

Results from the Japan 2016 Report Card on Physical Activity for Children and Youth

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【Aim】

The 2016 Japan Report Card on Physical Activity for Children and Youth aims to consolidate existing evidence, encourage greater evidence-informed physical activity policy, and improve surveillance of physical activity.

【Methods】

The 2016 Japan report card followed the methodology of the Canadian and Scottish report cards, but was adapted to reflect the Japanese context. Nationally representative data were used to score each of the respective indicators.

【Key Findings】

The 2016 Japan Report Card on Physical Activity for Children and Youth consists of Health Behaviors and Outcomes (7 indicators); and Influences on Health Behaviors (4 indicators). Three Health Behaviors and Outcomes received C grades (Participation in Sport; Sedentary Behavior; Recreational Screen Time; Physical Fitness), while two indicators could not be graded (Overall Physical Activity, and Active Play). The indicators Active Transportation (B) and Weight Status were favorable (A). In the Influences domain, Family Influence and Community and the Built Environment were graded as D, while the School & Childcare Settings and the Government Strategies and Investments were favorable (B).



Indicator	Grades
1. Overall Physical Activity Levels	INC
2. Organized Sport Participation	C
3. Active Play	INC
4. Active Transportation	B
5. Sedentary Behaviours	C
6. Physical Fitness	C
7. Weight Status	A
8. Family and Peer Influence	D
9. School	B
10. Community and the Built Environment	D
11. Government Strategies and Investments	B

- A** (81-100%) We are succeeding with a large majority of children and adolescents (81-100%)
- B** (61-80%) We are succeeding with well over half of children and adolescents (61-80%)
- C** (41-60%) We are succeeding with about half of our children and adolescents (41-60%)
- D** (21-40%) We are succeeding with less than half children and adolescents (21-40%)
- F** (0-20%) We are succeeding with very few children and adolescents (0-20%)
- INC** Incomplete data combined with lack of an evidence-based recommendation.



Table 1. Grades According to Physical Activity Indicator in the 2016 Japan Report Card on Physical Activity for Children and Youth

【Discussion】

The Japan report card illustrated some favorable health behaviors, health outcomes, and influences. There is a need for more evidence especially on overall physical activity levels, active play, and community and the built environment.

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