

# Active Healthy Kids South Korea 2022 Report Card on Physical Activity for Children and Adolescents



@ActiveHealthyKR

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## Report Cards: Past and Present



**Success 1: 2022 Report Card grades improved from 2016 and 2018 Report Cards in terms of the number of indicators graded and the grades for three indicators (Overall Physical Activity, School, Government)**



**Success 2: Two indicators that were not graded previously due to insufficient data were given a grade (Family and Peers, Community and Environment)**



**Success 3: Sleep was a new indicator added to the evaluation for 2022 Report Card**



**Gap 1: Two indicators that were previously graded were not graded this round due to insufficient data (organized Sport and Physical Activity, Physical Fitness)**



**Gap 2: Active Play remained ungraded due to insufficient data and absence of measurement tools**

| Indicator                           | 2016 Grades | 2018 Grades | 2022 Grade |
|-------------------------------------|-------------|-------------|------------|
| Overall Physical Activity           | D-          | F           | D-         |
| Organized Sport & Physical Activity | C-          | C           | INC        |
| Active Play                         | INC         | INC         | INC        |
| Active Transportation               | C+          | B+          | B+         |
| Sedentary Behaviors                 | F           | D           | D          |
| Physical Fitness                    | NA          | D+          | INC        |
| Family and Peers                    | INC         | INC         | C-         |
| School                              | D           | D+          | A          |
| Community and Environment           | INC         | INC         | B-         |
| Government                          | C           | D           | A          |
| Sleep                               | NA          | NA          | F          |

