

Development of Qatar Active Healthy Kids Report Card

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INTRODUCTION

Physical activity (PA) enhances children's health and prevents many diseases that may impact their lives. Childhood obesity is escalating worldwide due to increased physical inactivity and sedentary behaviour. In the State of Qatar, the prevalence of overweight and obesity among children and youth is increasing dramatically. Evidence on secular trends in PA is limited, but the epidemics of obesity and diabetes suggest that PA levels have probably declined in Qatar, as is true elsewhere in the Arabian Gulf. Therefore, active healthy kids report card is needed to identify gaps associated to PA and health related behaviours among children and youth in Qatar.

OBJECTIVE

To develop the 1st Active Healthy Kids (QAHK) Report Card in the State of Qatar by synthesize the available data on physical activity among children in Qatar.

METHODS

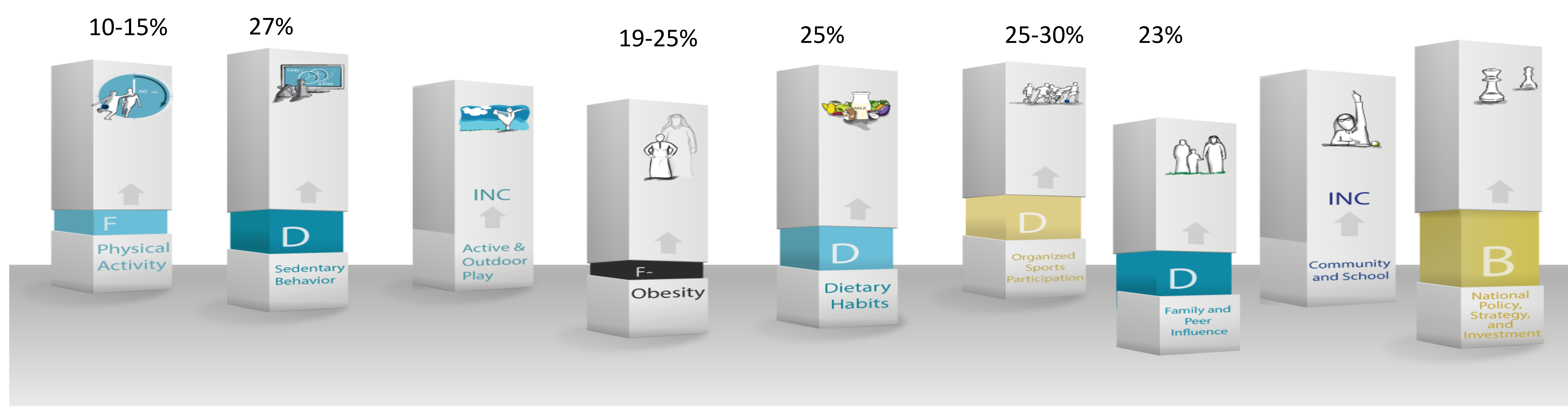
The QAHK Report Card was inspired by the Active Healthy Kids Scotland 2013 Report Card. The methodology used in Scotland's report card was adapted for Qatar. The Aspetar Working Group identified indicators for PA and related health behaviors, and evaluated the available data on these indicators. The card grades were determined by the percentage of children meeting guidelines or recommendations.

RESULTS

Fig I : Process of QAHK report card development



Fig II : Grading of Health Indicators in the QAHK report card



CONCLUSION

The QAHK Report Card identified weaknesses and gaps in the evidence on physical activity and health in children and youth in Qatar. The quality of evidence was poor for some indicators, with some data collection methods of limited validity and reliability, or only available for a limited age range, so the grades are best estimates of the current situation in Qatar. Future surveys and research using objective physical activity measures will support the development of a second QAHK Report Card by 2018.