INFLUENCES ON PHYSICAL ACTIVITY AND HEALTH OUTCOMES

FAMILY AND PEERS
84% of Flemish parents report to provide substantial encouragement to their children to participate in sports and physical activities. In contrast, only 10% of parents of preschoolers and 26% of parents of adolescents participate in at least 30 minutes of physical activity at least moderate intensity on a daily basis. 83% of adolescents report that their peers often/always participate in sports or physical activities.

Based on the lack of representative, valid information on family and peer influences for Wallonia, this indicator was graded with an incomplete.

COMMUNITY AND THE BUILT ENVIRONMENT
In Flanders, 61% and 34% of 13- to 14-year-old adolescents report that in their neighborhoods most of the streets have pedestrian paths and cycle tracks, respectively. 91% and 90% of adolescents do not agree with the statement that in their neighborhood there is so much traffic in nearby streets that it is dangerous to walk or cycle. 28% of adolescents report that it is safe to play on the street in their neighborhood.

Because no representative, valid information is available on the built environment outside the direct neighborhood or on the built environment for Wallonia, this indicator was graded with an incomplete.

SCHOOL
Almost all Belgian adolescents (94%) report to receive ≥2 hours of physical education per week at school. Flemish primary schools and secondary schools scored 57/100 and 52/100, respectively, for overall school policy and programs on physical activity.

In the French-speaking community of Belgium, 32% of secondary schools obtained a score of ≥50/100 when scored on the importance given to physical activity promotion in their school.

METHODOLOGY AND DETAILED FINDINGS
A more detailed, long-form version of this Report Card is available from the website www.activehealthykids.org. This long-form Report Card provides more detailed information on the data sources used for grading, the grading process, and references.

Acknowledgments
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NEXT STEPS
This 2016 Report Card is the first Active Healthy Kids Belgium Report Card on Physical Activity for Children and Youth. With financial or other support from individuals or organizations, we aim to publish more Report Cards in the future. If you are considering offering support of any kind, please contact Prof Jan Seghers of the KU Leuven (jan.seghers@kuleuven.be) for further information.

The 2016 Active Healthy Kids Belgium Report Card is the first Belgian Report Card. The Report Card provides a systematic, critical, and current evaluation of the level of physical activity, related health behaviors, and health outcomes of Belgian children and adolescents.

The Report Card should be used as an advocacy tool, as the basis for public debate, policy discussion and change, and development of research ideas.
**THE 11 HEALTH INDICATORS ARE GROUPED INTO TWO CATEGORIES:**

**PHYSICAL ACTIVITY, RELATED HEALTH BEHAVIORS, AND HEALTH OUTCOMES:**

1. Overall physical activity
2. Organized sport participation
3. Active play
4. Active transportation
5. Sedentary behaviors
6. Dietary behaviors
7. Weight status
8. Family and peers
9. Community and the built environment
10. Government strategies and investments

**DIETARY BEHAVIORS**

11. Food Consumption Survey
12. Health Behaviour in School-aged Children (HBSC)
13. Socioeconomic status
14. Sugar-sweetened beverages

**2016 BELGIUM REPORT CARD**

This first Belgian Report Card presents grades for 11 indicators, grouped into 2 categories (see left). The grades are based on an assessment of current Belgian data from national and regional surveys. These data are judged against a benchmark (e.g. % of children meeting the physical activity recommendation) and determined by the % of Belgian children and adolescents meeting the benchmark. Grades are awarded to each of the indicators using a predetermined grading framework (see below).

We are succeeding with a large majority of children and adolescents (81%-100%).
We are succeeding with well over half of children and adolescents (61%-80%).
We are succeeding with about half of children and adolescents (41%-60%).
We are succeeding with less than half of children and adolescents (21%-40%).
We are succeeding with very few children and adolescents (0%-20%).
We are succeeding with a large majority of children and adolescents (81%-100%).

