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Kirklees Young Pals Evaluation: Final Report

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scores than older participants.

- Attitudes towards physical activity were found to be relatively high (positive) at baseline and therefore limited improvements were to be expected over time. There is some evidence to suggest that Young Pals attracts children and young people with already positive attitudes towards physical activity.
- Participation in a range of pre-defined activities increased over time with the exception of PE, team sports and cycling. The findings also provide evidence of increased flexibility in relation to understanding of what constitutes *physical activity* such that it may now be a less daunting prospect for some children and young people.
- Over half (57%) of the sample recorded decreases in BMI and 35% recorded decreases in weight (in kg).
- Centile score data reveals the high prevalence of obese and morbidly obese children and young people in the Young Pals sample. Improvements (i.e., reductions) in centile score were more likely to be associated with very young (below 7 years) participants.

Qualitative – following attendance at Young Pals:

(i) Children have understood the aims of the Programme and described improvements in self-confidence and other benefits from