








FINLAND'S
REPORT CARD
2018

The work group evaluated the evidence and assigned grades for eleven indicators related to physical activity among Finnish children and adolescents, corresponding to a five-grade scale used by the Active Healthy Kids Global Alliance (from A = best to F = poorest). Grade 'A' means that the indicator in question is realised almost perfectly (81–100%), while 'F' means that the indicator is realised poorly (0–20%).

INDICATOR	GRADING	DESCRIPTION	 -6	 7-12	 13-15	 16-18
OVERALL PHYSICAL ACTIVITY	D 27–33%	% of children and adolescents meeting the physical activity recommendation	C+	C-	D-	F
SEDENTARY BEHAVIOURS	D- 20–26%	% of children and adolescents meeting the screen time recommendation.	B-	D	F	F
ORGANISED SPORTS PARTICIPATION	C+ 54–59%	% of children and adolescents that participate in organised sports activities or other organised physical activity.	C	B	C	D+
ACTIVE PLAY	C 47–53%	% of children and adolescents engaging in unorganised physical activity in their free time.	B	B-	D+	D+
ACTIVE TRANSPORTATION	B+ 74–79%	% of children and adolescents who actively commute to school.	-	A-	B-	-
FAMILY AND PEERS	B- 60–66%	% of school-aged children and youth with family members or peers who encourage and support them to be physically active or are active with them.	  			
EARLY CHILDHOOD EDUCATION	C+ 54–59%	% of early childhood education units participating in the national Joy in Motion programme.				
BASIC EDUCATION	A 87–93%	% of schools participating in the national Finnish Schools on the Move programme.				
GENERAL UPPER SECONDARY AND VOCATIONAL EDUCATION	D- 20–26%	% of institutions participating in the national Students on the Move programme.				
COMMUNITY AND THE BUILT ENVIRONMENT	B+ 74–79%	% of municipalities that have covered the promotion of physical activity in the municipal strategy and support physical activity for children and youth in particular.				
GOVERNMENT STRATEGIES AND INVESTMENTS	A- 80–86%	The government creates conditions for realising the goals set in its sports and physical activity policy by providing resources for physical activity services for children and adolescents.	% of children and adolescents who meet the minimum recommendation of engaging in at least 60 minutes of moderate-to-vigorous physical activity a day.			

A 81–100%	B 61–80%	C 41–60%	D 21–40%	F 0–20%	- INC
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EXAMPLE OF AN INDICATOR

Report Card 2018 includes the presentation and the assessment of 11 indicators of physical activity in children and adolescents. The section below explains one indicator, namely, overall physical activity.



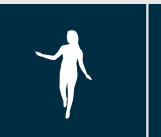

OVERALL PHYSICAL ACTIVITY

Overall physical activity includes all physical activities accumulated throughout the day, such as hobbies, unorganised physical activity and play, physical education and everyday physical activity. According to physical activity recommendations, preschool-aged children should be physically active for three hours every day at any intensity and school-aged children or adolescents for at least one hour every day at moderate-to-vigorous intensity. Chapter presents the results in relation to the one-hour physical activity recommendation.

Results: pupils in lower secondary school

Based on accelerometer measurements, 21% of 13-year-olds (32% of boys, 15% of girls) and 11% of 15-year-olds (18% of boys, 8% of girls) achieve the recommended minimum of 60 minutes of physical activity every day (Husu et al. 2016). In the 2018 LIITU study 32% of 13-year-olds (35% of boys, 29% of girls) and 19% of 15-year-olds (23% of boys, 15% of girls) reported that they are physically active for at least one hour each day (Kokko 2018). Similar results were obtained from the School Health Promotion study in 2017, according to which 45% of pupils in grades 8–9 reported that they get one hour of physical activity per day every day (23% of boys, 16% of girls) (School Health Promotion study 2017).