Organized sport participation

56% of parents of 3- to 9-year-old children report that their child is a member of a sports club, while 73% of 10- to 17-year-old adolescents report to actively participate in extramural sport or physical activities at school report that they actually participate in these activities.

Organized sport participation is more common among boys (adolescents), children in Flanders, and among children and adolescents of mid-high SES.

Active play

Around 80% of parents of 3- to 9-year-old children report that their child participates in active outdoor play during weekdays and weekends (≤2 hours per day). In contrast, only 45% and 16% of adolescents (10-17 years) meet this recommendation on weekdays and weekend days, respectively. In contrast, only 45% and 16% of adolescents (10-17 years) meet this recommendation on weekdays and weekend days, respectively.

Active play is more common among boys (adolescents), in Flanders, among children of high SES, and among adolescents of (mid-)low SES.

Active transportation

Nearly 50% of parents of 3- to 9-year-old children report that their child uses active transport, defined as walking or cycling, to travel to and from school.

40% of 10- to 17-year-old adolescents report to usually use active transport to travel to and from school.

Active transportation is more common in Flanders, among children of low SES, and among adolescents of high SES.

Overall physical activity

Objectively measured data demonstrate that only 7% of 6- to 9-year-old children and 2% of 10- to 17-year-old adolescents meet the international recommendation of ≥60 minutes of daily physical activity of moderate-to-vigorous intensity.

In contrast, 96% of 3- to 5-year-old children meet the international recommendation of ≥150 minutes of daily physical activity of any intensity.

No remarkable differences according to gender, region, or SES are observed, except for children 6-9 years (boys and low SES children more often meeting the guideline).

The grades presented in this Report Card provide an evaluation of the ‘state of the nation’, i.e. how Belgian children and youth are currently doing in terms of physical activity and health.

**SEDENTARY BEHAVIORS**

85% of Belgian children (3-9 years) and 62% of Belgian adolescents (10-17 years) consume breakfast daily.

3% of Flemish preschool children never consume sugar sweetened beverages (SSBs).

Similarly, 5% of Flemish adolescents and 12% of Walloon adolescents never consume SBPs.

49% of Flemish preschool children consume ≥150 g of fruit per day, while 19% of Flemish adolescents and 22% of Walloon adolescents consume ≥2 pieces of fruit every day.

Because of these varying percentages for sub indicators and lack of nationally representative data for some of the sub indicators, this indicator was graded with an incomplete.

Dietary behaviors

Objectively measured data show that 76% of children (3-9 years) and 72% of adolescents (10-17 years) have a normal weight status.

The prevalence of overweight including obesity is 16% and 18% for children and adolescents, respectively.

Overweight is more common among adolescents in Wallonia and among children and adolescents of (mid-)low SES.

**WEIGHT STATUS**

Objectively measured data demonstrate that only 7% of 6- to 9-year-old children and 2% of 10- to 17-year-old adolescents meet the international recommendation of ≥60 minutes of daily physical activity of moderate-to-vigorous intensity.

In contrast, 96% of 3- to 5-year-old children meet the international recommendation of ≥150 minutes of daily physical activity of any intensity.

No remarkable differences according to gender, region, or SES are observed, except for children 6-9 years (boys and low SES children more often meeting the guideline).

The grades presented in this Report Card provide an evaluation of the ‘state of the nation’, i.e. how Belgian children and youth are currently doing in terms of physical activity and health.

**INFLUENCES ON PHYSICAL ACTIVITY AND HEALTH OUTCOMES**

School and peers

Government strategies and investments

**2016 BELGIUM REPORT CARD**

This first Belgian Report Card presents grades for 11 indicators, grouped into 2 categories (see left). The grades are based on an assessment of current Belgian data from national and regional surveys. These data are judged against a benchmark (e.g. % of children meeting the physical activity recommendation) and determined by the % of Belgian children and adolescents meeting the benchmark. Grades are awarded to each of the indicators using a predetermined grading framework (see below).

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