REPORT CARD ON PHYSICAL ACTIVITY IN **URUGUAYAN CHILDREN AND ADOLESCENTS:**

A GENDER ISSUE



INDICATOR

GRADE

Overall Physical Activity



<20% meet guidelines

Organised Sport and Physical **Activity**



<20% meet guidelines

Active Play



Active **Transportation**



47 - 53% actively commute

Sedentary Behaviour



34 - 39% meet guidelines

Physical Fitness



Family and Peers



School



74 - 79% participate in physical education classes

Community and Environment



40 - 46% practice sports in public facilities

Government



47 - 53% influence on youth physical activity

Abbreviations: INC, inconclusive -insufficient evidence to grade-. Further information on the methodology, grading and data sources can be found in the Active Healthy Kids Uruguay Report Card long-form Brazo-Sayavera, J & Bizzozero-Peroni, B. (2022). Physical activity in Uruguay is a gender issue: Report Card on children and adolescents 2022. Rivera. Uruguay.

INDICATOR





Overall physical activity







Participation in organized sports







4.6%

27%

Active commuting to and from School







48.6% 53.1%

Meeting sedentary behaviour recommendations







38.2 % 35.7%

Playing sports in public facilities







37.8% 45.5%

More information is needed about gender differences in the following indicators: Active Play, Physical Fitness, Family and Peers, School and Government.









