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 perfectly (91–100%), while ‘F’ means that the indicator is realised poorly (0–20%).

## Indicator: Overall Physical Activity

### Grading

- **D**: 27–33%
- **C+**: C+ C– D– F

### Description

- **% of children and adolescents meeting the physical activity recommendation**

### 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:

- **Grades:** A–B–C–D–
- **80–86%**: A–
- **74–79%**: B–
- **60–66%**: C–
- **54–59%**: D–
- **20–26%**: F

## Positive Development in the 2000s

### 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.
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.

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 youth and to eliminate any barriers to physical activity.

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