

MOVE FOR FUN-BE ACTIVE-BE HEALTHY

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Introduction

Active Healthy Kids Report Card emerged in Canada and seems an exceptional tool for presenting the data in a format that is useable by researchers, policy makers, and practitioners. These cards consolidates current research and pretends to inspire Portuguese to engage all children and youth in Physical Activity.

Methods

A 4-member committee was established to prepare these Report Cards with researchers in the field of sport and physical activity representing institutions at National Level. The grade assignment process followed the procedures used in the Active Healthy Kids Canada and consisted of examining the current data and literature for each indicator against a benchmark or optimal scenario.

Relevant data from 2010-2016 included research and governmental documents addressing this issue, and searched references in PubMed as well.

Summary of Grades Assigned to Indicators

Physical Activity and Health Behaviour Outcomes	
Sedentary Behaviour	D
Overall Physical Activity Levels	D
Active Play and Leisure	D
Active Transport	C
Organized Sports Participation	B

Settings and Influences on Physical Activity and Health

Family and Peers	C
School	B
Community and the Built Environment	D
Policy	C

During the meetings the expert group critically discussed the grade. Grades were assigned to each PA indicator based on estimates of the proportion of children and adolescents that were meeting a specified benchmark or guideline as described elsewhere.

Key Results

Portuguese children and adolescents seemed to attain a low level of physical activity intensities (OVERALL PHYSICAL ACTIVITY LEVELS, **D**; ACTIVE PLAY AND LEISURE, **D**), in addition of larger amounts of time in SEDENTARY BEHAVIOURS (**D**). On the other hand, ORGANIZED SPORTS PARTICIPATION have grown over the last years (**B**) with youngsters engaging in vigorous activities. Portugal is currently developing national recommendations (POLICY, **C**) in articulation with schools, providing physical activity to virtually all children and adolescents until 12th grade (SCHOOL, **B**). But it is needed more commitment by COMMUNITY AND THE BUILT OF INFRASTRUCTURES (**D**), and FAMILY AND PEERS participation (**C**) encouraging active life living.

Conclusions

Portuguese children and adolescents seemed to attain low levels of physical activity intensities, in addition to larger amounts of time spent in sedentary behaviours compared to recommendations. Effective policies of PA promotion and implementation are needed in different domains of youngster's daily life.

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CIAFEL grants: FCT/ UID/DTP/00617/2013.