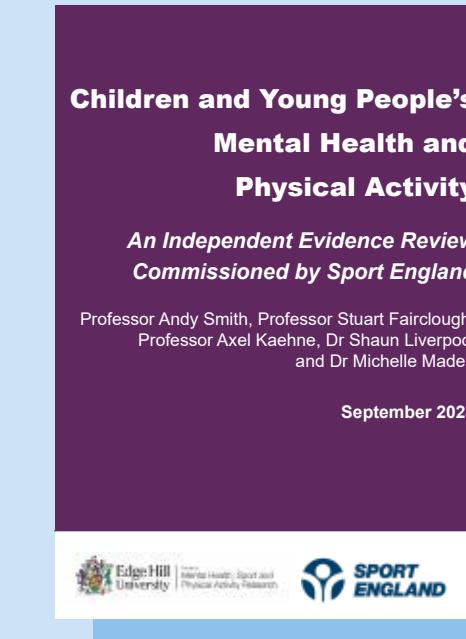


# Children and Young People's Mental Health and Physical Activity – Edge Hill University Evidence Review



Edge Hill University undertook an international evidence review on the use of sport and physical activity interventions for children and young people (aged 5-25) with a diagnosed mental health condition, as well as those waiting for or on a mental health treatment pathway, as diagnosed by a GP or mental health specialist.

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The review concluded that there was **strong** and **consistent** evidence that sport and physical activity interventions have **positive effects** on the diagnosed mental health problems of children and young people.

