



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](http://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.

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.

## 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

<b>A+</b> 100% - 94%	<b>A</b> 93% - 87%	<b>A-</b> 86% - 80%
<b>B+</b> 79% - 74%	<b>B</b> 73% - 67%	<b>B-</b> 66% - 60%
<b>C+</b> 59% - 54%	<b>C</b> 53% - 47%	<b>C-</b> 46% - 40%
<b>D+</b> 39% - 34%	<b>D</b> 33% - 27%	<b>D-</b> 26% - 20%
<b>F</b> < 20%	<b>INC</b> incomplete data	

Indicator	Benchmark	Major Findings	Grade
<b>Overall Physical Activity</b>	Moderate and vigorous physical activity > 60 min per day	<ul style="list-style-type: none"> <li>Junior high school students: 5.4%</li> <li>Senior high school students: 12.1%</li> <li>Elementary school students participated in moderate physical activity at least 4 times a week : boys 7.5%, girls 5.8%</li> </ul>	<b>F</b>
<b>Organized Sport and Physical Activity Participation</b>	Participating in sport team and club in schools	<ul style="list-style-type: none"> <li>15.6-17.3% students participated in sport clubs</li> <li>3.9-9.8% students participated in sport teams</li> </ul>	<b>D-</b>
<b>Activity Play</b>	Participating in unorganized physical activity		<b>INC</b>
<b>Active Transportation</b>	Walk or bike to and from school	<ul style="list-style-type: none"> <li>Elementary school students: 36.1%</li> <li>Junior high school students: 46.2%</li> <li>Senior high school students: 23.6%</li> </ul>	<b>C-</b>
<b>Sedentary behavior</b>	< 2 hr screen time per day	<ul style="list-style-type: none"> <li>58-147 min on school days</li> <li>120-266 min on holidays</li> </ul>	<b>C-</b>
<b>Physical Fitness</b>	All 4 fitness tests > 25 th percentile of their age	<ul style="list-style-type: none"> <li>Approximate 60% of 7-18-year-olds &gt; 25 percentile in all 4 fitness tests</li> </ul>	<b>B-</b>
<b>School</b>	<ul style="list-style-type: none"> <li>Schools with active school policies</li> <li>Physical education teachers are certified</li> <li>Schools have facilities and equipment for physical activity</li> </ul>	<ul style="list-style-type: none"> <li>74.7% schools meet physical activity &gt; 150 min per week at school</li> <li>70% physical education teachers are certified</li> <li>&gt;96% schools have basketball court, &gt;87% schools have running tracks</li> </ul>	<b>B+</b>

<b>Family and Peers</b>	Family members who are physically active with their kids		<b>INC</b>
<b>Community and the Built Environment</b>	<ul style="list-style-type: none"> <li>Perception of promoting physical activity by municipality</li> <li>Municipalities have policies promoting physical activity</li> <li>perceived sufficiency of physical activity facilities</li> </ul>	<ul style="list-style-type: none"> <li>Scores of effort in promoting physical activity 53.6-71.1 in different cities and counties</li> <li>All local government have policies for promoting physical activity</li> <li>81.1% of 13-17-year-olds consider sufficient, 86.6% are satisfied with facilities</li> </ul>	<b>B+</b>
<b>Government Strategies and Investments</b>	<ul style="list-style-type: none"> <li>Leadership and commitment in promoting physical activity</li> <li>Allocate fund for implementation of policy</li> </ul>	<ul style="list-style-type: none"> <li>Creating a Sport Island (2010-2015) and Sport i (love) Taiwan (2016-2021) have improved infrastructure and sporting events</li> <li>Sport Administration accounted for 0.43% central government budget in 2017</li> </ul>	<b>B+</b>

## 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.

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