NOTE: % Successful

**A** A+ 94-100% A 87-93% A- 80-86%

**B** B+ 74-79% B 67-73% B- 60-66%

**C** C+ 54-59% C 47-53% C- 40-46%

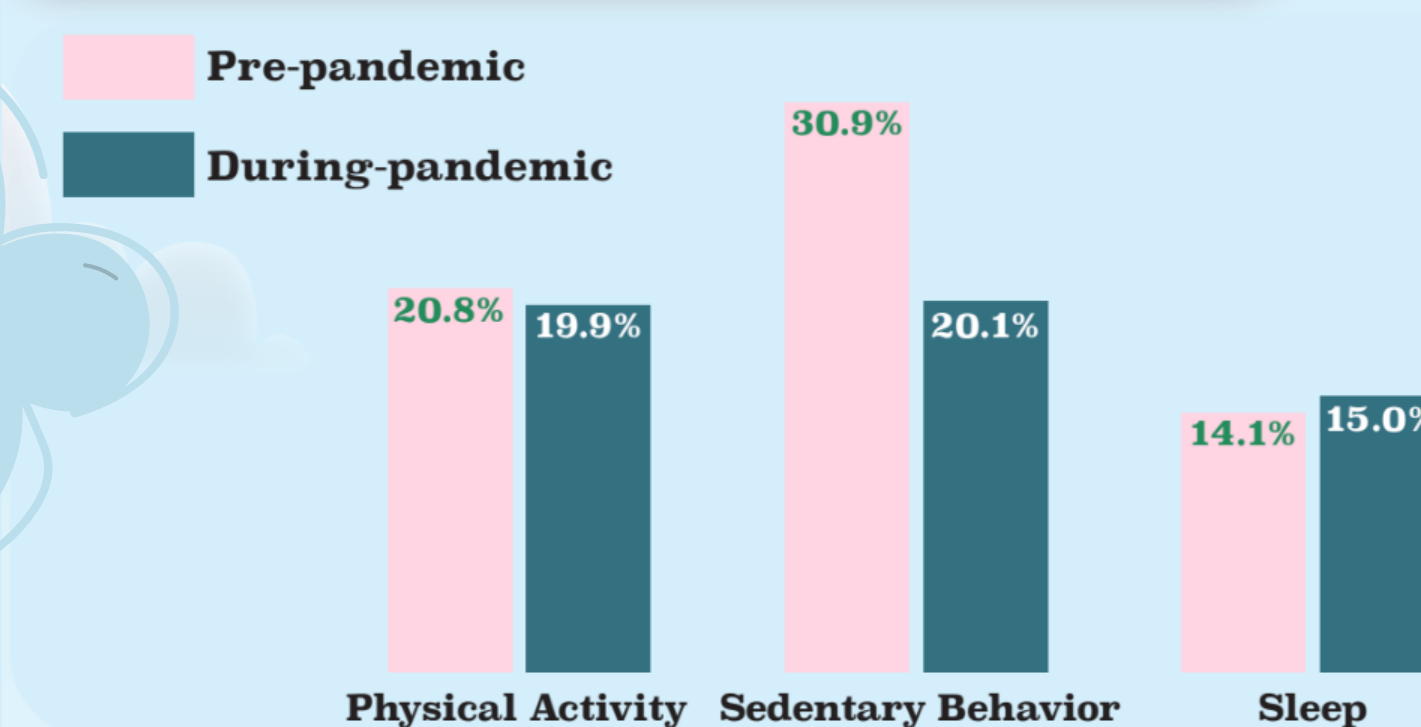
**D** D+ 34-39% D 27-33% D- 20-26%

**F** 0-20%

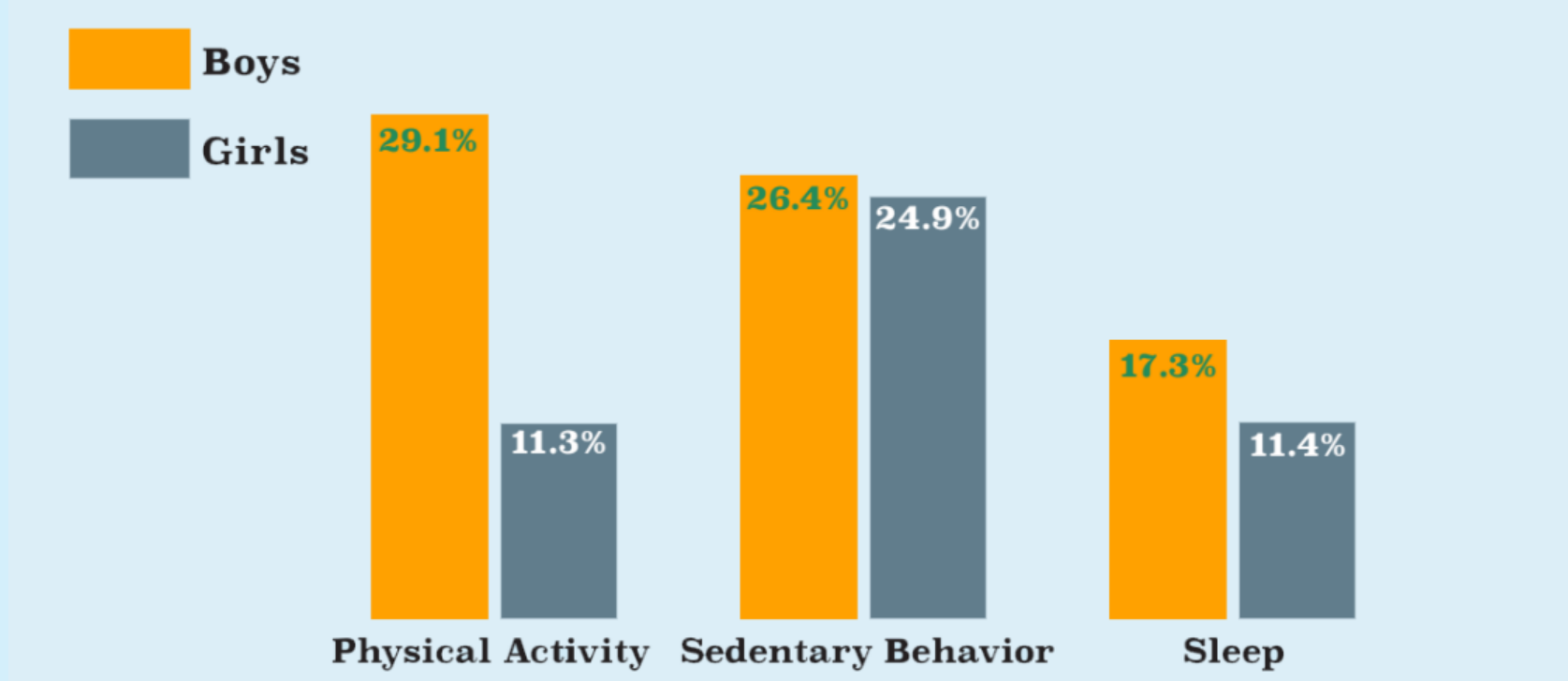
**INC** Incomplete-insufficient or inadequate information to assign a grade

