

Children and Young People's Mental Health and Physical Activity – Edge Hill University Evidence Review



Edge Hill University



What do the findings mean for policy makers, funders and commissioners?

Sport and physical activity have **positive effects** on the diagnosed mental health problems of children and young people.



1. **Acknowledge the positive impact of cross-sector sport and physical activity investment:** Policy makers, funders and commissioners need to better align and use resources across diverse sectors.



2. **Prioritise the insights from lived experience in decision-making:** Recognise, value and prioritise the insights of children and young people with lived experience of mental health problems.



3. **Prioritise collaborative and integrated approaches to systems change:** Further prioritise integrated systems change and collaborative cross-sector partnership.



4. **Embed sport and physical activity interventions in services for children and young people:** Interventions should be embedded into diverse services intended for children and young people, including those across the health, social care and education ecosystems.



5. **Address the complex determinants of, and inequalities in, mental health problems:** There is an urgent need to address the underlying social determinants of mental health problems and the various inequalities which give rise to these.