

About Jump Rope for Heart

- Since 1983, more than 10 million Aussie kids and more than 90% of Aussie schools have taken part in Jump Rope for Heart.
- Every year, more than one million Aussies are involved in Jump Rope for Heart as skippers, teachers and sponsors.
- The Heart Foundation's Jump Rope for Heart has been keeping Aussie kids active and healthy for more than 35 years while raising vital funds to fight heart disease – the single biggest killer of Australians.
- Jump Rope for Heart is one of Australia's favourite school activity programs, inspiring kids to embrace skipping as a fun way to get active.
- For more than 35 years, Jump Rope for Heart has encouraged kids to develop positive attitudes to exercise and healthy eating, and to develop healthy habits for life.
- Every year, more than 300,000 kids in over 1,300 schools take part in Jump Rope for Heart with the help of more than 500,000 generous sponsors including families, friends and community members.
- Since 1983, Australian schools have raised awareness and more than \$104 million for the Heart Foundation, making a difference to the lives of all Australians affected by heart disease.

The facts

- Being active is one of the most important ways that Australian kids of all ages and abilities can improve their health and wellbeing, but about 3 in every 4 Aussie kids aged 5 to 12 years are not getting the recommended one hour of moderate to vigorous exercise every day;¹
- For young people aged 13 to 17 years, the figure is even worse, with 92 per cent failing to meet the recommended exercise guidelines of at least 60 minutes of moderate to vigorous exercise every day. ²
- Only 1 in 3 (35%) children aged 5 to 12 and 1 in 5 (20%) children aged 13 to 17 meet the sedentary screen-based behaviour guideline. (Limiting the use of electronic media for entertainment to no more than 120 minutes per day.)³
- Recent data shows that 1 in 4 (27%) children and adolescents aged 5 to 17 years are overweight or obese and 1 in 5 (20%) children aged 2 to 4 are overweight or obese. ⁴
- Physical inactivity is a major contributor to heart disease in Australia and is estimated to be the main cause for about 30% of heart disease worldwide.⁵
- Heart disease is the leading single cause of death in Australia, affecting two out of three families.

¹ Australian Institute of Health and Welfare. [Physical activity across the life stages](#), 2018.

² Australian Institute of Health and Welfare. [Physical activity across the life stages](#), 2018.

³ Australian Institute of Health and Welfare. [Physical activity across the life stages](#), 2018.

⁴ Australian institute of Health and Welfare. [A picture of overweight and obesity in Australia](#), 2017.

⁵ World Health Organization. [Global Health Risks: mortality ad burden of disease attributable to selected major risks](#), 2009

- Low levels of physical activity have been shown to be associated with increased risk of high blood pressure and obesity among children as young as 12 years of age.



Our Jump Rope for Heart Day is

Friday 20th November

along with our fun bike ride