2016 New Zealand Physical Activity Report Card for Children & Youth

Introduction

Methods
Physical activity research experts convened to review relevant national & regional survey data, & grade 9 core physical activity indicators outlined in the Active Healthy Kids Global Matrix. Nationally representative & objectively measured data were prioritised, & final grades were agreed by panel consensus.

Findings
Improved grades for Active Play, & Community & Built Environment core indicators may support recent national & regional physical activity promotion initiatives. However, several core indicator grades decreased compared to 2014. Recent Government initiatives enabled grading of a new core indicator for the first time in 2016. An unchanged Family & Peers grade reflected a lack of new survey data since the first Report Card in 2014, & identified a need for improved ongoing, objectively measured, nationally representative surveillance.

References