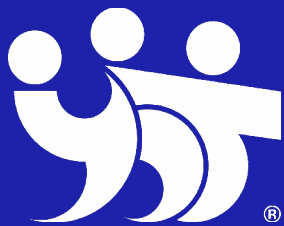


May 2023



**YOUTH
SPORT
TRUST**

Key facts about...

challenges young people face



For more facts, please visit [here](#) to access the Youth Sport Trust's Knowledge Bank.

Almost a quarter (23.4%) of year 6 children are obese and 10.1% of reception children are obese (NHS Digital, 2022).

Click [here](#) for the full report.

Fewer than half of all children and young people in the UK (47%) are meeting the Chief Medical Officer guidelines of taking part in sport and physical activity (Sport England, 2022).

Click [here](#) for the full report.

Young people from low affluence families are less likely to be active compared to those from medium and high affluence families (Sport England, 2022).

Click [here](#) for the full report.

Most parents (79%) believe that children are spending too much time online and not enough time with each other (Youth Sport Trust, YouGov, 2022).

Click [here](#) for the full report.

18% of children aged 7 to 16 have a probable mental disorder. This increases to 20% for those aged 11-16 (NHS Digital, 2022).

Click [here](#) for the full report.

The number of children in England needing treatment for mental health problems has risen 39% in a year (NHS Digital, 2023).

Click [here](#) for the full report.

In 2022, 5.2% of children aged 11-16 years said they often or always felt lonely, this was more than double (12.6%) for those young people aged 17-22 years (NHS Digital, 2022).

Click [here](#) for the full report.

Over a fifth of young people from poorer backgrounds (21%) think their life will amount to nothing, no matter how hard they try (Prince's Trust, 2022).

Click [here](#) for the full report.

The happiness and confidence of 16-25-year-olds has flatlined at an all-time low in fourteen-year history of research, with young people most unhappy about their money and mental health (Prince's Trust, 2023).

Click [here](#) for the full report.

The average community CAMHS waiting lists in February increased by 66% in 2 years in England, meaning children are waiting on average 21 weeks for a first appointment. Across the UK, the waiting times are up by 53% and the wait is 16 weeks, dropping to just 3 weeks in Wales (Prince's Trust, 2023).

Click [here](#) for the full report.