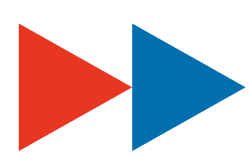


The Czech Republic's 2022 Report Card on Physical Activity for Children and Youth



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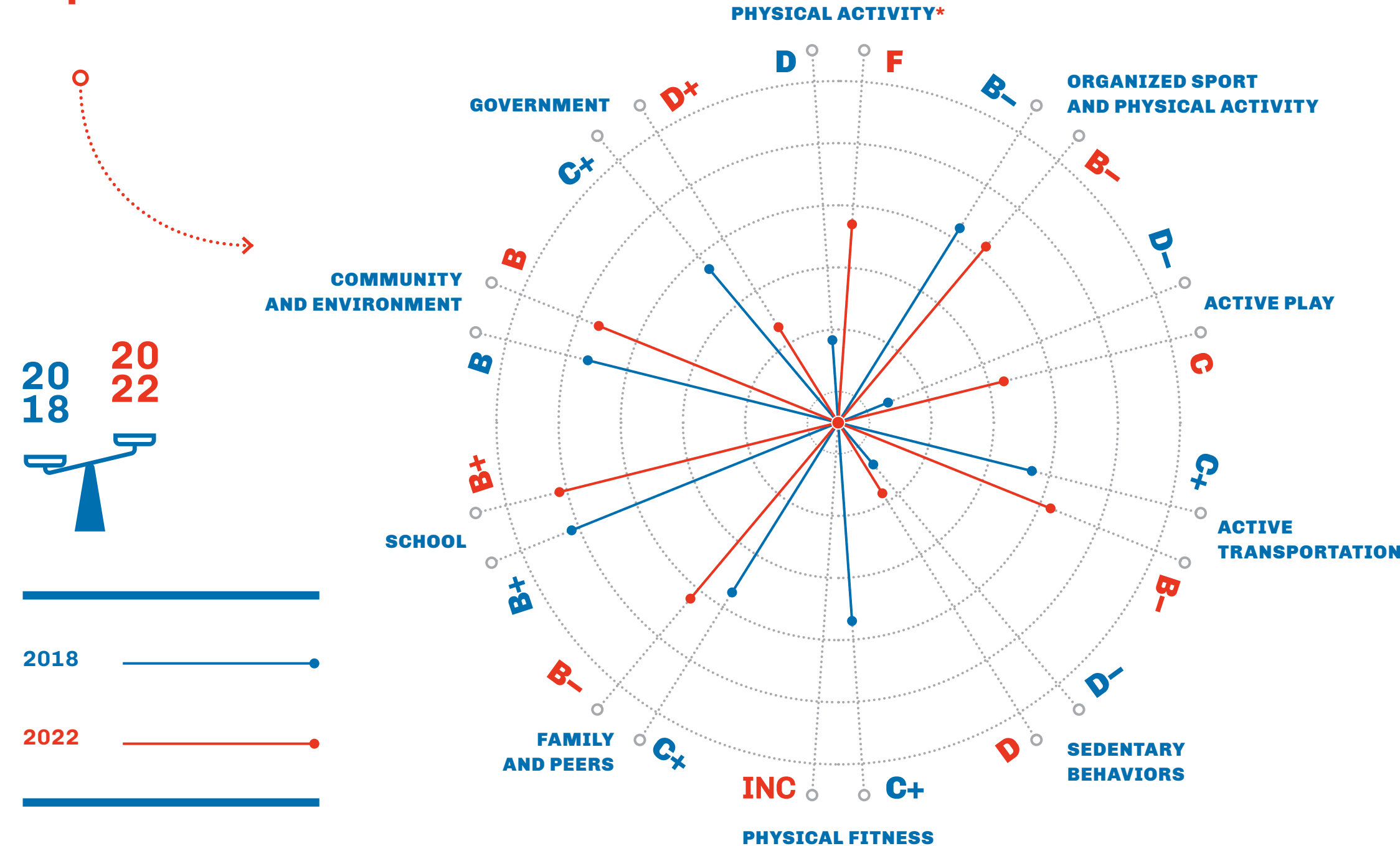
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MAIN FINDINGS

