Physical inactivity among Mexican youth 10-18 years has increased 47% in the last six years (ENSANUT 2012).

The amount of time Mexican children and youth spend in sedentary behaviors is also alarmingly high (ENSANUT 2012).

Knowledge translation strategies are needed in Mexico to inform public policies and programs aimed at improving this situation.

The Mexican Report Card on Physical Activity (PA) in children and youth was first developed in 2012 as a tool for informing policy and practice. The objective of this study was to update the Mexican Report Card summarizing the most recent evidence dealing with PA and sedentary behavior among Mexican children and youth.

Search strategy
- English and Spanish language literature was reviewed in 2013 using major databases
- Articles reporting on Mexican populations 1-25 years of age published from 2010 forward were included (n=22)
- Government documents and national surveys were also included (n=12)

A high proportion of Mexican children and youth are not meeting the PA recommendations, do not participate in sports and spend more than two hours per day in front of a screen.

The Mexican government and other institutions have introduced policies and programs to promote PA in Mexican children and youth. However, the effect of these strategies remains unknown.

Two main recommendations are: 1) evaluate existing school and community programs and policies, and 2) promote the implementation and dissemination of successful programs.