

ARE OUR KIDS MOVING WITH THE TIMES?



The Long Form of the 2016 Report Card, along with this short form, can be accessed at <http://www.thehealthwell.info/ireland-north-south-physical-activity-report-card-2016>

Details of all the countries that have produced a Report Card in 2016 can be found in the 2016 Global Matrix supplement of the Journal of Physical Activity and Health which includes results from the 2016 Ireland North and South Report Card on Physical Activity for Children and Youth by Harrington, et al.



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.^{1,2}
- » 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-.^{3,4}
- » 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.⁵
- » 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	
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.

INDICATOR	DATA USED IN 2016	2016	2014
OVERALL PHYSICAL ACTIVITY 	Republic of Ireland <ul style="list-style-type: none"> » HBSC 2014: 23% of 10 – 17 year olds ^{(n13,611), 6,7} » CSSPA-Plus: 9% of primary aged ^{(n217), 8} and 4% of post-primary aged children ⁽ⁿ⁴⁰⁸⁾ » Cork Lifestyle Survey: 22% of 8 – 11 year olds ^{(n830; objective data), 9} » Y-PATH: 32% of 11 – 14 year olds ^{(n715; objective data), 10} Northern Ireland <ul style="list-style-type: none"> » Travel Survey NI: 41% of 5 – 18 year olds ^{(n1,148), 11} » Cross-sectional data NI: 24% of 9 – 11 year olds ^{(n1,424), 12} » YPBAS: 14% of 11 – 16 year olds ^{(n3,174), 13} 	D	D-
SEDENTARY BEHAVIOUR (TV VIEWING) 	Republic of Ireland <ul style="list-style-type: none"> » GUI Infant Cohort wave 3: 58% of 5 year olds spend ≤ 2 hours engaged in screen time of any type on an average weekday from ^{(n~9000), 14} » HBSC 2014: 50% of 11-15 year olds reported watching < 2 hours TV/ day. ^{6,7} » GUI Child Cohort wave 2: 53% of 13 year olds watched < 2 hours of TV/videos/DVDs each day ^{(n~7400), 15} Northern Ireland <ul style="list-style-type: none"> » MCS5: 60% of 11 year olds spent < 2 hours watching programmes or films on any screen on the average school day. ¹⁶ 	C-	C-
ACTIVE TRANSPORTATION 	Republic of Ireland <ul style="list-style-type: none"> » GUI Child Cohort wave 2: 26% of 13 year olds ^{(n9,009), 17} » Waterford Adolescents Study: 24% of 12 – 20 year olds ^{(n2,877), 18} Northern Ireland; <ul style="list-style-type: none"> » Continuous Household Survey 2014/15: 30% primary ^{(n623), 11} and 20% post-primary ^{(n25), 11} » YBPAS: 24% of 11 – 16 year olds ^{(n7,076), 13} Both: <ul style="list-style-type: none"> » Cross-sectional data: 38% (NI) & 42% (ROI) of 7 – 11 year olds ^{(n478), 19} » Children's Independent Mobility Study: 23% of 7 – 15 year olds ^{(n2,228), 20} 	D	D
PHYSICAL EDUCATION 	<p>Since the 2014 Report Card there has been a lack of published data reporting the prevalence of children receiving the recommended time for weekly PE.</p> Northern Ireland: <ul style="list-style-type: none"> » YPBAS: 69% of 11 – 16 year olds involved in PE/games lessons for ≥ 2 hours/week ^{(n3,174), 13} 	D-	D-
ORGANISED SPORT PARTICIPATION 	Republic of Ireland: <ul style="list-style-type: none"> » CSPPA-Plus: 53% of males and 34% of females reported at least 2 – 3 days/week of extra-school sport ^{(n422), 8} Northern Ireland: <ul style="list-style-type: none"> » MCS5: Some 54% of parents of 11 year olds in Northern Ireland reported that their child goes to a club or class to do sport/other PA ≥ 2 days per week. ¹⁶ This compares to 40% of children meeting the benchmark from the same study as reported in the 2014 Report Card. » YPBAS: 65% of 11 – 16 year olds reported participation in ≥ 2 hours of sport/PA outside of school each week ^{(n3,174), 13} 	C- (RoI)	C-
ACTIVE PLAY 	Republic of Ireland: <ul style="list-style-type: none"> » GUI Infant Cohort wave 3: An average of 42% of 5 year olds undertake some form of active play every day (movement, climbing, play with ball, chasing, scooting, skating) ^{(n~7400), 14} Northern Ireland: <ul style="list-style-type: none"> » MCS5: 72% of children in Northern Ireland reported playing sports or active games inside or outside but not at school on most days of the week. ¹⁶ 	INC	INC