## Existing and New Challenges: Gender and COVID-19 Pandemic

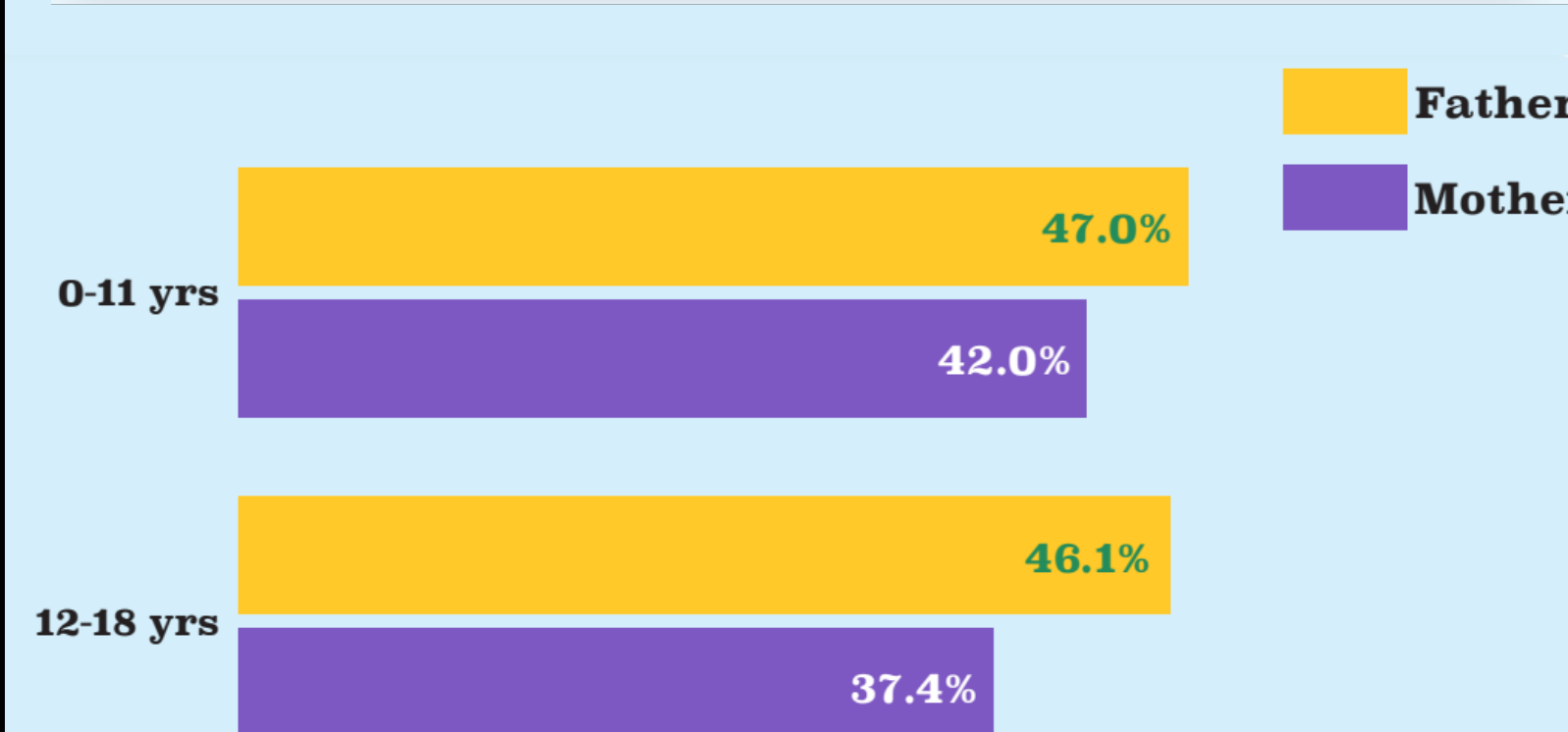
How COVID-19 Pandemic Impacted Behaviors?\*



Gender Differences in Behavioral Indicators\*



Gender Differences in Parental Modelling of Physical Activity+



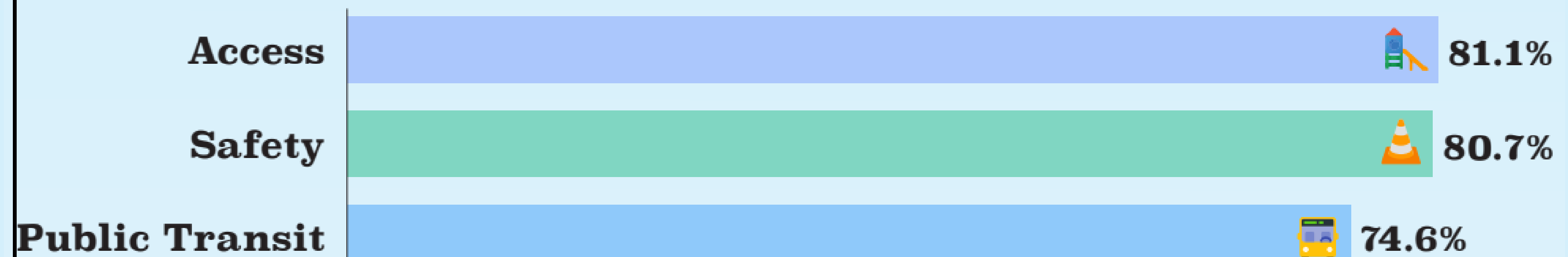
Weekday/Weekend Differences in Sedentary Behavior and Sleep (Hr/day)



