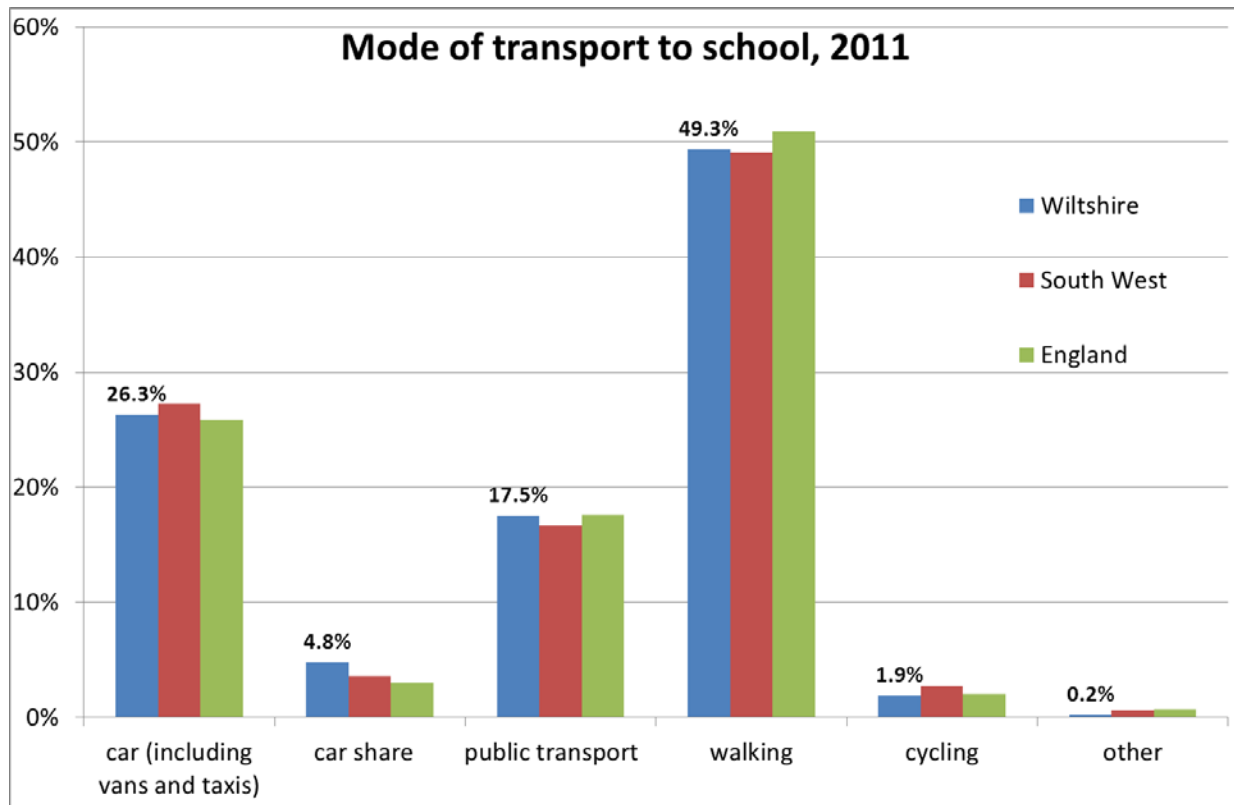


- Sports Stars: after-school coaching programmes offering young people the chance to improve their performance in certain sports and aims to link them in to local clubs or acts as a standalone coaching programme where opportunities in that sport are limited.
- High-5 netball, tag rugby and kwik cricket festivals for schools.
- Supported Wiltshire School Games.
- Supported Chippenham games: sporting and cultural project involving residents of Chippenham including 19 schools.
- Xtreme Sports Clubs: an Inspire mark awardee; to provide alternative sport taster sessions, events, projects and clubs for young people across the county.
- Kandu Kicks: an Inspire mark awardee; social inclusion football programme in Chippenham
- Disability swimming; basketball; football; Rising Stars Multi-Sports Clubs; Boccia; Trampolining
- Fun in the Sun: school holiday programme delivered in 17 rural areas football; athletics; tag rugby; dodgeball; kwik cricket;
- Wow Fit: Inspiremark awardee for the second consecutive year; a week of activities with Leisure Centres and community sports clubs encouraging women and girls in Wiltshire to get active and fitter;
- Free swimming for children under 16 in school holidays.

