



## Fun with Food and Fitness



The 'F'Factor Project is analysing the health and fitness of school children in Denbighshire. Primary school children across Denbighshire were given a questionnaire on their diet, health and physical activity levels, and attended a "fitness fun day" where they participated in a number of health and skill related fitness tests. The first stage of testing was completed on Year 5 boys and girls at the end of the 2008-2009 academic year, and below reports the key findings. (Results are compared to norm tables, early obesity epidemic scores from 1998, and government guidelines)

### Positives 😊;

- 83% achieve the '5 A Day' fruit and vegetables
- Good grip strength scores
- Good leg speed and power
- Over 50% go to school via active transport (43% walk)
- Nearly 90% perceive their neighbourhood as a safe place
- 92% have a positive attitude towards being physically active
- Only 5 boys and 4 girls reported they have tried smoking



## Negatives 😞;

- 39% are overweight and obese
- On average girls are overweight
- 17% not achieving their '5 A Day'
- 24% have no vegetables, and 12% have no fruit
- High sugar intake (drinks and food)
- 42% are not achieving the 2 hours of P.E. lessons per week recommended by the National Curriculum
- Very poor flexibility (44% boys and 20% girls cannot reach their toes)
- Poor endurance capacity scores
- Poor speed and agility
- Poor hand-eye coordination and speed
- 30% girls and 24% boys have experienced low back pain



## Initial Recommendations

- Accumulation of at least 60 minutes of moderate to vigorous physical activity per day (this may be achieved through a number of short bouts of activity around 15 minutes in length)
- At least 2 hours of P.E. lessons per week
- Consume 5 portions of fruit and vegetables each day
- Increase strength and flexibility, particularly the posterior muscles.
- More data collection is needed to make the results more robust.
- Examine the effectiveness of any interventions in response to the 'F'Factor findings.

To receive a copy of the full report please contact Mr Richard Griffin ('F'Factor Project Manager); [griffin.richard@denbighshire.gov.uk](mailto:griffin.richard@denbighshire.gov.uk)