



on the Physical Activity of Children and Youth Comparing 38 Countries

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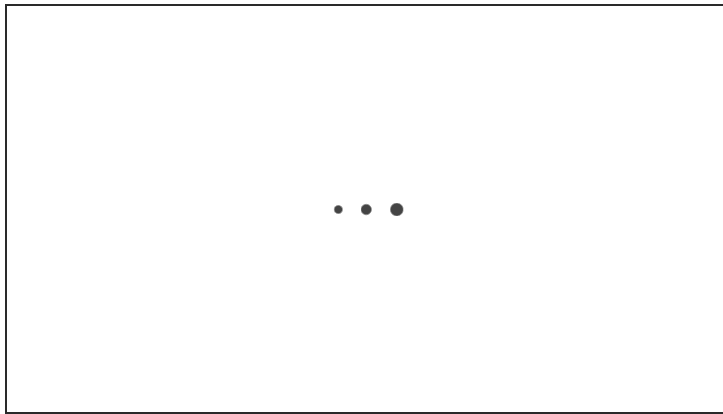
[Abstract](#)

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The Active Healthy Kids Global Alliance organized the concurrent preparation of Report Cards on the physical activity of children and youth in 38 countries from 6 continents (representing 60% of the world's population). Nine common indicators were used (Overall Physical Activity, Organized Sport Participation, Active Play, Active Transportation, Sedentary Behavior, Family and Peers, School, Community and the Built Environment, and Government Strategies and Investments), and all Report Cards were generated through a harmonized development process and a standardized grading framework (from A = excellent, to F = failing). The 38 Report Cards were presented at the *International Congress on Physical Activity and Public Health* in Bangkok, Thailand on November 16, 2016. The consolidated findings are summarized in the form of a Global Matrix demonstrating substantial variation in grades both within and across countries. Countries that lead in certain indicators often lag in others. Average grades for both Overall Physical Activity and Sedentary Behavior around the world are D (low/poor). In contrast, the average grade for indicators related to supports for physical activity was C. Lower-income countries generally had better grades on Overall Physical Activity, Active Transportation, and Sedentary Behaviors compared with higher-income countries, yet worse grades for supports from Family and Peers, Community and the Built Environment, and Government Strategies and Investments. Average grades for all indicators combined were highest (best) in Denmark, Slovenia, and the Netherlands. Many surveillance and research gaps were apparent, especially for the Active Play and Family and Peers indicators. International cooperation and cross-fertilization is encouraged to address existing challenges, understand underlying determinants, conceive innovative solutions, and mitigate the global childhood inactivity crisis. The paradox of higher physical activity and lower sedentary behavior in countries reporting poorer infrastructure, and lower physical activity and higher sedentary behavior in countries reporting

better infrastructure, suggests that autonomy to play, travel, or chore requirements and/or fewer attractive sedentary pursuits, rather than infrastructure and structured activities, may facilitate higher levels of physical activity.



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and youth comparing 38 countries. In: Journal of Physical Activity and Health. 2016 ; Global Alliance organized the concurrent preparation of Report Cards on the physical activity of children and youth in 194 countries (representing 60% of the world's population). Nine common indicators were used to assess physical activity: Participation, Active Play, Active Transportation, Sedentary Behavior, Family and Peer Influences, Government Strategies and Investments), and all Report Cards were generated through a standardized grading framework (Global Matrix 2.0: Report Card Grades on the Physical Activity of Children and Youth in 194 Countries. Journal of Physical Activity and Health, 13, 343-366. <https://doi.org/10.1123/jpah.13.4.343>, ABSTRACT: Traditional school physical education focuses on physical skills or strategies to promote a healthier lifestyle outside physical education classes, while children's overall moderate-to-vigorous physical activity is decreasing. Creative Physical Education (CPE) understands physical education more broadly and recognizes that movement is social learning.



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