

# The Active Healthy Kids Taiwan Report Card 2022

on Physical Activity for Children and Youth



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## Summary of Indicators and Grades

This Second Taiwan Report Card presents grades for 11 indicators. The grades are based on an assessment of data from national surveys and studies between 2017 and 2021. These data are judged against the benchmarks of each indicator and determined by the percentage of Taiwanese children and adolescents meeting the benchmarks. Grades are awarded to each of the indicators using a predetermined grading framework.

### International standardized grading scheme



Indicator	Benchmark	Major Findings	Grade 2022	Grade 2018
Overall Physical Activity	Moderate and vigorous physical activity > 60 min per day	<ul style="list-style-type: none"> <li>Junior high school students: 22.0%</li> <li>Senior high school students: 13.6%</li> </ul>	F	F
Organized Sport and Physical Activity Participation	Participating in sport team and club in schools	<ul style="list-style-type: none"> <li>Elementary school students: 24.0%</li> <li>Junior high school students: 20.1%</li> <li>Senior high school students: 13.7%</li> <li>Overall: 20.0%</li> </ul>	D-	D-
Activity Play	Participating in unstructured/unorganized active play > 2 h a day	<ul style="list-style-type: none"> <li>14.7% of 6-12-year-old</li> </ul>	F	INC
Active Transportation	Walk or bike to and from school at least 5 days in last 7 days	<ul style="list-style-type: none"> <li>Junior high school students: 46.5%</li> <li>Senior high school students: 39.3%</li> </ul>	C-	C-
Sedentary behavior	Non-study related screen time < 2 h per day	<ul style="list-style-type: none"> <li>Elementary school students: 24.0%</li> <li>Junior high school students: 20.1%</li> <li>Senior high school students: 13.7%</li> <li>Overall: 20.0%</li> </ul>	D+	C-
Physical Fitness	Based on the international normative values		INC	B-

Indicator	Benchmark	Major Findings	Grade 2022	Grade 2018
Family and Peers	<ul style="list-style-type: none"> <li>Parents who facilitate physical activity</li> <li>Parents who are physically active with their kids</li> <li>Have friends and peers who encourage and support them to be physically active</li> <li>Encourage and support their friends and peers to be physically active</li> </ul>	<ul style="list-style-type: none"> <li>Parents usually participate 5.76%, watch 4.61%, transport 16.36%, encourage 48.16%</li> <li>Usually have friends ask you to exercise together: 35.25%</li> <li>You usually ask friends to exercise together: 26.96%</li> <li>Overall: 22.85%</li> </ul>	D-	INC
School	<ul style="list-style-type: none"> <li>Schools with active school policies</li> <li>Schools offer mandated 2 physical education classes per week</li> <li>Physical education teachers are certified</li> <li>Schools offer physical activity opportunities (excluding PE) to students</li> <li>Students have regular access to physical activity facilities and equipment</li> </ul>	<ul style="list-style-type: none"> <li>97.08% schools follow Sport and Health 150</li> <li>Average numbers of physical education classes per week: elementary school 1.84, junior high school 1.99, senior high school 2.03</li> <li>76.6% PE teachers are certified</li> <li>Most schools have physical activity facilities that are open to the public</li> </ul>	A-	B+
Community and the Built Environment	<ul style="list-style-type: none"> <li>Municipalities with policies promoting PA</li> <li>Municipalities with infrastructure specifically geared toward promoting PA</li> <li>Have facilities for physical activity in community</li> <li>Satisfied with facilities in their community</li> </ul>	<ul style="list-style-type: none"> <li>All local government have policies for promoting physical activity</li> <li>51 public local sports centers</li> <li>80.5% 13-17-year-old reported having exercise facilities in neighborhood</li> <li>87.5% 13-17-year-old were satisfied with these facilities</li> </ul>	A-	B+

Indicator	Benchmark	Major Findings	Grade 2022	Grade 2018
Government Strategies and Investments	<ul style="list-style-type: none"> <li>Leadership and commitment in providing physical activity opportunities</li> <li>Allocated funds and resources for promoting physical activity</li> </ul>	<ul style="list-style-type: none"> <li>Sport i (love) Taiwan 2.0 (2022-2027) continue to improve infrastructure and culture</li> <li>Exercise and sports accounted for 0.63% of the total central government budget in 2019</li> </ul>	B+	B+
Body Mass Index	Having normal body mass index as defined by Ministry of Health and Welfare	<ul style="list-style-type: none"> <li>Elementary school students: 64.8%</li> <li>Junior high school students: 62.4%</li> <li>Senior high school students: 63.9%</li> </ul>	B-	

## Conclusion

- Physical activity and fitness levels are low, while sedentary behavior is prevalent in Taiwanese children and adolescents.
- The central government, local governments, and schools have policies that promote physical activity in children and adolescents but the implementation of these policies has been less than ideal.
- It is important to provide additional sport opportunities outside the school settings such as community- or private-sector sports clubs.
- The major goals for sports clubs and teams in schools should be participation and having fun instead of winning and the schedule for school-level competitions should not conflict with the regular class schedule.
- Parents should take on more responsibility in encouraging and supporting their children to be physically active.

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