### **Mode of transport to and from school**

The school census data<sup>16</sup> includes information on the mode of travel to school. Figure 2 shows the data for 2010/11 for Wiltshire, England and the South West for pupils aged between 5 and 15.



**Figure 2: Mode of transport to school, all ages, 2011**

Source: School Census 2011

As can be seen in Figure 2 above Wiltshire is fairly typical of the South West and England, with the majority of children walking to school. However levels of car sharing are slightly higher than the national average. Other points of interest in the data are:

- 34.2% of pupils aged 5-10 travel to school by car compared to 17.2% of 11 to 15 year olds.
- Only 4.5% of those aged 5-10 use public transport compared to 32.4% of those aged 11 to 15.
- Slightly more (53.6%) of those aged 5-10 walk to school than those aged 11-15 (44.4%).
- Of the pupils who live within half a mile 4% travel by car and 9.7% of those within one mile travel by car.
- The percentages travelling by each mode of transport have changed very little in the past 4 years in Wiltshire. Walking has increased from 47.1% in 2007/08 to 49.3% in 2010/11 and car use overall has decreased by about 1% over this period with a slightly shift to more car-sharing.
- Cycling to school amongst 11 to 15 year olds has decreased from 3.2% in 2007/08 to 2.8% in 2010/11 but has remained at about 1% for those aged 5-10.

The 2011 Health Related Behaviour Survey (HRBS)<sup>17</sup> also asked about how pupils travel to school and showed:

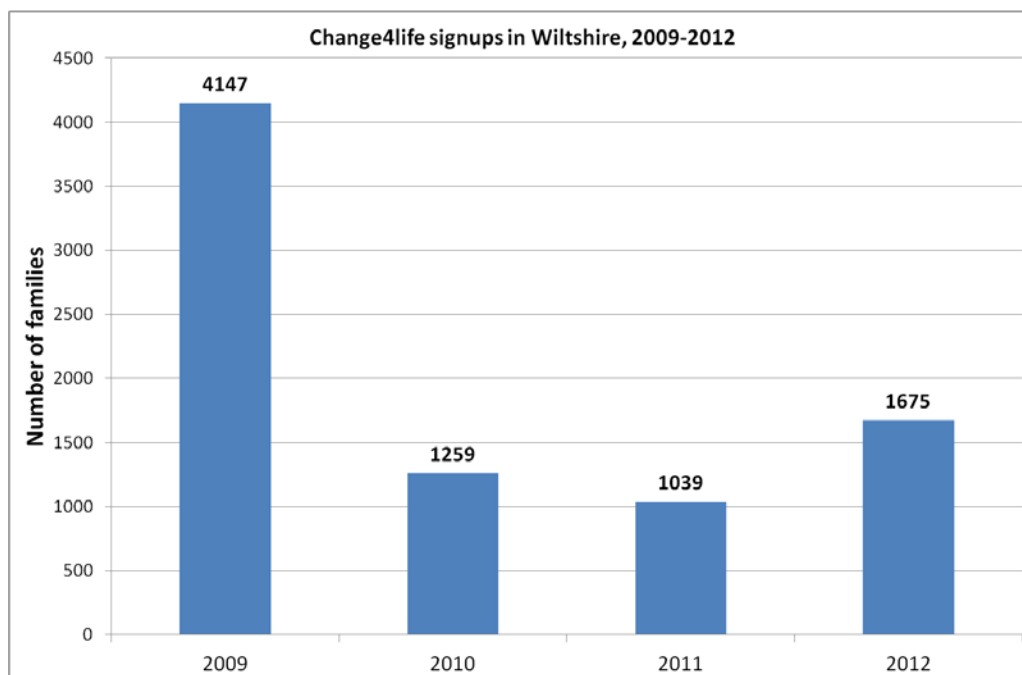
- Although 92% of primary school pupils have a bicycle only 7% had cycled to school that morning.
- 48% of primary school pupils walked to school, 42% came by car.

These results show much higher bicycle use than the school census data. This could be explained by methodological differences between surveys or the small sample of primary schools included in the HRBS not being representative of all primary schools in the county.

## Change4life

The NHS are also encouraging children and adults to adopt a more healthy lifestyle through their Change 4 Life programme<sup>18</sup> encouraging people to eat well, move more and live longer. Over 8,000 families in Wiltshire have signed up to the scheme since it started in 2009, with numbers rising again in 2012.

