

INFLUENCES ON PHYSICAL ACTIVITY

FAMILY AND PEERS

57% of parents of preschoolers engage at least 150 minutes per week in moderate-to-vigorous physical activity themselves and 73% are regularly physically active together with their preschooler^{TOYBOX}. 36% of parents from adolescents engage at least 150 minutes per week in moderate-to-vigorous physical activity themselves and 52% are regularly physically active together with their adolescents^{ENERGY}.

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SCHOOL

Primary and secondary schools in Flanders achieve a total school physical activity policy score of 58 and 49.5 (range 0-100), respectively. 87.5% of primary schools and 100% of secondary schools hire specialized teachers to teach physical education. 94% of 10- to 17-year olds report to participate in at least 2 school physical education classes per week^{2014 VCP}.

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COMMUNITY AND ENVIRONMENT

71% of residents are satisfied with the sports and recreation facilities in their town/city^{2017 COMMUNITY AND CITY MONITOR}. 86% of 12- to 14-year olds have easy access to playground or park from home. 76% lives in an area with well-maintained playgrounds, parks and recreation areas. 37% have cycle paths in most streets in their neighborhood. 83% and 73% report that walking or cycling in their neighborhood is not dangerous because of traffic. 37% can safely play on the streets in their neighbourhood. 90% report that there is not a lot of crime in their neighbourhood. 81% is not afraid when they are alone in a playground or park^{2014 IPEN}.

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GOVERNMENT

In 2016, the Flemish government proposed a new action plan called "The Flemish Belgian lives healthier in 2025". Nonetheless, physical activity promotion efforts and actions are not well coordinated across policy domains.

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METHODOLOGY AND DETAILED FINDINGS

A more detailed version of this Report Card is available from the website www.activehealthykids.org. This version provides more detailed information on the data sources used for grading, the grading process, and references.

NEXT STEPS

This 2018 Report Card is the second report on physical activity for children and youth. With financial or other support from individuals or organizations, we aim to publish more Report Cards in the future. If you are considering offering support of any kind, please contact Prof Jan Seghers of the KU Leuven (jan.seghers@kuleuven.be) for further information.

ACKNOWLEDGEMENTS

This card was produced by KU Leuven (Prof Jan Seghers), Ghent University (Prof Greet Cardon), and Sciensano (Dr Karin De Ridder). We like to acknowledge the contribution of the other members of the research working group, of other academics of before mentioned universities that have aided in data synthesis, of the Flemish Institute for Healthy Living and of the other stakeholders who participated in the stakeholder meeting.



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THE 2018 FLEMISH REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH



The first report card in 2016 focused on Belgian children and youth.

However, in this second report card, we only focus on Flemish children and youth.

The report card provides a systematic, critical, and current evaluation of the level of physical activity and related health behaviors of Flemish children and adolescents.

The report card should be used as an advocacy tool, as the basis for public debate, policy discussion and change, and development of research ideas.

HBSC = Health Behaviour in School-aged Children