

**YOUTH  
SPORT  
TRUST**

Believing in every child's future

# Healthy Child, Healthy Future



We use...

**Sport &  
Physical Activity**

as a **tool** to...

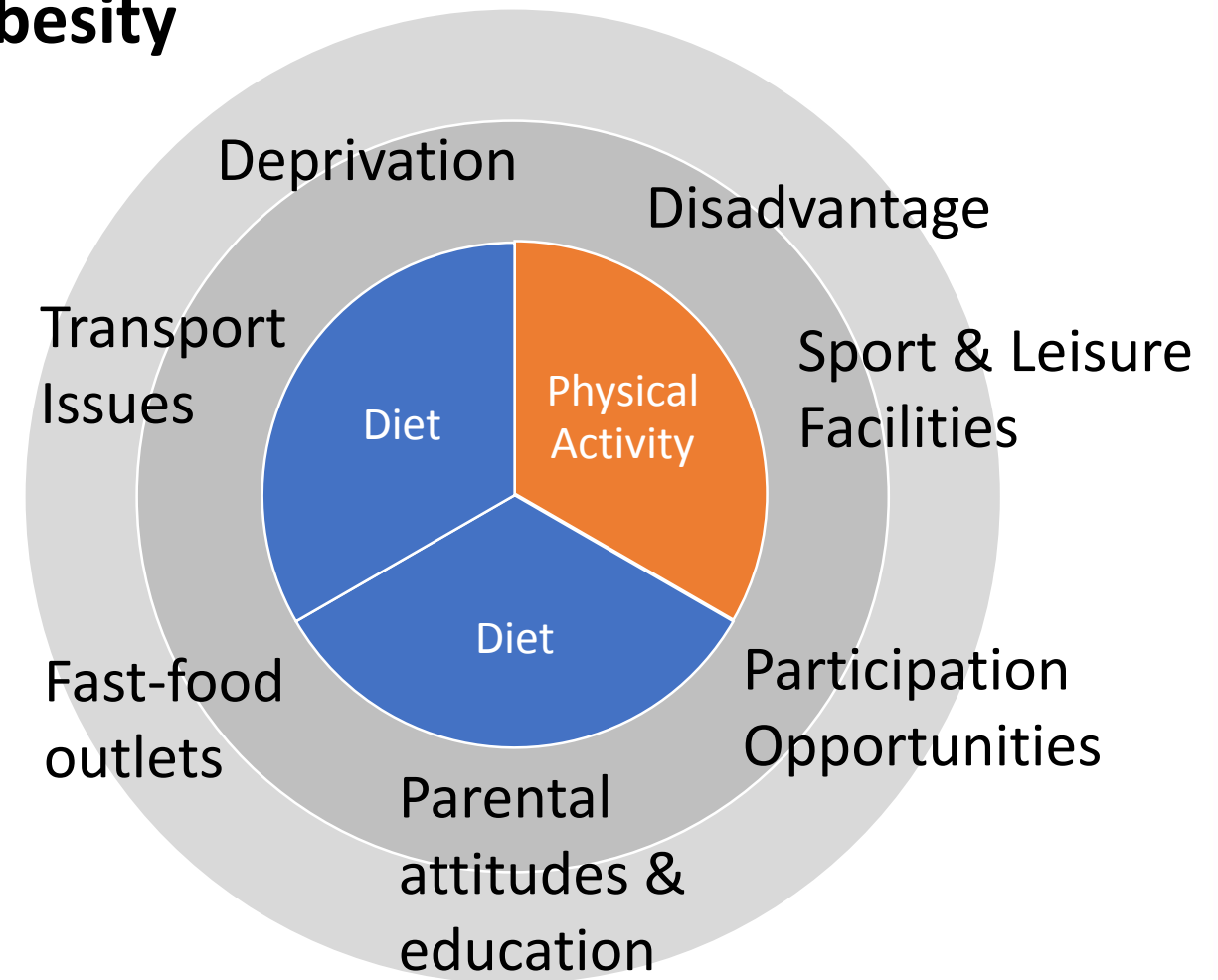
- **ENGAGE**
  - **EDUCATE**
  - **ACTIVATE**
- young people



# Healthy Child, Healthy Future

## – a whole council approach to child obesity

- Physical activity has a role to play in weight management, alongside diet
- BUT obesity is a complex issue: cross-cutting factors
- **Opportunity for cross-cutting outcomes**



“Healthy Child, Healthy Future

– a whole council approach to **child health and wellbeing**”

# Healthy Child, Healthy Future – a whole council approach to **child health and wellbeing**

## Unlocking the power of PE, Sport & PA

- Improve the quality and quantity of PE in schools
- Make more efficient use of primary PE & Sport Premium
- Deliver multiple-outcomes: leadership; life skills; physical, mental & social wellbeing; community cohesion

