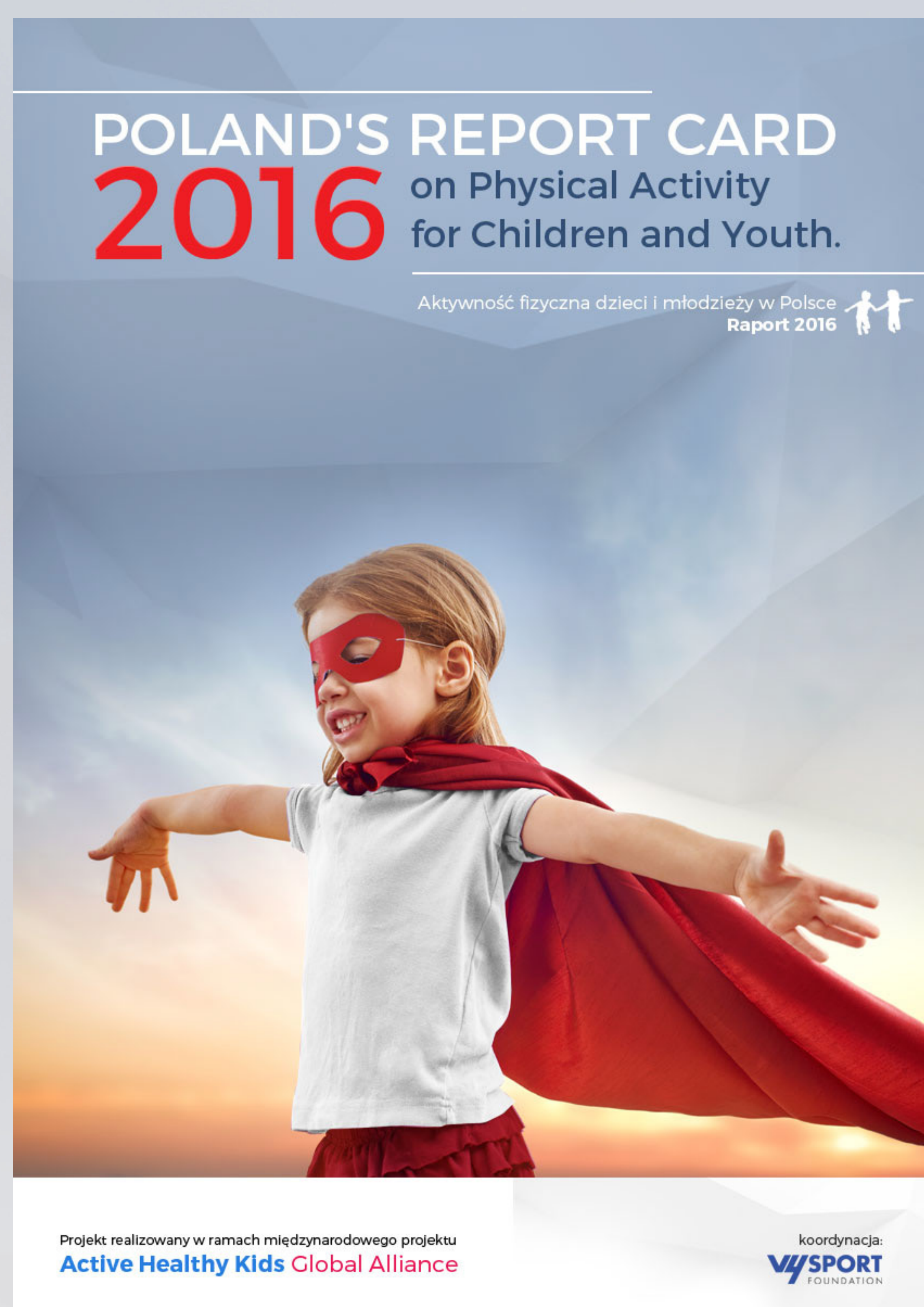




RESULTS FROM POLAND'S 2016

Report Card on Physical Activity for Children and Youth

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Aim

Through a comprehensive assessment, the main goal for developing the Report Card is to help practitioners, policy-makers and the public to gain an understanding of the current state of physical activity (PA) among children and youth.

Methods

The systematic methodology that underpins the Active Healthy Kids Canada Report Card was applied. The best available data was consolidated and then reviewed by a group of experts, after which a letter grade was assigned to nine core PA indicators on a scale ranging from A (highest) to F (lowest).

Key findings

Just slightly above 20% of children and youth in Poland met the guidelines regarding Physical Activity (D) levels. Similarly, a low percentage met recommended levels for Sedentary Behaviour (D) and Organized Sport (D). Poland performed better in reference to Active Transportation (C) and indicators such as Family and Peers (C), School (B) and Community and the Built Environment (C).

Table 1. Summary of the Grades According to Physical Activity Indicator in Poland's 2016 Report Card on Physical Activity for Children and Youth

INDICATOR	Grade
Overall Physical Activity Levels	D
Organized Sport Participation	D
Active Play	INC
Active Transportation	C
Sedentary Behaviours	D
Family and Peers	C
School	B
Community and the Built Environment	C
Government strategies and investments	C

Conclusions

In Poland research and activity in the area of PA are dominated by a school-based approach, focusing on the quality of PE classes, their large, obligatory amount, and a campaign against PE exemptions. This model is one-dimensional though. A high grade was obtained by schools while low to moderate grades were given to the remaining indicators. This is the rationale for the cover story "What else except school?". For example from a strategic perspective, in the model, sedentary behaviour is detached from PA in policies. However, recent large infrastructural investments into grassroots sport infrastructure have been noted. Further, the Government undertook specific PA programs dedicated to different age groups of children and youth. Implementation of a common framework for the systematic surveillance of children and youth PA indicators is necessary to start monitoring change over time.