<p>HOME (FAMILY)</p> 	<p>Republic of Ireland</p> <ul style="list-style-type: none"> » GUI Infant Cohort wave 3: 22% of parents do sport or PA with their 5 year old child every day ^{(n=9,000), 14} <p>Northern Ireland</p> <ul style="list-style-type: none"> » MCS5: 3% of parents reported playing sports or physically active games outdoors or indoors every day/almost every day ^{(n=1,931), 16} 	<p>INC</p>	<p>INC</p>
<p>SCHOOL</p> 	<p>Republic of Ireland:</p> <ul style="list-style-type: none"> » <i>CSPPA-Plus</i>: 71% of 10 – 18 year olds reported participating in extra-curricular sport at least twice/week in 2009 vs. 30% of 15 – 21 years old (follow-up rate of 22%) in 2014.²¹ <p>Northern Ireland:</p> <ul style="list-style-type: none"> » <i>YPBAS</i>: 27% of 11 – 16 year olds normally stayed behind after school to take part in sport or PA for 2 or more hours each week ^{(n=3,174), 13} 	<p>D</p>	<p>C-</p>
<p>COMMUNITY AND BUILT ENVIRONMENT</p> 	<p>Republic of Ireland:</p> <ul style="list-style-type: none"> » <i>GUI Child Cohort wave 2</i>: 94% of parents strongly agreed/agreed local area was safe for their 13 year old child ^{(n=9000), 15} <p>Northern Ireland:</p> <ul style="list-style-type: none"> » <i>YPBAS</i>: 94% of 11 – 16 year olds reported feeling safe in area in which they live, while 64% think play/leisure facilities in their area are good ^{(n=3,174), 22} » Playboard Kids Life and Times play module: 86% of 10 – 11 year olds agreed that they have a good choice of things to play with in their local area. 67% agreed that the equipment in their play park is in good condition ^{(n=2,420), 23} <p>Both:</p> <ul style="list-style-type: none"> » <i>Children's Mobility Study</i>: 94% of 7 – 15 year olds believe their neighbourhood to be safe ^{(n=2,228), 20} 	<p>B+</p>	<p>B</p>
<p>GOVERNMENT</p> 	<p>Republic of Ireland</p> <ul style="list-style-type: none"> » Publication of the first ever National Physical Activity Plan in 2016.²⁴ Innovative and ambitious, it sets out 14 actions and timescales specifically targeting PA in children and young people, with several others addressing monitoring and surveillance, public education and research. » Fourteen actions PA is mentioned in some of the steps in the new <i>Healthy Weight for Ireland Obesity Policy and Action Plan 2016 – 2025</i>.²⁵ <p>Northern Ireland</p> <p>Notable absence of a bespoke national PA policy or plan. However, objectives to increase children's PA participation in are embedded within the strategic plans for a number of other organisations and policy objectives.</p> <ul style="list-style-type: none"> » <i>A Fitter Future for All Obesity Action Plan 2012 – 2022</i>.^{26, 27} » <i>Sport Matters: the Northern Ireland Strategy for Sport & Physical Recreation 2009 – 2019</i>.²⁸ 	<p>INC</p>	<p>INC</p>

KEY STAGES OF CREATING IRELAND NORTH AND SOUTH'S SECOND PHYSICAL ACTIVITY REPORT CARD

1. The research work group (RWG) reflected on the strengths and limitations of the 2014 Report Card edition.

2. The chair of the 2014 RWG remained and one PI each from the North and the South were added.

3. Data sources were identified through databases, data known to the RWG and online searches. Relevant data were then extracted and collated.

4. The RWG attended a grading meeting in March 2016 at which each indicator and data were discussed.

5. A draft grade was proposed for each indicator.

6. As a range of grades were proposed for each indicator (i.e. raise, lower, or no change from 2014), the data were further scrutinised before a draft set of grades and accompanying rationale was circulated to the RWG for further feedback.

7. Draft grades and accompanying rationale were presented to stakeholder agencies in April 2016 and feedback was received.

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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 at 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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