

Results from France's 2018 Report Card on Physical Activity for Children and Youth

Salomé Aubert, Julien Aucouturier, Caroline Ganière, Alicia Fillon, Pauline Genin, Julien Schipman, Benjamin Larras, Corinne Praznocy, Martine Duclos & David Thivel

Purpose

The purpose of this poster is to summarize the results of the 2018 France's Report Card on Physical Activity (PA) for Children and Youth.

Methods

Available evidence was synthesized for 10 PA indicators. Data from two recent French national surveys (2,3) were used to inform the Overall Physical Activity indicator, and the other indicators were informed by national statistics, reports, and scientific studies. The French Report Card group discussed and assigned grades from A+ (excellent) to F (failing) to each PA indicator.

Results



Overall Physical Activity (PA)



- High level of PA:
- 7-10 year olds (yo): 24% (2)
 - 11-14 yo: 38% (2)
 - 15-17 yo: 24% (2)
 - 6-17 yo: 23% (3)



Organized Sport & Physical Activity



- Children and youth enrolled in sports federations in 2016 (4):
- 0-9 yo: 33%
 - 10-14 yo: 60%
 - 15-19 yo: 34%



Active Play



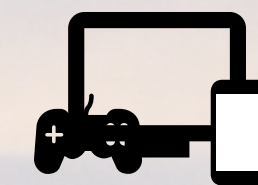
- Among 6-10 yo (3):
- Play outside every school day of the week: 38% (boys), 39% (girls)
 - Play outside every day on day with reduced or no school time: 32% (boys), 33% (girls)



Active Transportation



- 44% of 3-10 yo and 43% of the 11-14 year-olds use active transportation to go to school (2)
- 41% of 6-10 yo reported using active transportation to go to school (3)



Sedentary Behaviours



- Spend less than 2h in front of a screen daily (3):
- 6-10 yo: 35%
 - 11-14 yo: 17%
 - 15-17 yo: 8%
- Children and youth spend 3h to 4h daily in front of a screen (2,3)



Physical Fitness



- Representative data among French adolescents (10-14.9 yo) (5):
- Cardiorespiratory fitness: 68th percentile
 - Flexibility: 58th percentile



Family & Peers



- 46% of fathers and 42% of the mothers engage regularly in PA (7)
- 46% of adolescents (11-18 yo) report that at least one of their parents "is regularly active" (8)



School



- 6-10 yo (primary school): 2h15 minutes of weekly physical education (PE) (9)
- 11-14 yo (middle school): 4h of PE weekly the first year, then 3 h weekly for the next 3 years
- 15-17 yo (high school): 2h of PE weekly



Community & Environment



60 territorial communities are enrolled in the "Cycling Cities and Territories Club" (10). Among these, 26% of the roadway is equipped with cycling path (10).



Government



Importance of PA is acknowledged by the government, but it is more translated into campaigns and local actions than into national initiatives. However, financial help is available to support disadvantaged families to pay for registrations in sports clubs.

Conclusion

This study shows that PA levels of children in France are still very concerning. The majority of French children are spending too much time in front of screens, and only a small proportion are meeting PA guidelines.

References

- (1) Aucouturier et al. Results from the first French Report Card on physical activity for children and adolescents. *J Phys Act Heal.* 2017;14(8). doi:10.1123/jpah.2017-0046.
- (2) Anses. Étude individuelle nationale des consommations alimentaires 3. 2017.
- (3) Equipe de surveillance et d'épidémiologie nutritionnelle (Esen). Étude de santé sur l'environnement, la biosurveillance, l'activité physique et la nutrition (Esteban) 2014-2016. Volet nutrition. Chapitre Activité physique et sédentarité. Saint Maurice: Santé Publique France, 2017:58.
- (4) Mission des Études de l'Observation et des Statistiques (MccEOS - INJEP). Recensement Annuel Des Licences et Clubs Auprès Des Fédérations Sportives Agréées Par Le Ministère Des Sports (2016); 2017.
- (5) Vanhelst et al. Physical Fitness Reference Standards in French Youth. *J Strength Cond Res.* 2017;31(6):1709-1718.
- (6) Tomkinson et al. European normative values for physical fitness in children and adolescents aged 9-17 years: results from 2 779 165 Eurofit performances representing 30 countries. *Br J Sports Med.* November 2017;bjsports-2017-098253.
- (7) Wagner et al. Parent-child physical activity relationships in 12-year old French students do not depend on family socioeconomic status. *Diabetes Metab.* 2004;30(4):359-366.
- (8) Thibault H, Contrand B, Saubusse E, Baine M, Maurice-Tison S. Risk factors for overweight and obesity in French adolescents: Physical activity, sedentary behavior and parental characteristics. *Nutrition.* 2010;26(2):192-200.
- (9) Ministère Jeunesse Education et Recherche. L'éducation Physique et Sportive Dans Le Premier Degré En 2002-2003; 2004.
- (10) Observatoire des Mobilités Actives. Les Politiques En Faveur Des Piétons et Des Cyclistes Dans Les Villes Françaises - Résultats Synthétiques de l'enquête Nationale 2015/2016. Paris; 2016.