

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}.

C+

7

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}.

B-

8

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}.

B

9

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.

B

10



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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

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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.

THE 10 INDICATORS ARE GROUPED INTO TWO CATEGORIES:

PHYSICAL ACTIVITY AND RELATED HEALTH BEHAVIORS

- 1 Overall physical activity
- 2 Organized sport and physical activity
- 3 Active play
- 4 Active transportation
- 5 Sedentary behavior
- 6 Physical fitness

INFLUENCES ON PHYSICAL ACTIVITY

- 7 Family and peers
- 8 School
- 9 Community and environment
- 10 Government

VCP = Food Consumption Survey

HBSC = Health Behaviour in School-aged Children

THE 2018 FLEMISH REPORT

This second report card presents grades for 10 indicators, grouped into two categories (see left). The grades are based on an assessment of current Flemish data regarding physical activity and related health behaviors. These data are judged against a benchmark (e.g. % of children meeting the physical activity recommendation) and determined by the % of Flemish children and adolescents meeting the benchmark. Grades are awarded to each of the indicators using a predetermined grading framework (see below).

A+	94% - 100%
A	We are succeeding with a large majority of children and adolescents (87% - 93%)
A-	80% - 86%
B+	74% - 79%
B	We are succeeding with well over half of children and adolescents (67% – 73%)
B-	60% - 66%
C+	54% - 59%
C	We are succeeding with about half of children and adolescents (47% – 53%)
C-	40% - 46%
D+	34% - 39%
D	We are succeeding with less than half of children and adolescents (27% - 33%)
D-	20% - 26%
F	We are succeeding with very few children and adolescents (< 20%)
INC	(Incomplete data) We have too few (valid) Flemish data available



PHYSICAL ACTIVITY AND RELATED HEALTH BEHAVIORS

OVERALL PHYSICAL ACTIVITY

For children and adolescents, it is recommended to engage every day in 60 minutes moderate-to-vigorous physical activity. Based on objective measures (i.e. accelerometer data), only 7% of 6- to 9-year-old children and 3% of 10- to 17-year-old adolescents in Flanders meet this recommendation^{2014 FCS}.

F

1

ORGANIZED SPORT AND PHYSICAL ACTIVITY

69% of parents of 6- to 9-year-old children report that their child is member of a sports club^{2014 FCS} and 67% of 11- to 15-year-old children report that they are member of a sports club^{2014 HBSC}. 81% of 10- to 17-year-old adolescents participate in sports during leisure time or in extracurricular sport or physical activities at school^{2014 FCS}.

B

2

ACTIVE PLAY

More than 80% of parents of 6- to 9-year-old children report that their child participates in active outdoor play during week- and weekend days^{2014 FCS}. No data were available on active play for 10- to 17-year-olds. Therefore, this indicator was graded with 'incomplete data'.

INC

3

ACTIVE TRANSPORTATION

56% of parents of 6- to 9-year-old children report that their child uses active transportation, defined as walking or cycling, to travel to school^{2014 FCS}. 59% of 10- to 17-year-old adolescents report to mainly use active transportation to travel to school^{2014 FCS}.

C+

4

PHYSICAL ACTIVITY AND RELATED HEALTH BEHAVIORS

SEDENTARY BEHAVIOR

For children and adolescents (aged between 6 and 17 years), it is recommended to spend no more than 2 hours per day in front of a screen. 88% and 45% of 6- to 9-year-old children meet this recommendation on an average weekday and on an average weekend day. In 10- to 17-year-old adolescents, only 47% and 18% meet this recommendation on an average weekday and on an average weekend day^{2014 FCS}.

C

5

PHYSICAL FITNESS

There are no recent data available regarding the physical fitness of Flemish children and adolescents. Therefore, this indicator was graded with 'incomplete data', suggesting there is an urgent need for new physical fitness data in a representative sample of Flemish children and adolescents.

INC

6