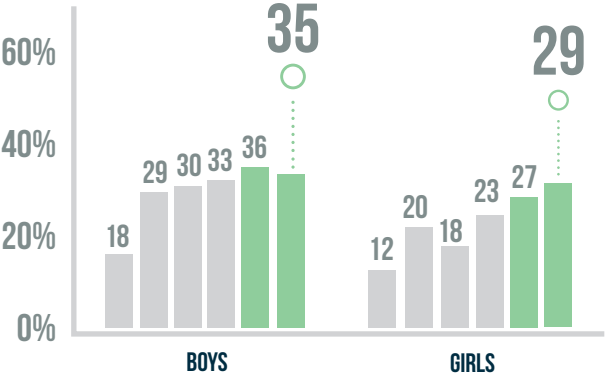
27–33%
D

			
C+ 54–59%	C- 40–46%	D- 20–26%	F <20%

POSITIVE DEVELOPMENT
IN THE 2000S

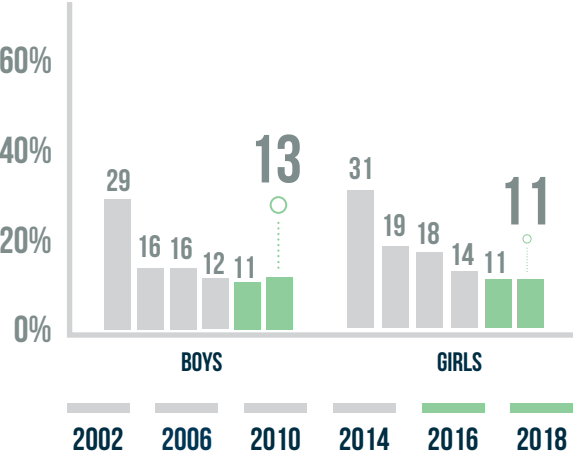
Positive development in physical activity can be observed in Finland among the children and youth. Over the past decade, the proportion of 11- to 15-years-olds who meet the physical activity recommendations has increased, while the share of those who are the least physically active has decreased.

AN INCREASING NUMBER ARE
PHYSICALLY ACTIVE FOR AT LEAST ONE HOUR PER DAY



A growing proportion of boys and girls meet the physical activity recommendations, according to different studies conducted over 2002–2018 (HBSC study 2002–2014, LIITU study 2016–2018). These children and adolescents report being physically active for one hour every day of the week.

THE PROPORTION OF LEAST ACTIVE
CHILDREN AND ADOLESCENTS HAS DECREASED



A declining proportion of boys and girls are least active, as reported by different studies conducted over 2002–2018 (HBSC study 2002–2014, LIITU study 2016–2018). These children and adolescents report that they are physically active for one hour a day on a maximum of two days per week.

PHYSICAL ACTIVITY FOR
ADOLESCENTS WITH DISABILITIES

Approximately 15% of adolescents have functional limitations (difficulties in physiological and cognitive functions) where they report, at least some difficulties in seeing, hearing, moving, remembering and concentrating, or breathing. These types of limitations are considered as indicators for disabilities. The physical activity recommendation for children and adolescents is achieved by fewer young people with functional limitations than same aged peers without disabilities.

REPORT CARD 2018

-THE STATE OF PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH

Report Card 2018 is a compilation of recent research results about the status and promotion of physical activity among children and adolescents in Finland.

Physical activity forms an essential aspect of the well-being of children and adolescents as well as their healthy growth and development. Decisions that facilitate and promote physical activity are being made at all levels of society. Society as a whole is responsible for promoting the health and physical activity of children and adolescents; this requires the cooperation of different operators at the multidisciplinary level. The impact of such decision-making can be concretely observed in children's everyday lives.

Finland's Report Card was prepared as part of the international Active and Healthy Kids Global Alliance. The Report Card examines physical activity for children and youth in Finland and presents the result based on 11 indicators. These indicators were assessed by a group of specialists according to international guidelines.

Earlier versions of Finland's Report Card were produced in 2014 and 2016. The global comparison focuses on school-age children and adolescents. In Finland, the report card also considered preschool-age children and upper-secondary students. In addition, it presented any changes in physical activity during the 2000s and the physical activity outcomes of children and youth with disabilities.

The work group encourages decision-makers at all levels, national and regional, as well as those in municipalities, educational institutes, sports clubs and families, to promote physical activity among children and the youth and to eliminate any barriers to physical activity.





Finland's Report Card 2018 is available here:
www.likes.fi/reportcard

Finland's Report Card 2018 on Physical Activity for Children and Youth is a research-based summary report that presents the level of physical activity among Finnish children and adolescents and its promotion in various contexts. Produced by five research institutions, the Report Card examines physical activity and presents the results through 11 indicators. The LIKES Research Centre for Physical Activity and Health coordinated the compilation process, which was funded by the Finnish Ministry of Education and Culture. Finland's Report Card 2018 was prepared as part of the Active Healthy Kids Global Alliance.

www.likes.fi/reportcard



REPORT CARD AGE GROUPS

PRESCHOOL-AGED CHILDREN	PUPILS IN PRIMARY SCHOOL	PUPILS IN LOWER SECONDARY SCHOOL	STUDENTS
			
-6y	7-12y	13-15y	16-18y
EARLY CHILDHOOD EDUCATION	BASIC EDUCATION GRADES 1-6	BASIC EDUCATION GRADES 7-9	UPPER SECONDARY AND VOCATIONAL EDUCATION



Ministry of
Education
and Culture

