

# #49 CHANGE4LIFE EVIDENCE REVIEW RAPID EVIDENCE REVIEW ON THE EFFECT OF PHYSICAL ACTIVITY PARTICIPATION AMONG CHILDREN AGED 5 – 11 YEARS, PUBLIC HEALTH ENGLAND

## PUBLIC HEALTH ENGLAND

Report, 2015

**Topic for advocacy** HEPA - Physical Activity and Health / Obesity and behaviour change / Education and active schools

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/440747/Change4Life\\_Evidence\\_review\\_26062015.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/440747/Change4Life_Evidence_review_26062015.pdf)

### Description of the good example

The World Health Organization advocates that public education through a large scale, evidence-based communication campaigns, is a cornerstone of the promotion of physical activity. Change4Life is the Department of Health's national public health campaign, which began in January 2009. Its key focus is on the promotion of physical activity for both, adults and children. At the moment, the campaign is focused on promoting physical activity to children aged 5 – 11 years. The aim of this rapid evidence review is to identify relevant literature on the physiological, psychological, social, and behavioural outcomes of physical activity participation among children aged 5 – 11 years, in order to summarise the evidence, and provide an indication of the strength of the evidence for each outcome.

### Target - Who can best use this example or document?

State and local government, Department of Health, Decision makers, School settings.

*\*All information in this entry is sourced from the link above and contact mentioned in the document.*

### Highlights and outcomes

#### Why could it be useful for your organisation and advocacy?

The World Health Organization advocates that public education, through large scale evidence-based communication campaigns, is a cornerstone of physical activity promotion. Change4Life is the Department of Health's national public health campaign, which began in January 2009. A key focus of the campaign is the promotion of physical activity for both, adults and children.

### Learning points - What can we learn from it?

From this rapid review of the evidence on the outcomes of physical activity participation among children aged 5 – 11 years, the strongest evidence exists for a positive association between physical activity and cardio-metabolic health, muscular strength, bone health, cardiorespiratory fitness, self-esteem, anxiety/stress, academic achievement, cognitive functioning, attention/concentration, confidence, and peer friendship.

### Further information

Public Health England  
enquiries@phe.gov.uk  
[www.gov.uk/phe](http://www.gov.uk/phe)