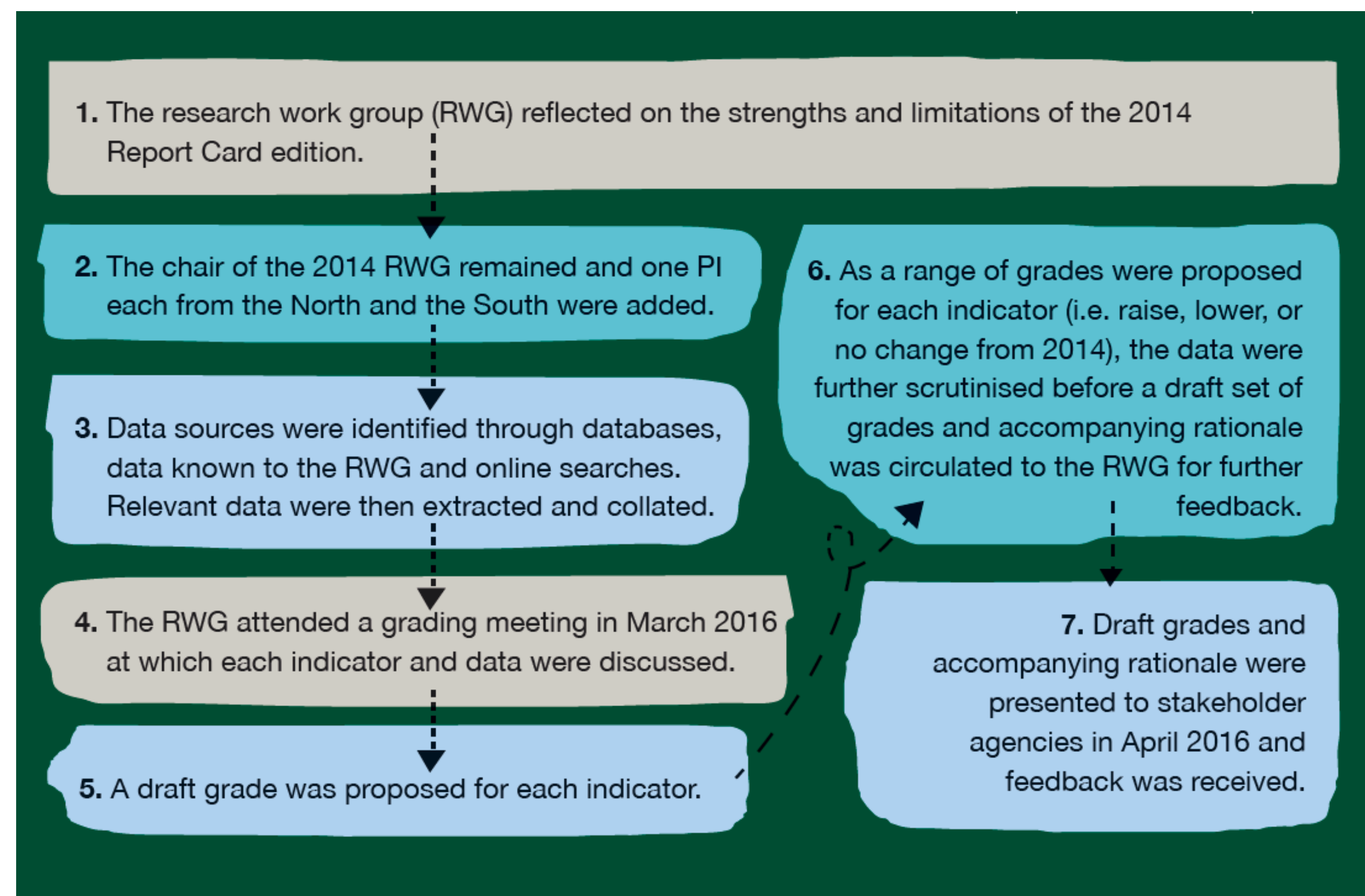


# The 2016 Ireland North and South Report Card on Physical Activity for Children and Youth

- Physical activity (PA) guidelines in Ireland, both North and South, recommend that children should accumulate at least 60 minutes of moderate-to-vigorous PA (MVPA) daily for health benefits.
- Despite these recommendations not all children on the island of Ireland are meeting this target. In the 2014 Report Card on Physical Activity for Children and Youth Overall Physical Activity Levels was graded a D-.
- Now that we have established a set of baseline grades, we need present updated grades to take into account new data. The 2016 Report Card on Physical Activity is a document that contains all data on indicators related to children's physical activity levels from Ireland North and South between 2011 and 2015. The evidence is 'graded' using a standardised grading scheme.
- Surveillance of indicators related to physical activity is vital for sustainable success and, ultimately, to improve the health profile of our children.



## International standardised grading scheme used in 2014 and 2016.

Grade	Benchmark	Description
A	81 – 100%	We are succeeding with a large majority of children and youth
B	61 – 80%	We are succeeding with well over half of children and youth
C	41 – 60%	We are succeeding with about half of children and youth
D	21 – 40%	We are succeeding with less than half, but some children and youth
F	0 – 20%	We are succeeding with very few children and youth
INC	Inconclusive, not enough data exist on this indicator	

## OVERALL GAPS AND RECOMMENDATIONS

- Agreement and implementation of a common framework for the systematic surveillance of indicators related to PA.
- The implementation of objectives in the National Physical Activity Plan in the Republic.
- Evidence on PA levels of children with disabilities and minority and marginalised groups.
- Evaluation of the effectiveness and cost-effectiveness of interventions to identify best practice and to resource adequately.
- There is the danger that the good work that is going on 'on the ground' is not being captured in the data and therefore the grades remaining mediocre or stagnant. The Report Card is an advocacy document and the RWG hopes that stakeholders, practitioners and anyone working in children's physical activity and health will not feel discouraged by stagnant or even a small reduction in grades. It will take many iterations of the Report Card before grades may change, it will not happen overnight.
- Gaps in the data speak to the need for the collection of good quality data from large samples. We suggest that future studies collect data that align with Report Card benchmarks included herein as they follow national and international PA recommendations and are being used as global indicators of PA. Data are more likely to be included in the Report Card if it can be easily matched to the set benchmarks, have larger sample sizes and, in particular, include objective assessment of PA.



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### CONSULTATIONS

**Republic of Ireland:** Department of Health, Early Childhood Ireland, Federation of Irish Sport, Fingal County Council, Get Ireland Active, Healthy Ireland, Institute of Education, Dublin City University, Irish Heart Foundation, Irish Primary PE Association, Irish Sports Council, Sport Ireland. **Northern Ireland:** Department of Education, Playboard Northern Ireland **Both:** UNESCO Chair in Adapted Physical Activity, Tralee

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INDICATOR	2016	2014
<b>OVERALL PHYSICAL ACTIVITY</b> 	D	D-
<b>SEDENTARY BEHAVIOUR (TV VIEWING)</b> 	C-	C-
<b>ACTIVE TRANSPORTATION</b> 	D	D
<b>PHYSICAL EDUCATION</b> 	D-	D-
<b>ORGANISED SPORT PARTICIPATION</b> 	C- (RoI) C+ (NI)	C-
<b>ACTIVE PLAY</b> 	INC	INC
<b>HOME (FAMILY)</b> 	INC	INC
<b>SCHOOL</b> 	D	C-
<b>COMMUNITY AND BUILT ENVIRONMENT</b> 	B+	B
<b>GOVERNMENT</b> 	INC	INC