**Figure 3: Change4life signups in Wiltshire**



Source: Department of Health

## Inequalities

Sedentary behaviour increases during childhood and from childhood into adolescence. Markers of Socio-economic status (SES), such as parental income or education, are inversely associated with sedentary behaviour (i.e. sedentary behaviour tends to be higher in low SES groups). Levels of sedentary behaviour e.g. TV viewing, are typically higher in 'non-white' ethnic groups.. Young people tend to

have higher levels of sedentary behaviour if their parents or siblings also engage in high levels of sedentary behaviour<sup>19</sup>.

## National and local policies, services and resources

### Policy context

#### Healthy Child Programme: pregnancy and the first five years of life<sup>20</sup>

Includes focus on the early identification and prevention of obesity in children through an emphasis on breastfeeding, delaying weaning until babies are around six months old, introducing children to healthy foods, controlling portion size, limiting snacking on foods that are high in fat and sugar, and encouraging an active lifestyle.

#### Healthy Child Programme: from 5-19 years old<sup>21</sup>

This publication also emphasises importance of healthy eating and physical activity to prevent obesity.

#### Tackling obesity through the Healthy Child Programme: a framework for action<sup>22</sup>

This framework provides guidance and practical direction to reduce the risks of obesity for babies, toddlers and preschool children. Its aimed at practitioners who work with parents and carers and has clear messages for parents and a constitutes a basis for guiding public health strategy. [http://www.noo.org.uk/Mary\\_Rudolf](http://www.noo.org.uk/Mary_Rudolf)

#### Wiltshire's Children & Young People's Plan 2012-15<sup>23</sup>

Includes 'Promoting a balanced diet and an active lifestyle to prevent and reduce obesity' as part of the Key Theme: Promoting healthy lifestyles. A key indicator is included in the plan is "Excess weight (overweight and obesity) in 4-5 and 10-11 year olds".

#### NHS 5 A Day program

The NHS 5 A Day program aims to change the way people think, and highlight the benefits of eating more fruit and vegetables. Benefits include nutritional content (vitamins and minerals, fibre and antioxidants), which helps to maintain a healthy weight and reduce the risk of heart disease, stroke and some cancers.

#### Change4life

The NHS are also encouraging children and adults to adopt a more healthy lifestyle through their Change 4 Life programme encouraging people to eat well, move more and live longer. The programme now extends to other areas such as alcohol. <http://www.nhs.uk/change4life>

#### Start4life

Includes information on healthy eating and physical activity in pregnancy and early childhood. <http://www.nhs.uk/start4life>

#### Healthy Start

National scheme providing free vouchers to help buy milk, fruit, vegetables and vitamins for mothers on benefits of under 18 years of age. <http://www.healthystart.nhs.uk>

## Wiltshire healthy nutrition / physical activity initiatives

- Breastfeeding Strategy: will be updated, focusing on increasing breastfeeding rates in Wiltshire areas of low prevalence.
- Eat Better, Start Better Award for nurseries for meeting the School Food Trust voluntary guidelines and Top 10 healthy eating tips for nurseries
- Cooking / healthy living 6-week courses for families (ABC Cook) - aimed at areas where obesity levels are high and delivered in Children's Centres for parents/carers with young children. During 2012-13, about 200 participants were involved including 117 children. 62% of the families lived in areas of most deprivation (Quintiles 1 and 2 in IMD 2010). Similar courses (HEY!) also delivered by Danone in partnership with Wiltshire Council
- 2013-14 ABC Cook includes the offer of achieving a Level 2 Food Safety & Hygiene qualification and workshops on cooking for children with food intolerances.
- Free 3 month family swimming membership: included with NCMP overweight and very overweight result letters to parents; also offered to participants of ABC Cook workshops in Children's Centres. This offer will also be available for school nurses at their discretion with families deemed in need and motivated to take action against obesity.
- MEND 7-13 - a 10 week programme targeting overweight and obese in families with children aged 7-13 years. It offers exercise, nutrition and psychological support. It will be replaced by Wiltshire Council programme in September 2014.
- Bike It Plus: The Wiltshire Bike It officer encourages more cycling, walking and scooting to school. Active travel events for pupils, staff and parents are held in selected primary schools in Trowbridge, Chippenham, Devizes and Warminster (areas of high obesity). This links with cycle training (Bikeability) and School Travel Planning as well as the Connect Wiltshire sustainable travel scheme.
- The GP Slimming on Referral scheme can accept children and young people from age 11 (if accompanied by a parent/carer) to be supported with developing healthier eating patterns.
- Wiltshire Leisure Centres: Sport / physical activities for young people



