



**Torbay
Healthy
Learning**

Torbay Active Schools 2019

Intent, Implementation, Impact



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The Local Picture

**1 in 4 Reception
aged Children in
Torbay are carrying
excess weight**



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The Local Picture

**1 in 3 Year Six aged
Children in Torbay
are carrying excess
weight**



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The Local Picture

Just over 1 in 3 children and young people in Torbay are not meeting the recommended guidelines for physical activity



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TODAY

- **Keynote presentations:**
 - Public Health England
 - Create Development
 - Intelligent Health
- **Workshops:**
 - Create Development
 - Youth Sport Trust
 - British Cycling
 - Premier Education
 - Intelligent Health
- **Marketplace**
- **Chance for networking with key partners**



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TODAY

- **Your chance to:**
 - Plan your intent
 - Implement your design
 - Evidence your impact



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- Torbay has a substantial issue with childhood obesity and inactivity in our children and young people
- Torbay figures are largely in line with national direction, with numbers of overweight children escalating year on year
- There is a widening inequality gap in all weight categories for all year groups – although not a hard and fast rule children from poorer areas tend to have higher levels of obesity and inactivity
- The development of unhealthy behaviours in childhood correlate with unhealthy behaviours in adolescence and adulthood.
- It is vitally important to buck the trend and start setting healthy habits early in the life-course
- Today's children may be the first generation to have a shorter life expectancy than their parents
- We all have a role to play in ensuring our children and young people have the best possible start in life, setting them on the right healthy lifestyle pathway into adulthood



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