

# 2016 New Zealand Physical Activity Report Card for Children & Youth

## Introduction

The 2016 New Zealand Physical Activity Report Card reviewed national & regional survey data describing physical activity among children & youth (5–18 y). The Report Card aims to inform advocacy, policy & program development, & enable international comparison. The 2016 Report Card updates the previous 2014 review<sup>1</sup> & presents revised physical activity grades.

## 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.<sup>2</sup> 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

- <sup>1</sup> Maddison (2014). J Phys Act Health, Suppl 1:S83-7  
<sup>2</sup> Active Health Kids Global Alliance (2016). www.activehealthykids.org