

Kids on the Move

ISRAEL 2022 ACTIVE HEALTHY KIDS REPORT CARD ON PHYSICAL ACTIVITY

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Background

- Efscharibari - The Israel National Program for Active & Healthy Living promotes physical activity (PA) in Israel.
- Despite actions and investment of resources we see a decline in child and adolescent PA in Israel, along with increased sedentary behavior, screen time and obesity.
- Israel joined Global Matrix 4.0 for the first time; the 2022 Report Card on Physical Activity in Children and Adolescents provides a baseline assessment of child and adolescent PA in Israel.

Methods

- In accordance with the Active Healthy Kids Global Alliance standardized protocol; current best available data was collated and evaluated for ten core PA indicators. Survey data, such as the Health Behavior of School-Aged Children, current policies and programs were reviewed.
- An expert consensus panel of stakeholders: government, academic, and health professionals, reviewed findings, allocated grades and made policy recommendations.
- A cost-benefit analysis of potential PA interventions was undertaken to support panel recommendations.

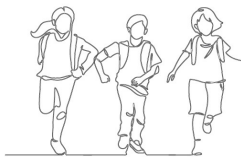
Panel Recommendations

Develop dedicated and culturally adapted programs for unique populations and communities: Special Needs, Ultra-Orthodox Jewish, Bedouin

Determine an overall national policy for key agencies that promotes PA for children and youth: Municipalities, Ministry of Education, Ministry of Culture and Sports and Ministry of Health

Expand, implement and monitor additional PA in the classroom adding more integrated movement teaching

Promotion of multi-generational and family PA



Israel Report Card 2022

Overall Physical Activity	D-
Organized Sport Participation	D
Active Transport	C-
Sedentary Behavior	C+
Family & Peers	D-
Schools	C+
Community & Built Environment	C-
Government	C
Active Play	INC
Physical Fitness	INC

Develop accessible, challenging and safe playgrounds for outdoor play in local authorities

Develop comprehensive infrastructure to promote walkability and active transport in local authorities



Conclusions

- PA levels are low for children and adolescents in Israel in spite of positive policies in schools and government action.
- Efforts are needed to increase family and peer support for PA and to improve conditions in the community.
- The panel identified that there is a large Ultra-Orthodox Jewish population that is not adequately supervised by the Ministry of Education, therefore the findings are more severe and there are large social gaps.
- Emphasis should be placed on prioritizing investment for children who do not do PA as well as efforts to support improvements to the environment in weaker municipalities.
- In an assessment of cost-effective programming, integration of additional minutes of PA in school lessons was identified as good practice to increase PA in the school day; while increasing public gymnasiums and pools support leisure PA.
- Although awareness and programs have increased, the process inspired a renewed commitment to enhance PA specifically for children as well as the introduction of policies that encourage wide-ranging programming by more stakeholders.