

The 2016 Active Healthy Kids Belgium Report Card on Physical Activity for Children and Youth

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BACKGROUND

This 2016 Belgium Report Card on Physical Activity for Children and Youth is the first systematic evaluation of physical activity behaviors, related health behaviors, health outcomes, and influences thereon, using the Active Healthy Kids Canada grading framework.

METHODS

Establishment of a research working group consisting of researchers from KU Leuven, Ghent University, and the University of Liege.

Establishment of two stakeholders groups consisting of experts from research, education, and policy.

Synthesis of data collected in the 2014 Food Consumption Survey by the national Scientific Institute of Public Health (main data source).

Selection of indicators and definition of benchmarks.

Identification and synthesis of additional data sources (national, regional).

Preliminary grading of indicators according to framework of Active Healthy Kids Canada by the research working group.

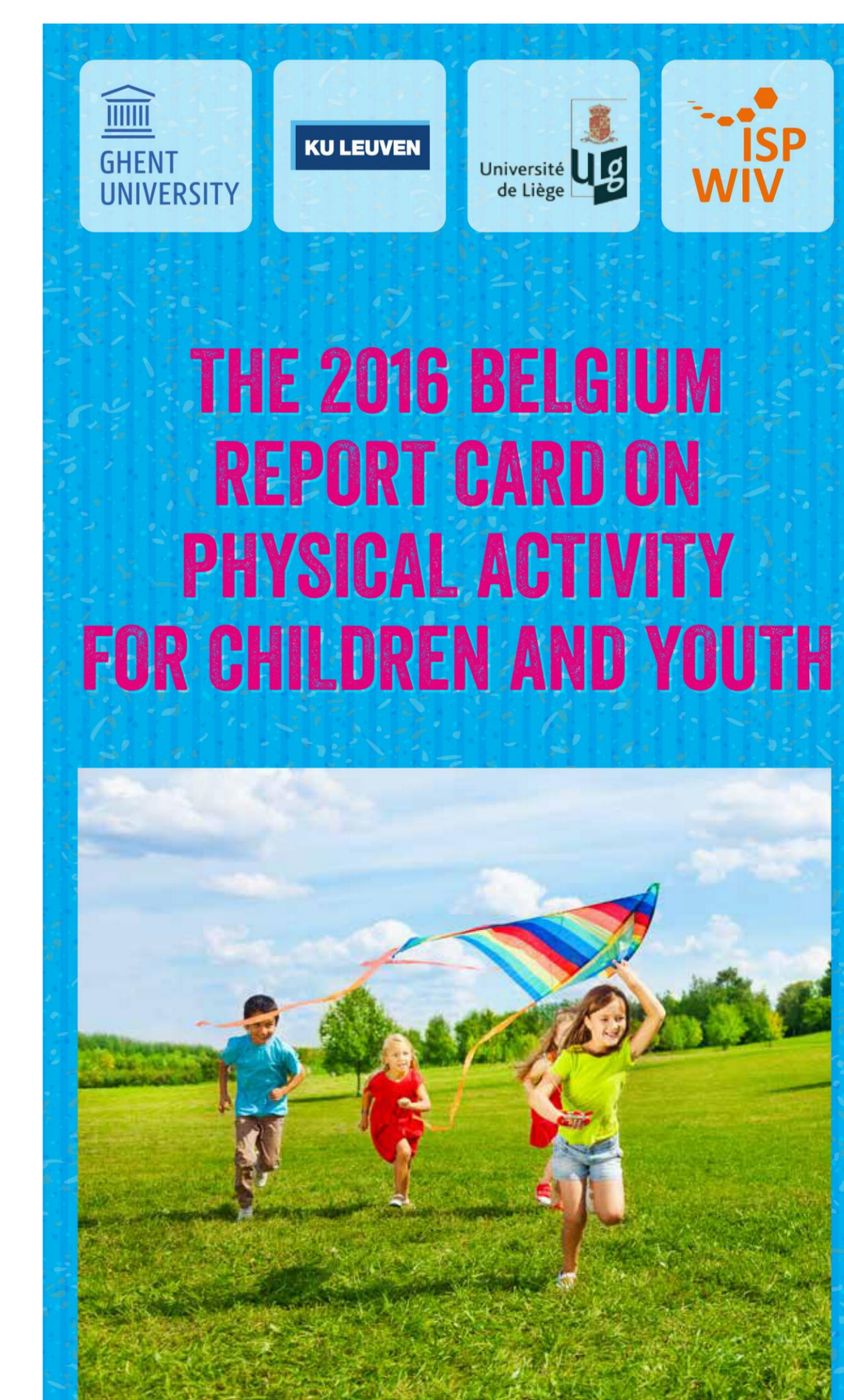
Final grading of indicators after consensus among the research working group and two stakeholder groups.

RESULTS

- 9 core indicators.
- 2 additional indicators (i.e. dietary behaviors and weight status).
- Poor grades for overall physical activity, sedentary behaviors, and weight status.
- Moderately positive scores for specific physical activity behaviors.
- Moderately positive scores for influences on physical activity (behaviors).
- 3 incomplete grades due to a lack of representative data for Belgium (i.e. dietary behaviors, family and peers, and community and the built environment).

Indicator	Grade
Overall Physical Activity	F+
Organized Sport Participation	C-
Active Play	C+
Active Transportation	C-
Sedentary Behaviors	D-
Family and Peers	INC
School	B-
Community and the Built Environment	INC
Government Strategies and Investments	C+
Dietary Behaviors	INC
Weight Status	D

The grade for each indicator is based on the percentage of children and youth meeting a defined benchmark: A is 81% to 100%; B is 61% to 80%; C is 41% to 60%, D is 21% to 40%; F is 0% to 20%; INC is incomplete data (Active Healthy Kids Canada)



CONCLUSION

- Despite moderately positive grades for influences and specific physical activity behaviors, levels of physical activity among Belgian children and youth are low while levels of sedentary behaviors are high.
- Evidence-based strategies are needed to make full use of the policies and projects currently in place and to ensure that participation in physical activity behaviors results in sufficient levels of overall physical activity.