Overall Physical Activity C+ 58% of children and adolescents meet the recommended amount of moderate-to-vigorous physical activity.	Organized Sport and Physical Activity B- 66% of children and adolescents participate in organized sports or physical activity programs.	Active Play C 53% of children and adolescents participate in unorganized physical activity or active play for at least two hours daily.	Active Transportation B- 66% of children and adolescents use active transport to or from school.
Sedentary Behaviors D 29% of children and adolescents meet the screen time guideline (i.e., less than two hours of recreational screen time per day).	Physical Fitness INC The grade was not assigned due to a lack of data.	Sleep B- 65% of children and adolescents have optimal sleep health.	Physical Literacy C 52% of children and adolescents show an optimal level of physical literacy.
Family and Peers B- 66% of children and adolescents are physically active with their parents or their parents facilitate physical activity opportunities for them.	School B+ 89% of schools provide opportunities for their students to be physically active before, during, and after school time.	Community and Environment B 70% of children and adolescents have a place near their residence where they can play and consider the surroundings of their residence safe.	Government D+ The Czech Republic lacks key strategic documents and a multi-system approach to promoting physical activity.

Comparison with the previous Report Card



^a For comparison purposes, the self-reported data were reanalyzed using the benchmark from the previous Report Card (i.e., percentage of children and youth who meet the PA guidelines on all days of the week).

Grades for the indicators stratified by age and sex

Indicator	Children	Adolescents	Boys	Girls
Overall Physical Activity	B-	C	B-	C+
Organized Sport and Physical Activity	B	C+	B	B-
Active Play	C	C+	C	C
Active Transportation	B-	B-	B-	B-
Sedentary Behaviors	D	D-	F	D+
Physical Fitness	INC	INC	INC	INC
Family and Peers	B	C	B-	B-
School	NA	NA	NA	NA
Community and Environment	B	B-	B	B
Government	NA	NA	NA	NA
Sleep	B-	B-	B-	B-
Physical Literacy	C+	C	C	C

