



Active Healthy Kids Basque Country 2021 Report Card



BIZKAIA	50.13 %	49.83 %
GIPUZKOA	34.29 %	34.37 %
ARABA	15.58 %	15.80 %



Ilargi Gorostegi (3)
 Juan Aldaz (3)
 Sara Maldonado Martín (3)
 Aitor Coca (2)
 Neritzel Albisua (1)
 Mikel Bringas (4-5)



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).

	SUMMARY OF GRADES	
INC	1.- Overall Physical Activity	INC
B-	2.- Organised Sport and Physical Activity	B
INC	3.- Active Play	INC
B-	4.- Active Transportation	C+
B-	5.- Sedentary Behaviour	B-
INC	6.- Physical Fitness	INC
INC	7.- Family and Peers	INC
INC	8.- School	INC
INC	9.- Community and Environment	INC
INC	10.- Government	INC
B-	11.- Sleep	B

WE NEED TO **KNOW MORE**



Congress 2022

مركز أبوظبي
للصحة العامة
ABU DHABI PUBLIC
HEALTH CENTRE



9th International Society For Physical Activity & Health Congress

23-26 October 2022 | Abu Dhabi, UAE