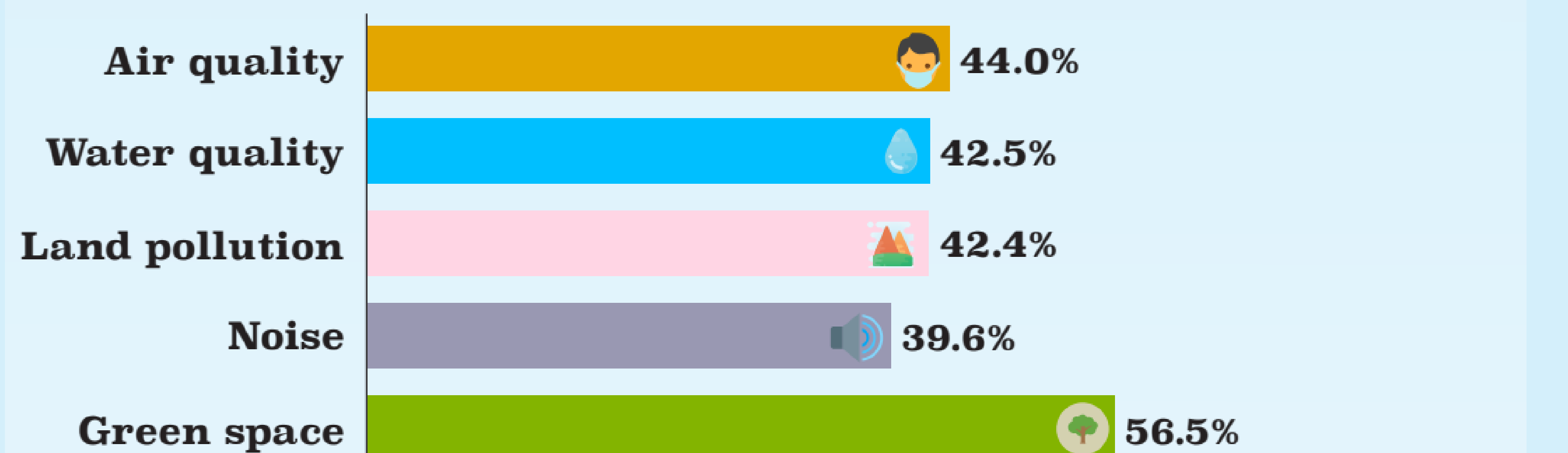
NOTE: % met benchmarks\*+

## Environment as a Double-edged Sword

### The built environment that is conducive to physical activity



### Factors related to climate change that are detrimental to physical activity



NOTE: % satisfaction

### Improvement but with Limitations in School and Government



The "A" grade received for School in 2022 Report Card is a significant improvement from 2016 (D) and 2018 (D+) Report Cards. However, the change is likely due to the use of the standardized tool that evaluates school-based policies based on quantification

Notwithstanding the high grade received, the quality of the implementation and evaluation of policies and programs is largely unknown



The "A" grade received for Government in 2022 Report Card is a significant improvement from 2016 (C) and 2018 (D) Report Cards. However, the improvement may likely driven by the use of a different evaluation tool and the quality of the implementation and evaluation of policies and programs is unknown

\*+Benchmarks used for Behavioral Indicators

\*Physical Activity: ≥ 60 minutes of moderate-to vigorous-intensity physical activity (MVPA) for at least 4 days/week

\*Sedentary Behavior: ≤ 2 hours/day for recreational screen time

\*Sleep: 9-11 hours/day for ≤ 13-year-old; 8-10 hours/day for 14-18-year-olds

+Parental Modelling of Physical Activity: ≥ 150 minutes of MVPA per week

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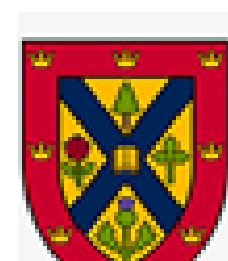
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