[:http://www.wiltshire.gov.uk/leisureandrecreation/sportandfitness/sportandphysicalactivity/sportsdevelopment/sportforyoungpeople.htm](http://www.wiltshire.gov.uk/leisureandrecreation/sportandfitness/sportandphysicalactivity/sportsdevelopment/sportforyoungpeople.htm)

- The Healthy Schools Programme and website supports health and wellbeing related activities in Wiltshire schools - <http://www.wiltshirehealthyschools.org/>
- 

## What works and what resources are there?

### Start active, stay active: a report on physical activity from the four home countries' Chief Medical Officers

A UK-wide document that presents guidelines on the volume, duration, frequency and type of physical activity required across the life-course to achieve general health benefits. It is aimed at the NHS, local authorities and a range of other organisations designing services to promote physical activity. The document is intended for professionals, practitioners and policymakers concerned with formulating and implementing policies and programmes that utilise the promotion of physical activity, sport, exercise and active travel to achieve health gains.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_128209](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_128209)

### 2011 Health Related Behaviour Survey<sup>24</sup>

In addition to the information in this document, further data and analysis is available in theme report: healthy weight.

[http://www.wiltshirehealthyschools.org/documents/survey\\_data/Wiltshire\\_summary\\_Healthy\\_Weight\\_2011.pdf](http://www.wiltshirehealthyschools.org/documents/survey_data/Wiltshire_summary_Healthy_Weight_2011.pdf)

The data tables for primary and secondary schools are available on the Healthy Schools Wiltshire website: <http://www.wiltshirehealthyschools.org/partnership-projects/wiltshire-health-related-behaviour-survey/>

### NICE Public Health Guideline No. 17

Promoting physical activity, active play and sport for pre-school and school-age children and young people in family, pre-school, school and community settings (January 2009). <http://www.nice.org.uk/PH17>

### National Obesity Observatory resources

National Obesity Observatory sources of national-level surveillance data on physical activity and diet in adults and children in England.

[http://www.noo.org.uk/data\\_sources/physical\\_activity](http://www.noo.org.uk/data_sources/physical_activity) This includes a [children's diet factsheet](#) and a [children's physical activity factsheet](#).

## What do service users / the public think?

The Children & Young People's Plan 2012-15 consultation document reports the views of young people on local needs. Ideas put forward included:

- Better sports facilities - free/cheaper activities, more variety, more after school clubs.
- Healthy eating cafes

- Space for skate parks / BMX tracks

## Challenges for consideration

- Levels of obesity in 11 to 15 year olds are higher than 20 years ago; reducing the level will require increased levels of physical activity as well as eating a diet that prevents excessive weight gain and maintains a healthy weight. To achieve this will require a large societal shift with a focus on numerous factors such as physical inactivity (e.g. due to excessive 'screen time'), less outdoor play and the availability and consumption of 'fast foods'.
- Less than one quarter currently eat the recommended 5 portions a day of fruit or vegetables.
- Gender gap in physical activity: girls (especially teenagers) are less likely to respond to physical activity opportunities because of issues around puberty and body image
- General decrease in activity levels as children get older: more academic demands in secondary schools and colleges can lead to less time for physical activities previously undertaken
- Changing modes of transport to school: in general car usage has increased and there is less active travel to school. Again a societal shift is needed and initiatives such as Connect Wiltshire, School Travel Planning and Bike It Plus seek to decrease car use as one of their aims.

## Contact information

### Document prepared by:

**Simon Hodsdon**

Public Health Scientist

Wiltshire Public Council

Telephone: 01225 718769

Email: [simon.hodsdon@wiltshire.gov.uk](mailto:simon.hodsdon@wiltshire.gov.uk)

### With input from:

Mike Jones, Public Health Specialist, Wiltshire Council

Amy Bird, Public Health Consultant, Wiltshire Council

---

<sup>1</sup> Department of Health

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_132358](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_132358)]

<sup>2</sup> Tellus survey (2009), DCSF

<sup>3</sup> Wiltshire Child Health Profile 2013, Child and Maternal Health Observatory, March 2013.

Department of Health. url: <http://www.chimat.org.uk/resource/view.aspx?RID=121002>

<sup>4</sup> Wiltshire Health Related Behaviour Survey 2011, Healthy Schools Wiltshire. Wiltshire Council. 2012 url: <http://www.wiltshirehealthyschools.org/partnership-projects/wiltshire-health-related-behaviour-survey/>

<sup>5</sup> <http://www.nhs.uk/Livewell/5ADAY/Pages/Why5ADAY.aspx>

<sup>6</sup> Tellus survey (2009), DCSF

<sup>7</sup> Wiltshire Health Related Behaviour Survey 2011, Healthy Schools Wiltshire. Wiltshire Council. 2012 url: <http://www.wiltshirehealthyschools.org/partnership-projects/wiltshire-health-related-behaviour-survey/>

<sup>8</sup> Tomorrow's Voice report, Summer 2012, Wiltshire Council.

