

Mexico's 2022 Report Card

On Physical Activity for Children and Youth



Congress
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1. GOAL

Mexico's report card aims to inform programs and policies to improve children and youth movement behaviors.

2. GRADING

- 1. National data search
- 2. Data assessment
- 3. Grade assignment

3. 2022 REPORT CARD GRADES

Daily Behaviors



12.6% girls and 18.1% boys meet physical activity recommendations

D



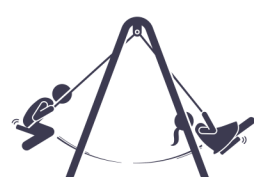
41.3% girls and 55.5% boys participate in sports

C



64.1% walk to school

C



76% play outdoors

C+



43.6% spend <2 hours in front of a screen per day

D-



Fitness



38.2% has an adequate weight for their age

INC



Sources of influence



65% of parents perform >230 minutes of MVPA per week

B-



39% of public schools have physical education teacher

D+



76% of neighborhoods have sidewalks and trees

D



Strategies and Investments



No progress on government policies and investments

C

4. CONCLUSION

Mexican communities and governments should improve opportunities for children and adolescents to engage in health-enhancing movement behaviors, particularly for girls.



Figure. Mexico's 2022 report card cover