

# RESULTS FROM REGION OF MURCIA'S 2022 REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND ADOLESCENTS

José Francisco López-Gil <sup>1,2,3</sup>

<sup>1</sup> Ayuntamiento de Archena, Region of Murcia, Spain

<sup>2</sup> Departamento de Expresión Plástica, Musical y Dinámica, Facultad de Educación, Universidad de Murcia, Murcia, Spain

<sup>3</sup> Health and Social Research Center, Universidad de Castilla-La Mancha, Cuenca, Spain.

## Background

Several studies have reported that the Region of Murcia is the Spanish region with the highest prevalence of childhood obesity. That is why the United Nations International Children's Emergency Fund (UNICEF) has pointed out with a red flag this worrying situation about childhood obesity in this region. It has been hypothesized that this high prevalence may be due to a lower level of physical activity in comparison with the children and adolescents from the rest of Spain. This report aims to provide a better understanding of the physical activity and its related factors among Spanish children and adolescents from the Region of Murcia.

## Methods

Indicators from the Global Matrix initiative (Overall Physical Activity, Organized Sport & Physical Activity, Physical Fitness, Active Play, Active Transportation, Sedentary Behaviors, Family & Peers, School, Community & Environment, and Government) were evaluated based on the best available data in the Region of Murcia.

## Conclusions

The present Report Card offers evidence highlighting concerning low level of physical activity in Spanish children and adolescents living in the Region of Murcia. Further studies and surveillance efforts are urgently needed for most of the indicators analyzed, which should be addressed by researchers and the Region of Murcia's Government for this specific population.

## Results

Active Play

B+

B

School

C+

C

Community & Environment

Sedentary Behaviors

D+

D

Physical Fitness

D-

Organized Sport & Physical Activity

Family & Peers

Overall Physical Activity

Active Transportation

Government



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