<http://www.intelligence-network.org.uk/EasysiteWeb/getresource.axd?AssetID=54277&type=full&servicetype=Attachment>

<sup>9</sup> SFT/LACA annual survey 2011/12. <http://www.schoolfoodtrust.org.uk/school-cooks-caterers/reports/statistical-release-take-up-of-school-lunches-in-england-2011-2012>

<sup>10</sup> Physical activity guidelines for early years (under 5s) – for infants who are not yet walking. © Crown copyright 2011. 406414a 1p 0k July 11.

[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/documents/digitalasset/dh\\_128142.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_128142.pdf)

<sup>11</sup> Physical activity guidelines for early years (under 5s) – for children who are capable of walking © Crown copyright 2011. 406414b 1p 0k July 11.

[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/documents/digitalasset/dh\\_128143.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_128143.pdf)

<sup>12</sup> Physical activity guidelines for Children and Young People (5–18 years) © Crown copyright 2011. 406414c 1p 0k July 11.

[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/documents/digitalasset/dh\\_128144.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_128144.pdf)

<sup>13</sup> Wiltshire Child Health Profile 2013, Child and Maternal Health Observatory, March 2013.

Department of Health. url: <http://www.chimat.org.uk/resource/view.aspx?RID=121002>

<sup>14</sup> Wiltshire Health Related Behaviour Survey 2011, Healthy Schools Wiltshire. Wiltshire Council. 2012 url: <http://www.wiltshirehealthyschools.org/partnership-projects/wiltshire-health-related-behaviour-survey/>

<sup>15</sup> Wiltshire Health Related Behaviour Survey 2011, Healthy Schools Wiltshire. Wiltshire Council. 2012 url: <http://www.wiltshirehealthyschools.org/partnership-projects/wiltshire-health-related-behaviour-survey/>

<sup>16</sup> Pupil Level Annual School Census (PLASC), Department for Education (DfE). January 2011.

<sup>17</sup> Wiltshire Health Related Behaviour Survey 2011, Healthy Schools Wiltshire. Wiltshire Council. 2012 url: <http://www.wiltshirehealthyschools.org/partnership-projects/wiltshire-health-related-behaviour-survey/>

<sup>18</sup> <http://www.nhs.uk/change4life>

<sup>19</sup> Sedentary behaviour, BHF National Centre physical activity and health, April 2012. British Heart Foundation National Centre (BHFNC). url: <http://www.bhfactive.org.uk/homepage-resources-and-publications-item/328/index.html>

<sup>20</sup> Healthy Child Programme: Pregnancy and the first five years of life, Department of Health. Crown copyright 2009, first published October 2009. url: [http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/@dh/@en/@ps/documents/digitalasset/dh\\_118525.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/@ps/documents/digitalasset/dh_118525.pdf)

<sup>21</sup> Healthy Child Programme: From 5-19 years old, Department of Health. Crown copyright 2009, first published October 2009. url:

[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/documents/digitalasset/dh\\_108866.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_108866.pdf)

<sup>22</sup> Tackling obesity through the Healthy Child Programme: A framework for action, Mary Rudolf, University of Leeds, November 2009. url:

[http://www.noo.org.uk/uploads/doc/vid\\_4865\\_rudolf\\_TacklingObesity1\\_210110.pdf](http://www.noo.org.uk/uploads/doc/vid_4865_rudolf_TacklingObesity1_210110.pdf)

<sup>23</sup> Children and Young People's Plan 2012-15, Wiltshire Children & Young People's Trust, March 2012. url: [http://www.wiltshirepathways.org/UploadedFiles/CYPP\\_FINAL\\_2012-2015\\_v2.pdf](http://www.wiltshirepathways.org/UploadedFiles/CYPP_FINAL_2012-2015_v2.pdf)

<sup>24</sup> Wiltshire Health Related Behaviour Survey 2011, Healthy Schools Wiltshire. Wiltshire Council. 2012 url: <http://www.wiltshirehealthyschools.org/partnership-projects/wiltshire-health-related-behaviour-survey/>