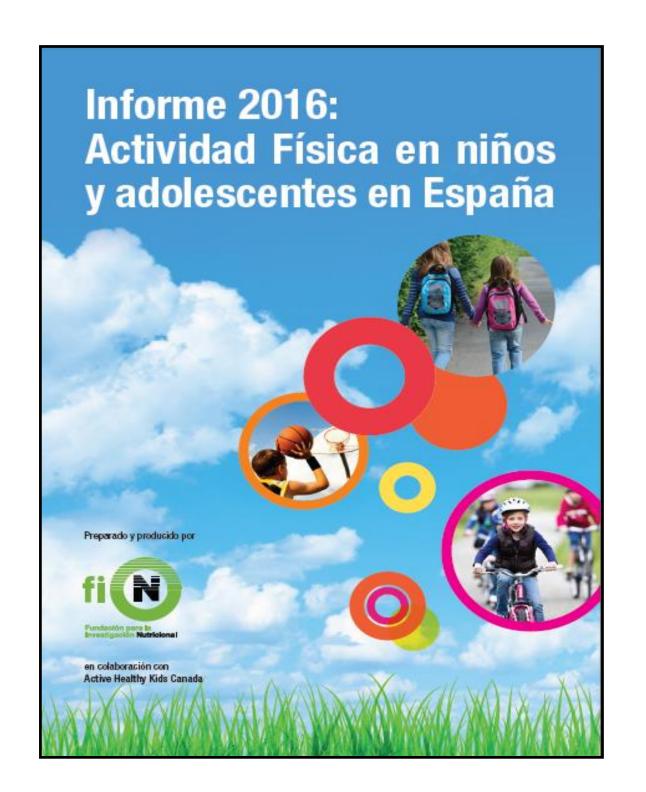
# Results from the Spanish 2016 Report Card on Physical Activity for Children and Youth

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#### INTRODUCTION

The Active Healthy Kids Spanish Report Card is developed following the procedures of the Active Healthy Kids Canada Report Card and represents an opportunity to gather the most updated information of the physical activity of children and youth in Spain, to identify gaps and to make Spanish policy makers aware of the situation and the need to increase funds for promoting physical activity initiatives.

#### **METHODS**

The Spanish Healthy Active Kids Report Card was developed by the Nutrition Research Foundation in collaboration with a Research Working Group of established experts on physical activity and health from the University of Las Palmas de Gran Canaria, University of Zaragoza, University of Castilla-La Mancha, Technical University of Madrid, University of Santiago de Compostela and University of Alicante and the Hospital del Mar Medical Research Institute, IMIM.

Data to grade the indicators were obtained from the following studies and sources: ALADINO study, 2011 and 2013; IDEFICS study, 2007-2008, HELENA study, 2006-2008; Spanish National Health Survey, 2011; European Youth Heart Study, 2008-2010; Health Behaviour in School-aged Children study, 2010; ANIBES survey, 2013; THAO-Child Health Program, 2012; Sporting habits in Spain, 2015; FRESC study, 2012.

The grade for each indicator was based on the percentage of children and youth meeting a defined benchmark: A is 81% to 100%; B is 61% to 80%; C is 41% to 60%, D is 21% to 40%; F is 0% to 20%; INC is incomplete data.

INDICATOR	PREVALENCE	GRADE
OVERALL PHYSICAL ACTIVITY	30% males & 12% females <10y old 39% males & 24% females 11- 12y old 50% males & 14% females 13-17y old	D -
ORGANISED SPORT	6% males & 7% females 2 to 5y old 71% males & 61% females 7- 8y old 78% males & 63% females 11-12y old 64% males & 35% females 16 to 18y old	В
ACTIVE PLAY	WEEKDAYS, 44% males & 33% females 7-8y old WEEKEND, 85% males & females 7-8y old	C+
ACTIVE TRANSPORT	54% males & females 2 to 9y old 66% males & females 8 to 13y old 54% males & 57% females 14y old 38% males & 40% females 17y old	С
SEDENTARY BEHAVIOR	43% males & 54% females 1- 2y old 38% males & 40% females 2 to 4y old 45% males & 50% females 5 to 14y old 17% males & 26% females 13 to 18y old	D
FAMILY AND PEERS	80% 8-9y old active male & female have one parent who is active 40% 16 to 18y old active male & female have one parent who is active	INCOMP
SCHOOL	< 2hour/week of Physical Education at school: 32% males & females 7y old 45% males & females 8y old 67% males & females 9y old	C
COMMUNITY	68% families have sport facilities in a 1km area	INCOMP
GOVERNMENT	Integral plan for PA and sport Strategy for Prevention and Health Promotion in the Spanish National Health System NAOS Strategy	INCOMP

### RECOMMENDATIONS

Evaluate the efficacy and effectiveness of all the strategies and policies to promote physical activity.

Promote physical activity not only at the educational and health related levels but also at work, at home and at the community.

Physical activity policies should be developed and coordinate involving all stakeholders, the central government, autonomous regions, municipalities, counties, associations, foundations, etc., combining efforts and resources to improve all indicators.

## **KEY FINDINGS**

Spanish children and adolescents have low adherence to PA recommendations and their sedentary behaviour is high.

There are several gaps of information regarding key PA indicators that should be addressed by harmonizing measurement instruments, establishing monitoring and evaluation systems.





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