DR ZOE WILLIAMS

PHYSICAL ACTIVITY IN CHILDREN

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ACTIVE SURREY SCHOOLS CONFERENCE
6TH NOVEMBER 2018
DR WILLIAMS
AMAZON
DR ZOE

Mental Health Special
Nov 1, BBC2, 8pm
bbc.co.uk/trustme  #trustmeimadoctor

Hair Care Secrets 2017
MISS
Mental Health Special

Nov 1, BBC2, 8pm

bbc.co.uk/trustme #trustmeimadoctor
EXERCISE

• Asthma
• Confidence
• Medicine
• Friendships
• Gladiators
Prevalence of excess weight among children
National Child Measurement Programme 2014/15

One in five children in Reception is overweight or obese (boys 22.6%, girls 21.2%)

One in three children in Year 6 is overweight or obese (boys 34.9%, girls 31.5%)

Child overweight (including obesity)/ excess weight: BMI ≥ 85th centile of the UK90 growth reference
BEHAVIOURAL MODEL OF OBESITY

Genes

Environment

Activity habits

Behaviour

Eating habits
ASSESSING WEIGHT
QUIZ TIME...

1. How much exercise do young people need to be healthy?
2. How many girls aged 5-7 achieve it?
3. How many girls aged 13-15 achieve it?
4. Name 3 benefits to the child of being active
5. Name 2 benefits to the school of children being active
PHYSICAL ACTIVITY REDUCES RISK OF WHICH OF THE FOLLOWING CONDITIONS BY AT LEAST 20%?

- Early death
- Heart disease
- Stroke
- Type 2 diabetes
- Colon cancer
- Breast cancer
- Hip fracture
- Depression
- High blood pressure
- Alzheimer’s disease
## OUR GREATEST DEFENCE

Physical Activity contribution to reduction in risk of mortality and long term conditions

<table>
<thead>
<tr>
<th>Disease</th>
<th>Risk reduction</th>
<th>Strength of evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Death</td>
<td>20-35%</td>
<td>Strong</td>
</tr>
<tr>
<td>CHD and Stroke</td>
<td>20-35%</td>
<td>Strong</td>
</tr>
<tr>
<td>Type 2 Diabetes</td>
<td>35-40%</td>
<td>Strong</td>
</tr>
<tr>
<td>Colon Cancer</td>
<td>30-50%</td>
<td>Strong</td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>20%</td>
<td>Strong</td>
</tr>
<tr>
<td>Hip Fracture</td>
<td>36-68%</td>
<td>Moderate</td>
</tr>
<tr>
<td>Depression</td>
<td>20-30%</td>
<td>Strong</td>
</tr>
<tr>
<td>Hypertension</td>
<td>33%</td>
<td>Strong</td>
</tr>
<tr>
<td>Alzheimer’s Disease</td>
<td>20-30%</td>
<td>Moderate</td>
</tr>
<tr>
<td>Functional limitation, elderly</td>
<td>30%</td>
<td>Strong</td>
</tr>
<tr>
<td>Prevention of falls</td>
<td>30%</td>
<td>Strong</td>
</tr>
<tr>
<td>Osteoarthritis disability</td>
<td>22-80%</td>
<td>Moderate</td>
</tr>
</tbody>
</table>

BEYOND PHYSICAL HEALTH

• Happier
• More confident
• Improved self esteem
• Improved sleep
• Lower levels of stress and anxiety
• Social skills and networks

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• Positively affect on concentration & memory²
• Improved behaviour among adolescents²
• Can improve standardized test scores³
• Foster discipline and commitment

¹. HHS. Physical Activity Guidelines Advisory Committee Report;2008.
Physical activity for children and young people (5–18 Years)

Be physically active

Spread activity throughout the day

Aim for at least 60 minutes everyday

Include muscle and bone strengthening activities 3 times per week

Sit less

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

Move more

All activities should make you breathe faster and feel warmer

23% of girls aged 5-7 meet the recommended levels of daily physical activity, by ages 13-15 only 8% do
#YESYOUCAN

- To improve young people’s health, wellbeing and life aspirations through co-created physical activity solutions
- Focus on those in areas deprivation AND with lowest aspirations
- Bridge the gap between inequalities
- Use of aspirational ambassadors

- CO-CREATION
- LONG TERM BEHAVIOUR CHANGE
- SUSTAINABILITY IN COMMUNITY
OUR PROJECTS

TOGETHER WE ARE STRONGER!

The success of our projects comes from our partnership approach. We work with specialist community based organisations to ensure our projects are cost effective and sustainable.

MOVING FORWARDS TOGETHER, HARLOW

INSPIRE, EDUCATE AND MOTIVATE, CAMDEN

TEENAGE GIRLS’ PROJECT, ESSEX
BASILDON ACADEMY: GIRLS TOGETHER PROJECT

- 12 girls dedicated to a co-designed 20 week programme
- 100% attendance to date
- 100% participation
- Reports of increased interest in PA
- They feel ‘listened too’ have a voice
- All participating in a insight exercise – vlog/blog competition
“I found that this program boosted my confidence. Zoe has made me come out of my comfort zone and learn new things.

“Zoe does so many activities herself and taught us some really fun exercises.”

“Zoe talked to me about how people face their fears and how to use different techniques.”

“Thank you Zoe for helping me, you are my inspiration.”
“It was a great surprise when I met Zoe, an energetic GP and also Gladiator, when she introduced herself I think we all felt everyone shocked seeing a famous person come to the school. She straight away inspired me to be a doctor after she told her stories about school and making dreams come true. Every time she spoke I felt more and more confident. I learned that you can achieve anything you want, it doesn’t matter which background you’re from, you can transform from a normal person to having a lot of jobs and becoming famous. The thing that amazed me the most was she was a everyday person, she has multiple jobs that she does everyday.”
“IT’S NOT WHERE YOU START, IT’S WHERE YOU END UP”...

THANK YOU

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