

# 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	D -
	39% males & 24% females 11- 12y old	
	50% males & 14% females 13-17y old	
ORGANISED SPORT	6% males & 7% females 2 to 5y old	B
	71% males & 61% females 7- 8y old	
	78% males & 63% females 11-12y old	
	64% males & 35% females 16 to 18y old	
ACTIVE PLAY	WEEKDAYS, 44% males & 33% females 7-8y old	C+
	WEEKEND, 85% males & females 7-8y old	
ACTIVE TRANSPORT	54% males & females 2 to 9y old	C
	66% males & females 8 to 13y old	
	54% males & 57% females 14y old	
	38% males & 40% females 17y old	
SEDENTARY BEHAVIOR	43% males & 54% females 1- 2y old	D
	38% males & 40% females 2 to 4y old	
	45% males & 50% females 5 to 14y old	
	17% males & 26% females 13 to 18y old	
FAMILY AND PEERS	80% 8-9y old active male & female have one parent who is active	INCOMP
	40% 16 to 18y old active male & female have one parent who is active	
SCHOOL	< 2hour/week of Physical Education at school:	C
	32% males & females 7y old	
	45% males & females 8y old 67% males & females 9y old	
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.