The 2018 Report Card is the first one of Taiwan in Active Healthy Kids Global Alliance. This Report Card is part of the Global Matrix 3.0 that includes data of physical activity for children and youth from 49 countries and regions worldwide. This short form Report Card provides a brief summary and grades of the current levels of physical activity, related health behaviors, and influential factors of Taiwanese children and youth. The detailed data sources, the grading process, and references can be found in the long form of the Report Card. Both the short and long form of The 2018 Taiwan Report Card can be found on www.activehealthykids.org.

Background

Physical activity leads to many positive outcomes in physical, mental, emotional, and social health in children and adolescents.

Lack of physical activity in Taiwanese children and adolescents has led to serious health issues in this population. Approximately 30% of children and adolescents are overweight or obese. Physical fitness levels in the youth have been decreasing since 1997. Furthermore, 4.6% of junior high school students and 3.5% of senior high school students have metabolic syndrome. If these trends continue, it would lead to serious medical and social burden in the near future.

Summary of Indicators and Grades

This first Taiwan Report Card presents grades for 10 indicators. The grades are based on an assessment of data from national surveys and studies between 2010 and 2018. These data are judged against the benchmarks of each indicator and determined by the percentage of Taiwanese children and adolescents meeting the benchmarks. Grades are awarded to each of the indicators using a predetermined grading framework.

International standardized grading scheme

A: 100% - 94%   B: 88% - 83%   C: 80% - 80%  
B: 79% - 74%   C: 73% - 67%  
D: 66% - 60%   E: 59% - 54%  
F: 53% - 44%  
G: 39% - 34%  
H: 33% - 27%  
I: 26% - 20%  
J: < 20%  
X: Incomplete data

Conclusion

- Physical activity and fitness levels are low, while sedentary behavior is prevalent in Taiwanese children and youth.
- Government and schools have implemented various policies to promote physical activity in children and adolescents, but the results are not promising.
- It is important to provide additional sport opportunities outside schools, such as sport clubs, to compensate for the low number of organized sport in all levels of schools.
- Future research is needed in family and peer support for promoting physical activity in children and youth.

The report card provides the opportunity to comprehensively evaluate behaviors and influential factors related to physical activity in Taiwanese children and adolescents aged 5 to 17 years.