

# Results from the 2016 Shanghai (China) Report Card on Physical Activity for Children and Youth

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## INTRODUCTION

- Internationally comparable evidence is important to advocate for young people's physical activity.
- The aim of this paper is to present the inaugural Shanghai (China) Report Card on Physical Activity for Children and Youth.

## METHODS

- Self-report questionnaires from the school surveys.
- Students (n=71404), Parents (n=70346), and teachers (n=1398) from 711 schools (grade 1-12), representing 5% population of children and youth in Shanghai.
- All 9 Report Card indicators are included.

Table 1. Indicators and Survey Instruments of the 2016 Shanghai (China) Report Card on Physical Activity for Children and Youth

Indicator	Survey instruments
Overall Physical Activity Levels	Daily moderate-to-vigorous physical activity (MVPA) at least 60 minutes in past 7 days
Organized Sport Participation	Participation of organized sport and/or physical activity (PA) programs over the past 12 months
Active Play	Participation in unstructured/unorganized PA at least 4 times during past week
Active Transportation	Going school by walk or bicycle
Sedentary Behavior	Watching TV/film, playing computer/video games, surfing the internet and doing homework at least 2 hours per day on weekdays and weekends
Family and Peers	Response 'very often' at least 2 items for parents support for PA of their children
School	1) students' satisfaction with physical education (PE) and exercise-related opportunities in school; 2) the amount of accredited PE teachers with state teacher qualification; 3) PA after school; 4) PE classes; 5) facilities and equipment for sport and exercise in school; and 6) the school administrator's concern about PA, exercise and PE of students.
Community and the Built Environment	Facilities and equipment, sports organizations and community sports activities
Government Strategies and Investments	Parents' awareness around the national physical activity policies

## RESULTS

Table 2. Grades According to Physical Activity Indicator in the 2016 Shanghai (China) Report Card on Physical Activity for Children and Youth

Indicator	Grades
Overall Physical Activity Levels	F
Organized Sport Participation	F
Active Play	D-
Active Transportation	C-
Sedentary Behavior	F
Family and Peers	B
School	B+
Community and the Built Environment	D+
Government Strategies and Investments	D

Note. 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%. For each indicator, the upper 5% of grade range is marked with '+' and the lower 5% of each grade range is marked with '-'.

## CONCLUSIONS

- Levels of physical activity and sedentary behaviors were low and below the respective recommended guidelines.
- Interventions and policies at the community level should be encouraged to promote physical activity and reduce sedentary behaviors.
- Future surveys random national surveys should be encouraged in order to strengthen the Report Card on Physical Activity for Children and Youth in China.

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