

RESULTS FROM THE CZECH REPUBLIC'S 2018 REPORT CARD

on Physical Activity for Children and Youth

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INTRODUCTION

Regular physical activity (PA) is associated with numerous health benefits. However, the decreasing level of PA and increasing screen-time among Czech schoolchildren has been well documented in the last two decades. To build effective intervention and prevention programs, it is necessary to review all available sources of evidence. Therefore, the aim is to summarize the results of the first Czech Report Card on Physical Activity for Children and Youth based on a synthesis of the most recently available evidence.

→ METHODS

The Report Card included the 10 indicators that are common to the Global Matrix 3.0 project. To assess the indicator grades, a multi-level search strategy was used to find all relevant sources that provide published/unpublished data collected from 2013 through 2018. We retrieved 724 records from database search and 81 records identified through other sources. A total of 40 records were identified as eligible for data extraction. The data were synthesised and a set of benchmarks was used to assign grades. Final grades were assigned upon consensus of all members of the national research work group.

→ RESULTS

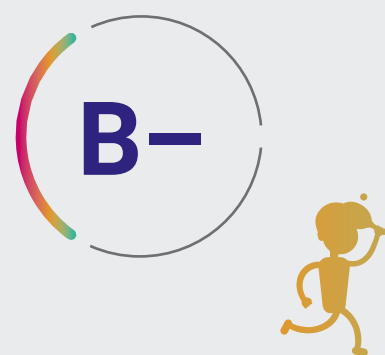
Overall PA in Czech children and youth was observed to be inadequate, with high rates of excessive screen-time and low numbers of children and youth spending time in unstructured/unorganized play. On the other hand, some grades indicated promising foundations to build on in future. They are represented, for instance, by a relatively high number of children and youth participating in organized sports and/or PA programs, or generally PA-friendly setting (e.g., family, school, and built environment).

OVERALL PHYSICAL ACTIVITY



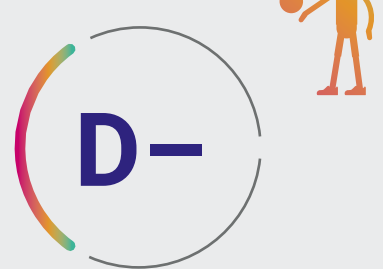
22% of adolescents perform the recommended amount of PA, i.e. 60 minutes of moderate to vigorous PA per day.

ORGANIZED SPORT AND PHYSICAL ACTIVITY



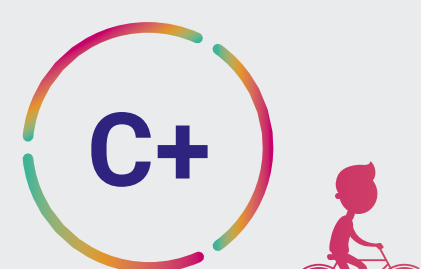
62% of adolescents perform organized PA and sport in their free time.

ACTIVE PLAY



27% of children and adolescents perform non-organized PA for more than two hours per day in their free time.

ACTIVE TRANSPORTATION



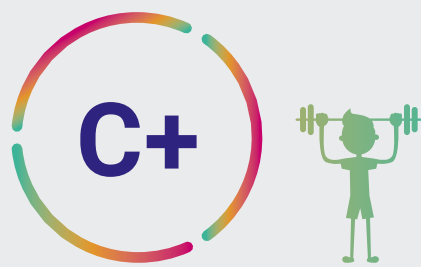
59% of children and adolescents use active transport to commute from home to school with a preference of walking and cycling.

SEDENTARY BEHAVIOURS



79% of adolescents spend their free time watching TV, playing games and watching multimedia content on computers, gaming consoles or mobile devices for more than two hours every school day.

PHYSICAL FITNESS



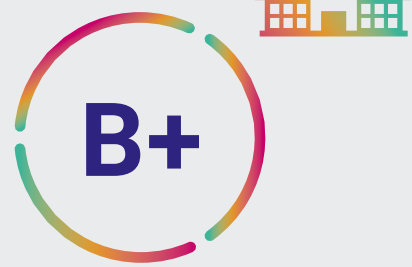
When compared with international standards, children and adolescents achieve average results in aerobic fitness and above-average results in standing long jump, hand grip and pull-up hold.

FAMILY AND PEERS



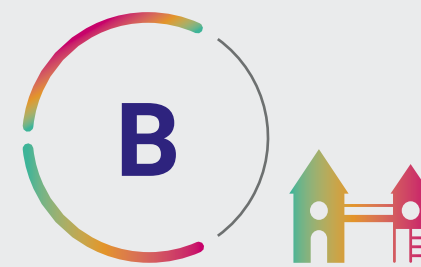
59% of adolescents perform PA with their parents at least once per week. The vast majority of adolescents feel supported by their friends and peers in being physically active.

SCHOOL



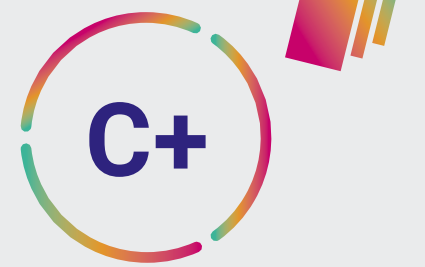
Most elementary and secondary schools have the facilities, equipment and qualified PE teachers to implement effective education in the area of PA, and create a favourable environment to promote PA among their students.

COMMUNITY AND ENVIRONMENT



80% of children and adolescents have a location near their residence where they can play. 70% believe that the area around their residence is safe for PA, and 85% do not consider road traffic in surrounding streets a barrier to PA.

GOVERNMENT



The Czech Republic has key documents in place that comprise the national strategy to promote PA, but they do not have sufficient political support and completely lack evaluation of effectiveness.

→ CONCLUSIONS

There is ample evidence that Czech children and youth are insufficiently active, and the prevalence of physical inactivity and excessive screen-time has increased in both sexes during the last two decades. Thus, PA in childhood and adolescence should be promoted intensively and effective intervention and prevention programs are needed.



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