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INTRODUCTION

- Internationally comparable evidence is important to advocate for young people’s physical activity.
- The aim of this paper is to present the inaugural China Report Card on Physical Activity for Children and Youth.

METHODS

- Representative samples from 1398 schools in 22 provinces, four municipalities, five autonomous regions, and Xinjiang Production and Construction Corps, in mainland China
- 125,281 Chinese school-aged children (boys: 49.6%, aged 9-17 years) and their parents and their PE teachers (n = 1398)
- All 10 Report Card indicators are included.

RESULTS

Table 2. Grades According to Physical Activity Indicator in the 2018 China Report Card

Indicator	Grades
Overall Physical Activity Levels	F
Organized Sport Participation	D-
Active Play	D+
Active Transportation	C+
Sedentary Behavior	F
Physical Fitness	D
Family and Peers	D+
School	D
Community and the Built Environment	F
Government Strategies and Investments	F

Note. the grade for each indicator is based on the percentage of children and youth meeting a defined benchmark: A+ is 94% to 100%; A is 87% to 93%; A- is 80% to 86%; B+ is 74% to 79%; B is 67% to 73%; B- is 60% to 66%; C+ is 54% to 59%, C is 47% to 53%; C- is 40% to 46%; D+ is 34% to 39%; D is 27% to 33%; D- is 20% to 26%; F is < 20%; INC is Incomplete data.

CONCLUSIONS

- Levels of physical activity and sedentary behaviors of Chinese youth were low and below the respective recommended guidelines.
- Interventions and policies at the community level should be encouraged to promote physical activity and reduce sedentary behaviors.
- National policies on young people’s PA should be advocated widely to ensure the policies can be transferred into actions.

Acknowledgements



Table 1. Indicators and Survey Instruments of the 2018 China Report Card

Indicator	Instruments
Overall Physical Activity Levels	Daily moderate-to-vigorous physical activity (MVPA) at least 60 minutes in past 7 days
Organized Sport Participation	Participation of organized sport and/or physical activity (PA) programs over the past 12 months
Active Play	Participation in unstructured/unorganized PA at least four times during past week
Active Transportation	Walking/cycling to/from school
Sedentary Behavior	Watching TV/film, playing computer/video games, surfing the internet and doing homework at least 2 hours per day on weekdays and weekend days
Physical Fitness	Reached the level of ‘excellent’ or ‘good’ based on The Physical Fitness and Health Surveillance of Chinese School Students
Family and Peers	Response ‘very often’ at least two items for parents' support, and response 'very right' at least two items for friends support for PA
School	Meet the benchmark regarding 1) students’ satisfaction with physical education (PE) and exercise-related opportunities in school; 2) the amount of accredited PE teachers with state teacher qualification; 3) PA after school; 4) PE classes; 5) facilities and equipment for sport and exercise in school; and 6) the school administrator’s concern about PA, exercise and PE of students.
Community and the Built Environment	Meet the benchmark regarding 1) whether it is easy to find facilities and equipment for sport/exercise in young people's community; 2) whether there is organizations of sport/exercise (e.g. sport club) for youth in community; 3) whether there are sport/exercise activities organized in community
Government Strategies and Investments	Parents’ awareness around the national physical activity policies of China children

