



## Active Healthy Kids Basque Country 2021 Report Card



Sara Maldonado Martín (3)



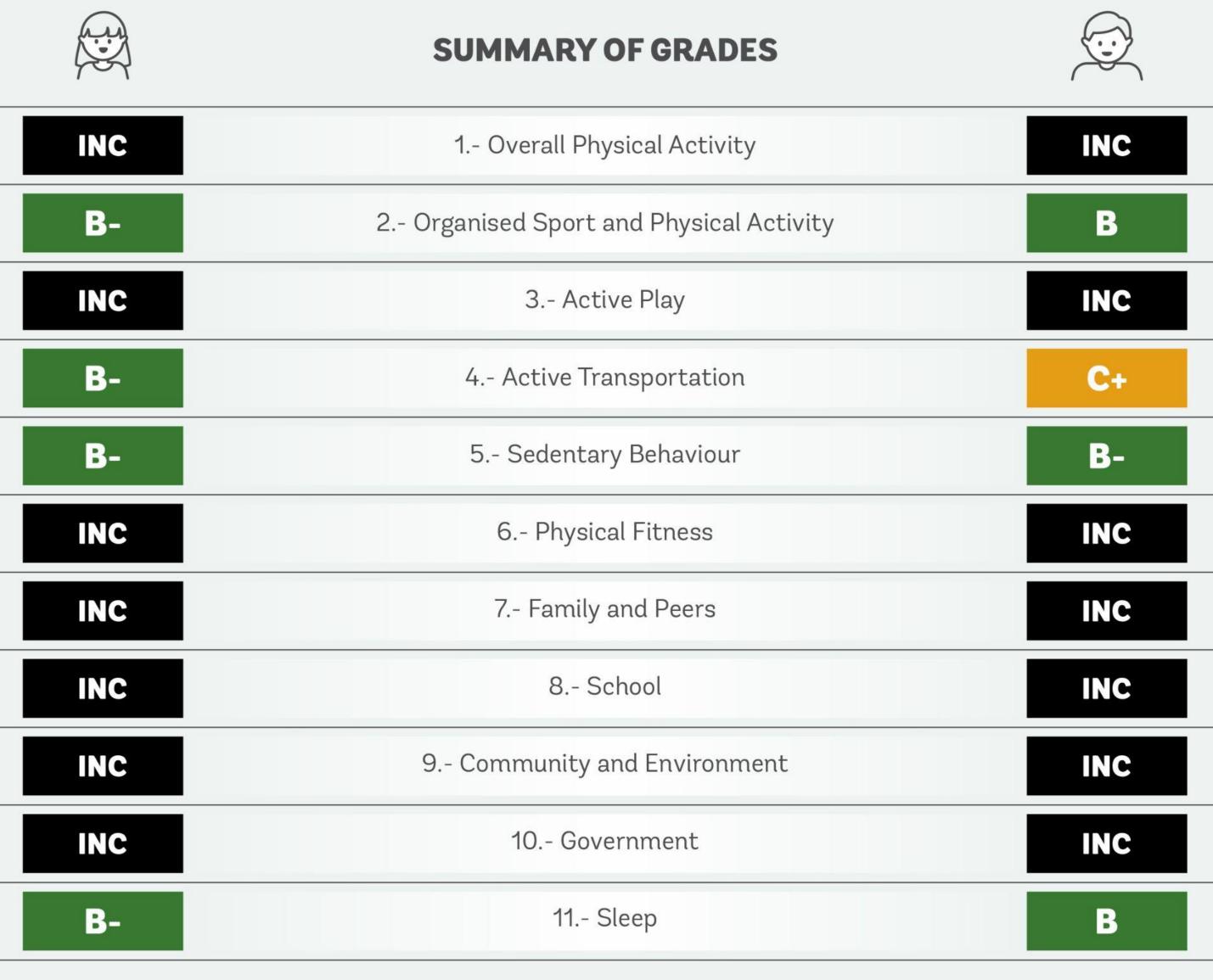
We have reviewed **48 data sources**, and we agreed they had to meet the following conditions:

- **Recent**: we have only analysed sources that collected data in 2015 or later, and always the latest edition of each study.
- Representative of the Basque Country: those data sources with a geographic scope smaller than a province, or Spanish studies that do not show disaggregated data for the Basque Country, have not been analysed.
- Age: studies that include the range of 5–17 years (the entire range is not essential).
- The best document available for the same data source.

## Main conclusions

1. It was impossible to assign grades to seven of the indicators and the

- quality of the data available for the other four was not great. Therefore, there is a great lack of information about physical activity in Basque childhood-adolescence. Obtaining this is essential to create evidence-based policies.
- 2. The four indicators in which a grade has been assigned show clear **room for improvement**. Particularly noteworthy is the **poor value for** the active transportation of boys. This should be one of the priorities in the promotion of physical activity in the Basque Country due to its contribution in solving other social problems, for instance climate change.
- **3.** It must be considered that the entire study was carried out using pre-COVID-19 data, which makes us fear an even worse result in the current reality.
- **4.** It is encouraging that given the lack of data detected, two initiatives have already been launched that are part of the solution to the problem: a laborious accelerometry study and a pilot test for the creation of a **fitness surveillance system** (Eusfit Mugiment).







## Congress 2022

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