



# RESULTS FROM THE CZECH REPUBLIC'S 2018 REPORT CARD

## on Physical Activity for Children and Youth

Aleš Gába | Lukáš Rubín | Petr Badura | Eliška Roubalová | Erik Sigmund | Michal Kudláček  
Dagmar Sigmundová | Jan Dygrýn | Zdenek Hamrik | Petra Hiklová

Palacký University Olomouc, Olomouc, Czech Republic

### INTRODUCTION

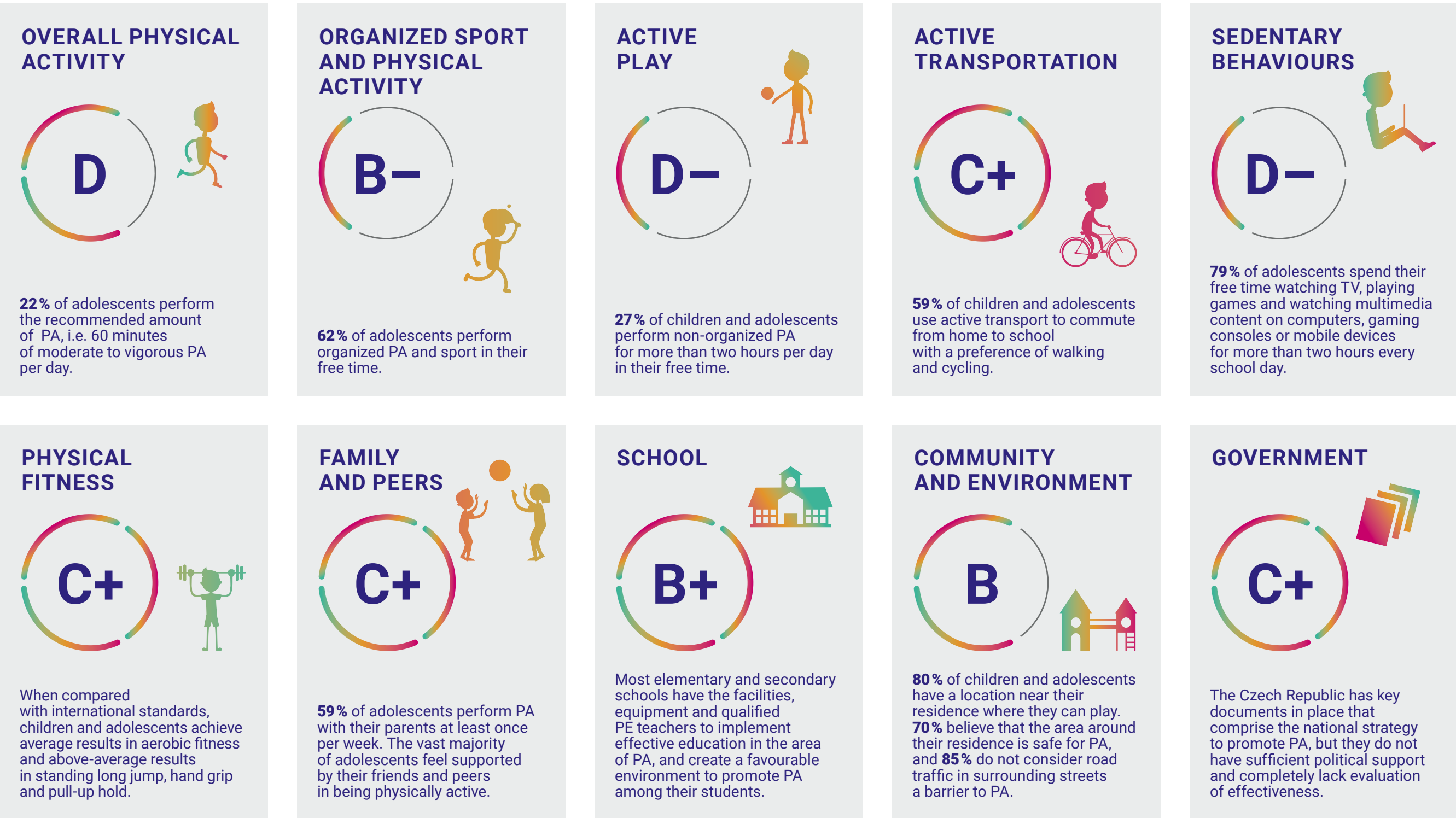
Regular physical activity (PA) is associated with numerous health benefits. However, the decreasing level of PA and increasing screen-time among Czech schoolchildren has been well documented in the last two decades. To build effective intervention and prevention programs, it is necessary to review all 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assess the indicator grades, a multi-level search strategy was used to find all relevant sources that provide published/unpublished data collected from 2013 through 2018.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).



### 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.