

2016

French Report Card on Physical Activity for Children and Adolescents

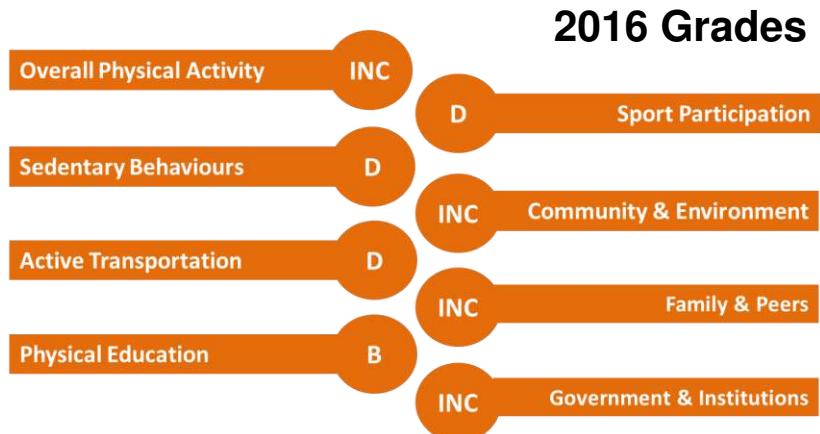


Children and adolescents are today encouraged to engage in a minimum of 60 minutes of moderate-to-vigorous physical activity per day with activities involving muscle work and flexibility at least 3 times a week (Tremblay MS et al., 2016). Yet, the scientific literature and national surveys keep describing a declining physical activity level in youth, accompanied by an increasing time devoted to sedentary behaviors.

Collectively, the expert panel has graded every indicators based on the available data and statistics using the following grading scheme:

Grading Scheme

- A 81-100% - Succeeding with a large majority of children and youth
- B 61-80% - Succeeding with well over half of children and youth
- C 41-60% - Succeeding with about half of children and youth
- D 21-40% - Succeeding with about less than half, but some children and adolescents
- F 0-20% - Succeeding with very few children and youth
- INC Inconclusive – not enough available data



Key results

- ✓ Only half of the 3-10 years old seems to engage in extra-school physical activity.
- ✓ Less than 40% of the 3-10 years old use active transports to go to school.
- ✓ 3 to 17 year old children and adolescents spend about 3 hours in front of a screen daily.
- ✓ Among OCDE countries, France devotes the highest time to Physical Education in secondary schools.

Conclusions & Perspectives

There is a need for an intensified promotion of physical activity in youth, especially among young girls;

To encourage familial regular physical activities;

To encourage the development and maintenance of infrastructures devoted to physical activity in urban areas;

School-based Physical Education has to be sustained and developed;

Need for more prevention strategies regarding sedentary behaviors and particularly screen time from the youngest age;

Governing bodies and National institutions have to increase their politics, engagement and actions in favor to physical activity in children and adolescents.



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