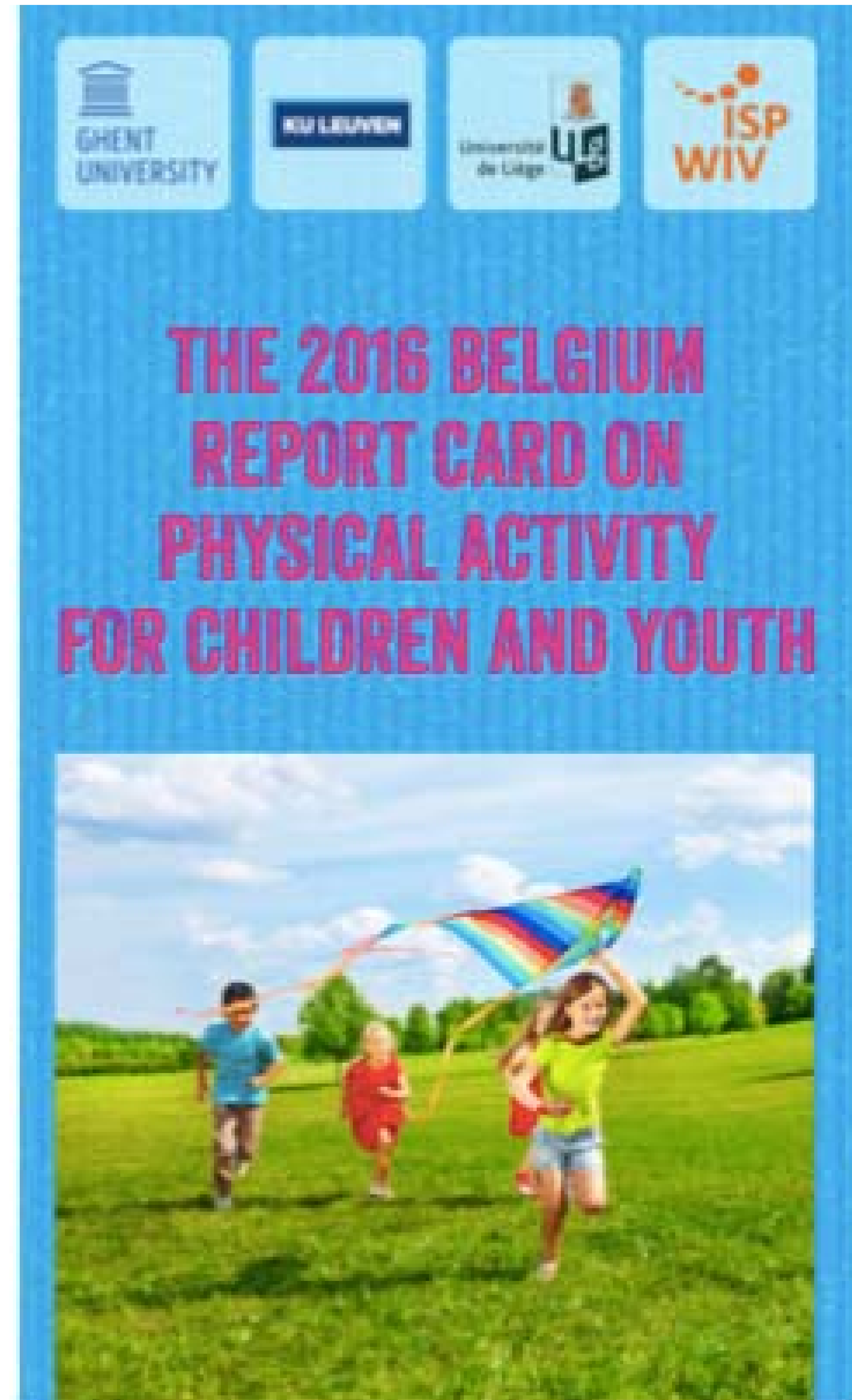


Active Healthy Kids Belgium 2016 Report Card on Physical Activity for Children and Youth

J. Seghers, A.I. Wijtzes,
K.A.A. De Ridder,
M. Cloes, A. Mouton, M.
Verloigne, & G. Cardon



Introduction

Active Healthy Kids Global Alliance:
38 countries, assignation of letter grades to different indicators
<https://www.activehealthykids.org>



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THE GLOBAL MATRIX

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GET THE GRADES

EXPLORE THE INTERACTIVE MAP

DOWNLOAD THE RESOURCES

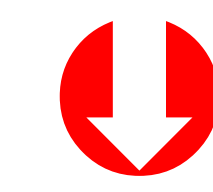
VIEW PHOTOS FROM THE LAUNCH

GET INVOLVED

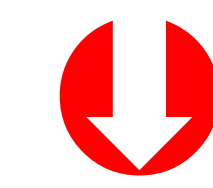
THE GLOBAL MATRIX 2.0 ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH

Methods for Belgium

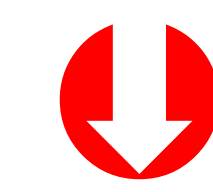
Establishment of a national research working group: researchers
KU Leuven, Ghent University, University of Liege



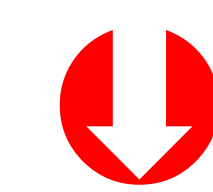
Establishment of two regional stakeholders groups consisting of experts from
research, education, and policy



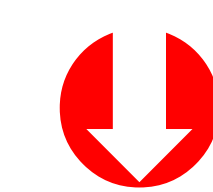
Synthesis of data collected in the 2014 Food Consumption Survey by the national
Scientific Institute of Public Health



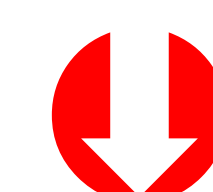
Selection of indicators and definition of benchmarks



Identification and synthesis of additional data sources (national, regional)



Preliminary grading of indicators according to framework by the national research
working group



Final grading of indicators after consensus among the national research working
group and two stakeholder groups

RESULTS

- 9 core indicators.
- 2 additional indicators (i.e. dietary behaviors and weight status).
- Poor grades for overall physical activity, sedentary behaviors, and weight status.
- Moderately positive scores for specific physical activity behaviors.
- Moderately positive scores for influences on physical activity (behaviors).
- 3 incomplete grades due to a lack of representative data for Belgium (i.e. dietary behaviors, family and peers, and community and the built environment).

Indicator	Grade
Overall Physical Activity	F+
Organized Sport Participation	C-
Active Play	C+
Active Transportation	C-
Sedentary Behaviors	D-
Family and Peers	INC
School	B-
Community and the Built Environment	INC
Government Strategies and Investments	C+
Dietary Behaviors	INC
Weight Status	D

The grade for each indicator is based on the percentage of children and youth meeting a defined benchmark: A is 81% to 100%; B is 61% to 80%; C is 41% to 60%, D is 21% to 40%; F is 0% to 20%; INC is incomplete data (Active Healthy Kids Canada)

<http://journals.humankinetics.com/doi/pdf/10.1123/jpah.2016-0306>



Interventions and additional studies are needed