

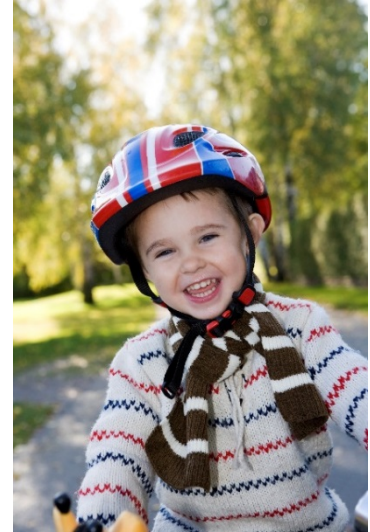
# Health is a political choice

why an increase in physical activities in schools relates to health equity



# A recent decision...

- The Swedish government has decided to increase physical activities in schools

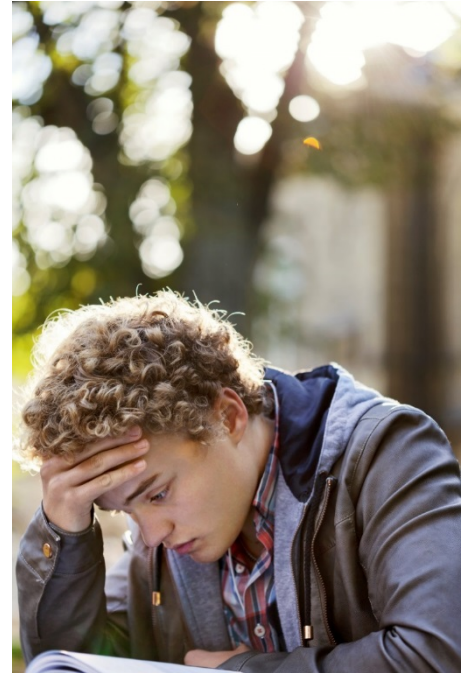


# Why?

- 88 % of all girls

- 66 % of all boys

...are physically active **less** than an hour a day



# The evidence

- 20 minutes of physical activities increase 9 year olds reading ability (Hillman C 2009)
- 12 minutes of physical activities increases reading ability and attention (Tine M et al 2010)
- 4 minutes of physical activities increase 10-year olds capability to neglect distractions (Ma et al 2015)

# Physical activity is not just about....

- Getting rid of too much energy - the brain is functioning better if the child is active!
- Getting good sports-results - it is getting good results in math, reading and writing!

# Who benefits the most from making physical activities a school responsibility?

- A social gradient
- Activities without competition
- Embedded in all subjects
- Taking a whole-of-society approach
- Proportionate universalism



# A whole-of-government-approach in Västra Götaland

- “Join forces in reducing school failures” - 5 focus areas
  - Cross-sector cooperation
  - Mental health
  - Living habits
  - Stimulate studying
  - The impact of migration