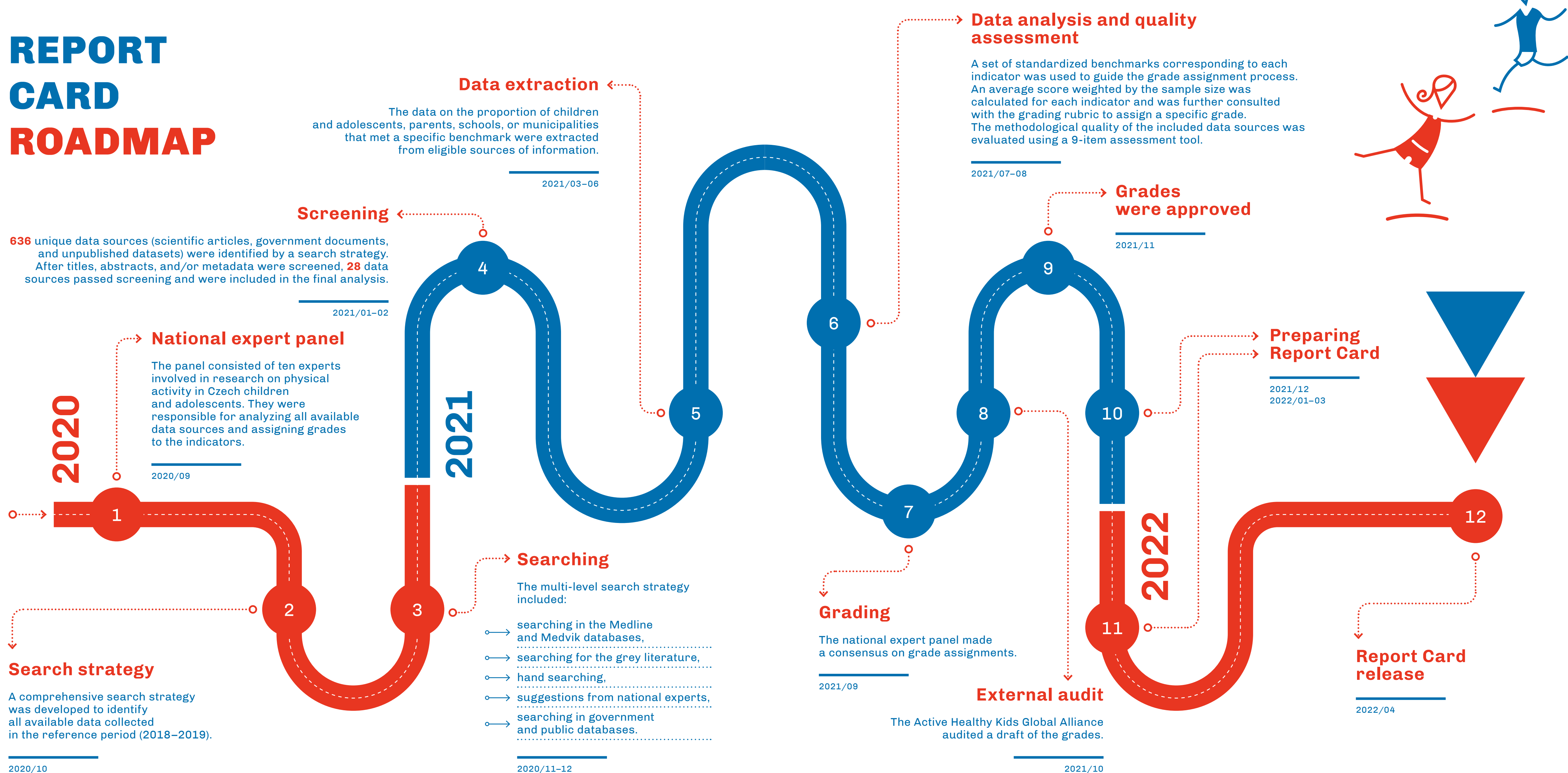
Age categories
→ children (6–13 years)
→ adolescents (14 and older)

INC incomplete grade
NA not assigned

PRIORITIES

Strategy Update the national strategy to increase physical activity among children and adolescents and develop a follow-up action plan including the implementation process and funding.	Surveillance Establish and develop a national surveillance system to assess the level of physical activity, track trends, and identify the key factors influencing physical activity among children and adolescents.	Interventions Develop evidence-based programs and support their implementation at the state, regional, municipal, and school levels. Actions to strengthen the offers for active leisure and active mobility should be an important part of the programs.
Evaluation Evaluate the effectiveness of policy actions and programs based on the data from the national surveillance system to provide data for their innovation and optimization.	Synergy Bridge government departments, sports organizations, universities, and the scientific community into an action platform for cooperation in promoting physical activity among children and adolescents.	Communication Launch a communication campaign focusing on the health, social, economic, and environmental benefits of regular physical activity. Promote lifelong learning for educators and health professionals to increase their knowledge and competence in promoting an active lifestyle.

REPORT CARD ROADMAP



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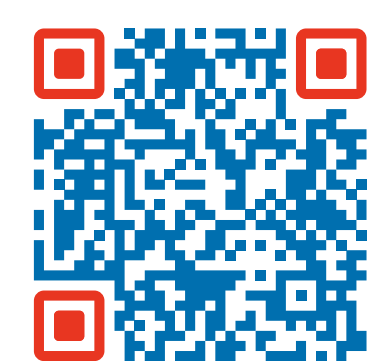
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SCAN FOR REPORT CARD