

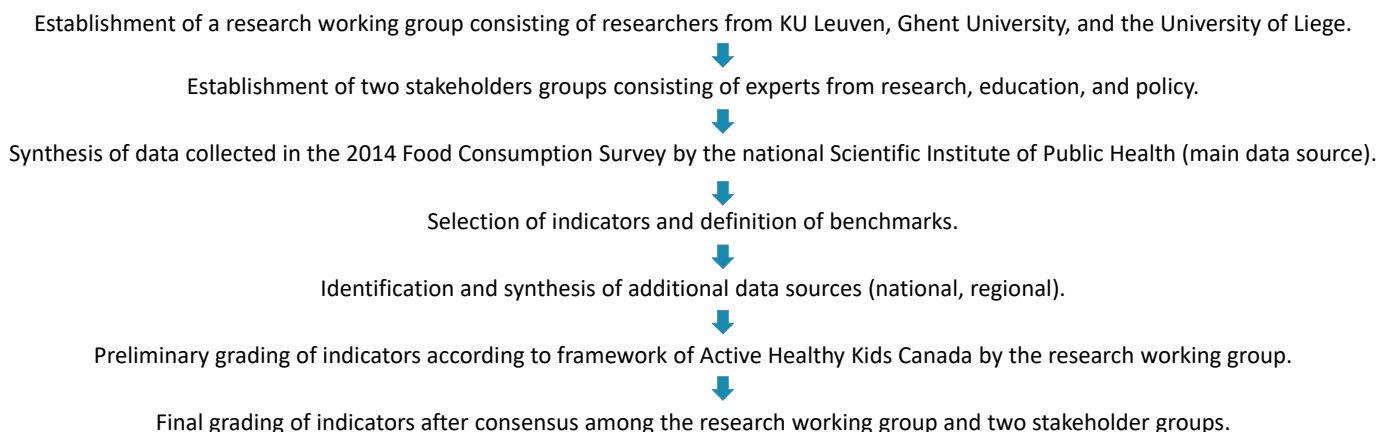
The 2016 Active Healthy Kids Belgium Report Card on Physical Activity for Children and Youth

Seghers J¹, Wijtzes AI¹, De Ridder KAA⁴, Cloes M³, Mouton A³, Verloigne M², & Cardon G²
¹ KU Leuven, ² Ghent University, ³ University of Liège, ⁴ Scientific Institute of Public Health, Belgium

BACKGROUND

This 2016 Belgium Report Card on Physical Activity for Children and Youth is the first systematic evaluation of physical activity behaviors, related health behaviors, health outcomes, and influences thereon, using the Active Healthy Kids Canada grading framework.

METHODS

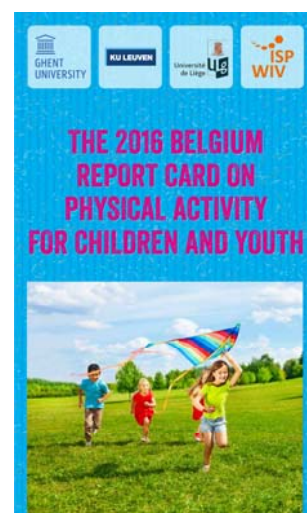


RESULTS

- 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)



CONCLUSION

- Despite moderately positive grades for influences and specific physical activity behaviors, levels of physical activity among Belgian children and youth are low while levels of sedentary behaviors are high.
- Evidence-based strategies are needed to make full use of the policies and projects currently in place and to ensure that participation in physical activity behaviors results in sufficient levels of overall physical activity.

We thank the following individuals for their contributions to the 2016 Belgium Report Card: Prof. John Reilly from the University of Strathclyde and Marieke De Craemer and Sara D'Haese from Ghent University. We would also like to acknowledge the members of the stakeholder groups from the following organizations, for Flanders: Scientific Institute of Public Health (WIV-ISP), Flemish Institute for Health Promotion and Disease Prevention (VIGeZ), Flemish Sports Administration (Sport Vlaanderen), Flemish School Sports Foundation (SVS), and Physical Education Association Flanders (BVLO), and for Wallonia: Scientific Institute of Public Health (WIV-ISP), Université Libre de Bruxelles, Université Catholique de Louvain, Université de Lorraine, Walloon Sport Administration (ADEPS), Health Observatory of Hainaut, CHU-Liège, and General Department for Education and Scientific Research of Wallonia.

Contacts: jan.seghers@kuleuven.be
Marc.Cloes@uliege.ac.be