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.

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.¹

Sedentary Behaviors
38.1% of children and adolescents aged 5 to 17 years spent 2 hours or less of recreational screen time per day.¹

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.³

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, despite it being mandatory.⁴,⁵

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:

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).¹
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.²
4. The group of experts made recommendations to improve the grades.

Results

Organized Sport and Physical Activity
49.2% of children and youth reported participating in organized sport and/or PA programs in the previous week.¹

Overall Physical Activity
35.5% of children and youth aged 6 to 17 years were physically active for at least 60 daily minutes during 4 or more days per week.² Only 23.7% of children and adolescents were active everyday during the last week.³

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.

Family and Peers
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. Among these, 74.2% perceive that these environments are safe.

Community and Environment
Regarding Ciclovías participation, 77% 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.

References:

Find more information at epiandes.uniandes.edu.co