

# REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH

COLOMBIA 2018

## Purpose:

To summarize the methodology and results of the Colombian 2018 Report Card on Physical Activity for Children and Youth.



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## Methods

- 1 A review of the most recent evidence on physical activity on Colombian children and youth was conducted. The primary data source was the 2015-2016 National Survey of Nutrition (ENSIN).<sup>1</sup>
- 2 The evidence was summarized in 10 indicators grouped in three categories: Daily behaviors, settings and sources of influence and health outcomes.
- 3 A group of 16 national physical activity experts from multiple sectors assigned a grade to each indicator based on common benchmarks and a standardized grading rubric defined by the Active Healthy Kids Global Alliance.<sup>2</sup>
- 4 The group of experts made recommendations to improve the grades.

### Active Transportation

71.7% of children and youth in Colombia reported walking or biking as their main mode of transport to or from school in the previous week.<sup>1</sup>

### Sedentary Behaviors

38.1% of children and adolescents aged 5 to 17 years spent 2 hours or less of recreational screen time per day.<sup>1</sup>

### Active Play

No national data are available for the age groups included in the Global Matrix 3.0.

### Organized Sport and Physical Activity

49.2% of children and youth reported participating in organized sport and/or PA programs in the previous week.<sup>1</sup>

### Overall Physical Activity

35.5% of Colombian children between 6 and 17 years were physically active for at least 60 daily minutes during 4 or more days per week.<sup>3</sup> Only 23.7% children and adolescents were active everyday during the last week.<sup>1</sup>

### Government

Colombia has a broad policy frameworks supporting physical activity promotion from several sectors. Sports and Recreation, Transport and Health Ministries have specific plans and goals regarding physical activity promotion.

Despite the increase in policies, only 0.23% of the National Budget is earmarked for the Sports Sector in 2018. However, the specific budget for PA promotion among children will be significantly lower. There is an absence of policies or strategies aiming to reduce sedentary behaviors in Colombia.

### Community and Environment

According to ENSIN 2015, 63.8% of children and youth in Colombia live in a neighborhood with a park, green spaces, recreational centers or sport facilities where they can play.<sup>1</sup> Among these, 74.2% perceive that these environments are safe.<sup>1</sup>

Regarding Ciclovías participation, 7.7% of the children and youth reported attending Ciclovía during the last month, and 20.4% of adolescents reported participating in other PA programs at the community level.<sup>1</sup>

### Physical Fitness

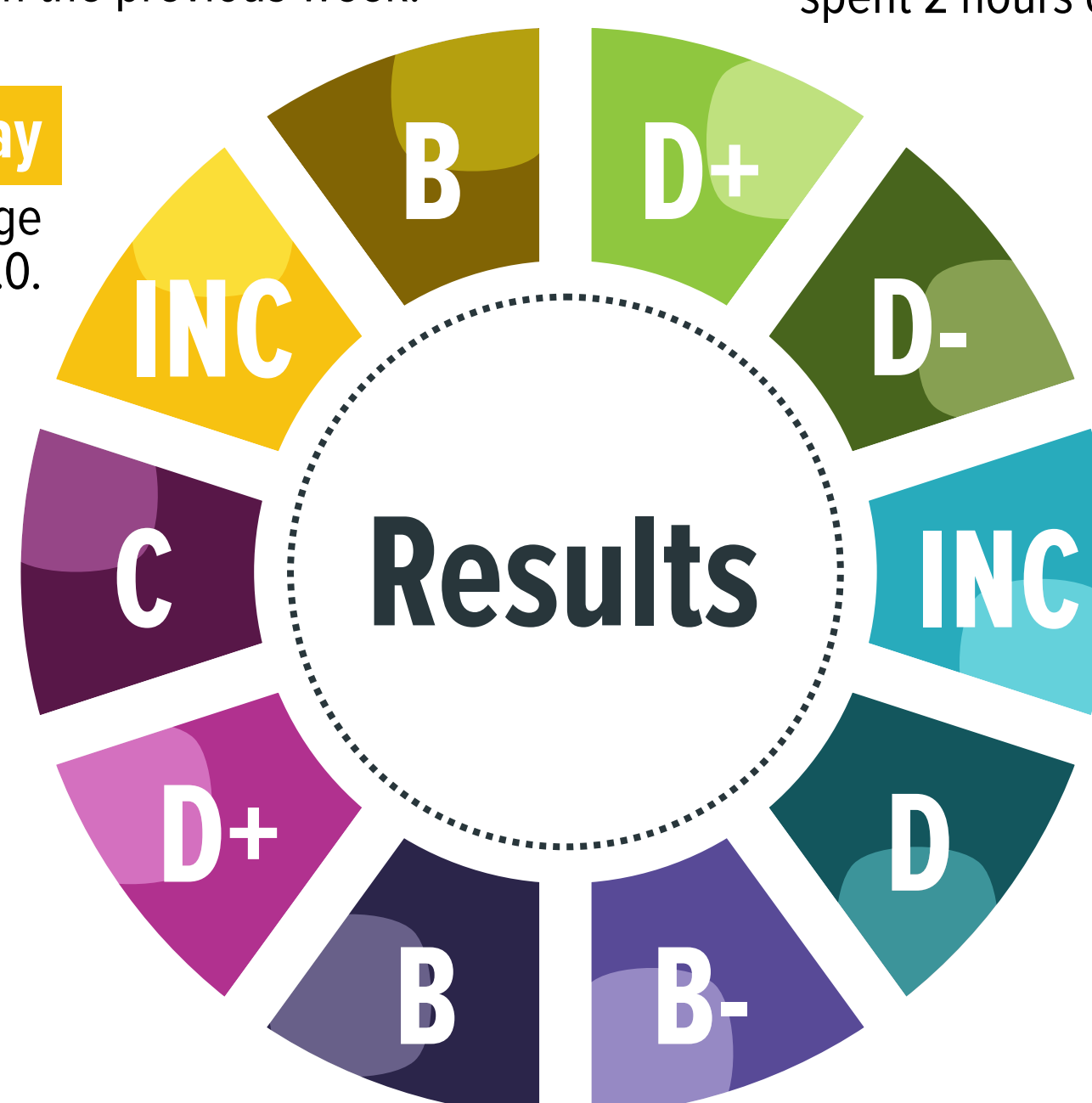
The average percentile achieved by Colombian children (9-17 years old) for handgrip strength was 25 according to the norm values proposed by Tomkinson et al.<sup>3</sup>

### Family and Peers

The data available was not enough to assign a grade for this indicator.

### School

Only 81.4% of Colombian adolescents reported attending Physical Education class one day per week,<sup>1</sup> despite it being mandatory.<sup>4,5</sup>



## Conclusions:

- Only 3 out of 10 Colombian children are achieving the recommended levels of PA, while 6 out of 10 spend excessive time in screens. These behaviors coincide with the high proportion of children observed with a low fitness level.
- Active transportation is a highly prevalent behavior and is important to advocate for conditions that contribute to maintain or even increase the use of active modes.
- The country still needs to improve PA promotion in the school setting and maintain the actions at the community level. As in previous years, there is a broad policy framework, but there is a lack of evaluation to document its impact.
- Active play in children over 5 years and influence of family and peers are main research gaps, needed to be addressed in the future to improve the understanding of the PA situation in Colombian children.

## References:

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