

Results from the Active Healthy Kids United Arab Emirates 2016 Report Card on Physical Activity for Children and Youth

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AIM

The *Active Healthy Kids United Arab Emirates (AHK UAE) 2016 Report Card* aims to provide a systematic evaluation of how the UAE is performing in supporting and engaging physical activity (PA) in children and youth.

METHODS

The *AHK UAE 2016 Report Card* synthesised national- and emirate-level data from 1998 to 2014. The Research Working Group evaluated all synthesised data before assigning grades to each of the PA indicators based on the proportion of children achieving the pre-specified benchmark:

A=81%-100% **B=61%-80%** **C=41%-60%**

D=21%-40% **F=0-20%** **INC=Incomplete**

KEY FINDINGS

Less than 20% of children (23% boys; 13% girls) participate in physical activity for 60 minutes a day 7 days a week (Grade D-/F-). Less than a fifth of children (29% boys; 15% girls) walk or cycle to school on at least one day during the week (Grade D-/F-). More than 50% of children spend more than 2 hours per day sitting and/or watching television (Grade C-). Only 28% of children (29% boys; 27% girls) participate in at least 150 minutes of physical education lessons per week (Grade D).

CONCLUSION

Sustained nationwide PA interventions are required at all levels (e.g. individual, family, schools, community, policies) to elicit improvements in health and disease outcomes over the next few decades.

Table 1. Grades assigned to each indicator in the AHK UAE 2016 Report Card on PA for Youth

Indicator	Grade
1. Overall Physical Activity	D-/F-
2. Organised Sport Participation	INC
3. Active Play	INC
4. Active Transportation	D-/F-
5. Sedentary Behaviour	C-
6. Family and Peers	C-
7. School	D
8. Community & the Built Environment	INC
9. Government Strategies & Investments	B+

Have Children in the UAE Deserted Physical Activity?

