



## Bulgaria's 2018 Report Card on Physical Activity for Children and Youth

Authors: Bilyana Mileva, BG Be Active Association, Dr. Ivan Tchalakov, full professor, and Dr. Donka Kiskinova, assistant professor from the Department of Applied and Institutional Sociology, University of Plovdiv, Bulgaria

Indicator	Grade
Overall Physical Activity	D+
Organized Sport Participation	C+
Active Play	C+
Active Transportation	B-
Sedentary Behaviours	D
Physical Fitness	INC
Family and Peers	D
School - Physical education (children & parents assessment on different elements)	C
Community and Environment	C
Government	INC



1-2-3 - How difficult could it be?

2018 Bulgaria's Report Card on Physical Activity for Children and Youth is alarming - Bulgarian children are not active enough!



Recent data from the World Health Organization quoting unpublished national research show that Bulgarian youth are among the lowest physically active in Europe<sup>1</sup>. However, there is limited data to accurately estimate the extent of this problem.

Facing this insufficiency, disparity and incomparability of existing data, the core of Bulgaria's 2018 Report Card was informed by a survey of 1014 Bulgarian children aged 6 to 18 years and their parents. The survey was designed to capture data about the Physical Activity Indicators that are common to the AHK Global Matrix.

Result: Sufficient data were available to assign grades for 8 of the 10 indicators. The assigned grades ranged from B- to D.

The high levels of inactivity and sedentary behaviour are a natural consequence of the gaps in governmental and local policies and insufficient funding. There is a strong need for political will, to tackle the problem. However, inactivity levels can be associated with cultural specifics of Bulgarians and there is an urgent need of updated programmes for Physical Education targeting especially the hard-to-reach children and adolescents.

1. WHO Physical Activity Factsheet Bulgaria, Physical activity in children and adolescents, Unpublished research, 2010