

Let's go for more!

- ☐ Yes
- ☐ No
- ☒ Absolutely

☐ Yes

☐ No

☒ Absolutely





Welcome Address by Mr. Jens Spahn, Federal Minister of Health



Children and young people need to be physically active for healthy physical and mental development. There should be time and space for this in all of the child's everyday settings: in the home environment, as well as in child daycare centres and schools. The reality, however, looks somewhat different. Only 22 percent of girls and 29 percent of boys, between the ages of three and 17 years, achieve the level of physical activity recommended by the World Health Organization. However, a lack of physical exercise can be the cause of considerable health problems and, along with an imbalanced diet, alcohol and smoking, constitutes one of the risk factors for diseases such as cardiovascular disease or diabetes in adulthood.

The earlier a desire for physical exercise is awakened in children, the better the chance that they will remain physically active later on, even as adults, and consequently do something for their health even into old age! Child daycare centres and schools can make a major contribution by offering suitable opportunities for children and young people. At the same time, opportunities offered by gymnastics and sports associations promote the mental and physical development of children and young people and, in doing so, are able to strengthen their self-esteem. Indeed, precisely in these times of digitalisation, we need attractive physical activity opportunities, so as to introduce children and young people to stimulating activities other than the use of their smart phones, computers and the like.

I hope that the physical activity project conducted by the Munich Technical University (Technische Universität München) will encourage many facilities and persons in positions of responsibility to do more to meet the needs of children and young people, with respect to active exercise, and support them with many good ideas and opportunities.

Jens Spahn

Federal Minister of Health
Member of the German Parliament

Welcome Address by Mrs. Anja Karliczek, Federal Minister of Education and Research



To be honest, I wish I would take more exercise myself. But work days are often so crammed with meetings that we fall into bed in the evening instead of going for a jog through the woods – even though we know better. We know that exercise not only makes us feel better but also prevents disease. It means less back pain and diabetes and fewer cardiovascular problems well into old age – if we do a bit of sport.

The earlier we get into the habit the better. This is why we are starting with children. We recently gave the go-ahead for the establishment of a new German Centre for Children's and Adolescents' Health. The Centre will study important medical questions such as how to improve disease prevention.

What can we do to motivate children and young people in day care centres and schools to regularly engage in physical activity? What gender-specific aspects must we take into account when designing new strategies and campaigns to specifically address girls and boys? To answer this question we need sound scientific data on the exercise habits of children and young people. We must find out how best to encourage adolescents to get moving and strengthen their sense of responsibility.

This brochure provides you with the information you need. Researchers at TU Munich and other research institutions were involved in its development with support from the Die Gesundarbeiter foundation. The brochure will assist the development and successful implementation of tailor-made new measures to promote physical exercise. Dear readers, I hope that it will prove a valuable guide in your work.

Anja Karliczek

Federal Minister of Education and Research
Member of the German Parliament

Are you still sitting or are you already on your feet?



Crowded parking lots at school, six to eight lessons a day, an increasing use of smartphones, tablets and video games, ...

Inactivity and long sitting hours of young people are a major social concern in Germany: children and adolescents spend 70% of their daily life seated. This leads to many chronic diseases and negatively affects mental and social health of children.

Therefore our motto is: Let's go for more! Absolutely! But why?

Children and adolescents, that engage regularly in physical activity, can concentrate better, are more self-confident and have a stronger musculoskeletal system. These are just a few examples of the positive effects of physical activity.

The Report Card on Physical Activity can help assess the need for physical activity in children and adolescents in Germany, and based on this, develop and implement effective measures to promote physical activity. This is an important contribution for an active and healthy lifestyle in young people.

What is the Report Card on Physical Activity about?

The Report Card reflects the physical activity and sedentary behaviour of children and adolescents in Germany based on ten indicators. The Active Healthy Kids Germany (AHKG), a network of scientists from Germany, assigned letter grades to the ten indicators. These grades provide a comprehensive overview of the "state of the nation" on how the majority of children and youth engage in domain-specific physical activity and on how a country is succeeding in providing physical activity opportunities for children and youth.

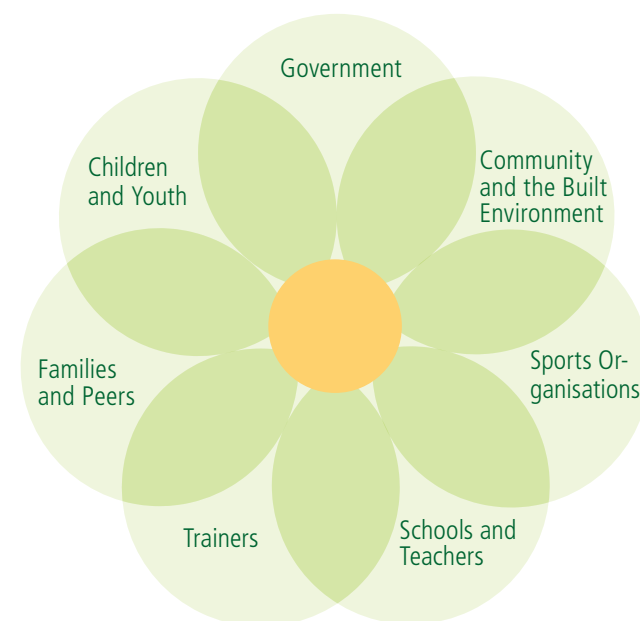
What is the aim of the Report Card?

The Report Card aims to evaluate and benchmark the national physical activity promotion efforts in children and youth in Germany with the ultimate aim to raise awareness for the promotion of physical activity. At the same time the Report Card aims to initiate investments from key stakeholders to promote physical activity in children and adolescents.

The AHKG stands for a joint comprehensive action to counteract the physical inactivity epidemic.

Do you want to walk along with us on this pathway?

The path is stony and can only be overcome through joint actions by ...



Physical activity must become a habit in both younger and older individuals as well as a positive part of life, leading to an increase in enjoyment, health and well-being. So let's go for more into a more active life!

The German Report Card on Physical Activity 2018

Result: Grade C – satisfactory!

The German Report Card on Physical Activity in Children and Youth showed that the grade B was given four times, grade C- once and grade D- was given three times. While the external factors influencing school, family and sports clubs were rated positively, individual behavioural patterns, such as active game play, barely reached grade D. The German Report Card turned

out to be both positive and negative at the same time, showing a strong contrast: while external factors and environment were rated positively, individual behavioural patterns showed significant shortcomings. Therefore, Germany must actively take part in shaping the activity behaviour of children and adolescents according to the motto:

Let's go for more!

Source: The grades for the German Report Card are based on the international benchmarks set by the Active Healthy Kids Global Alliance and are the basis for evaluation of all participating countries. These benchmarks can be found on: www.activehealthykids.org/tools/

The Grades

- A** We are succeeding with a large majority of children and youth: 80 – 100 percent
- B** We are succeeding with well over half of children and youth: 60 – 79 percent
- C** We are succeeding with about half of children and youth: 40 – 59 percent
- D** We are succeeding with less than half but some children and youth: 20 – 39 percent
- F** We are succeeding with very few children and youth: < 20 percent
- X** Incomplete – insufficient or inadequate information to assign a grade.

The grading system is based on the Active Healthy Kids Global Alliance grading system.



Ten indicators

The 2018 Germany' Report Card assigned grades to a total of 10 indicators:

Daily Behaviours



Overall Physical Activity



Organized Sport and Physical Activity Participation



Active Play



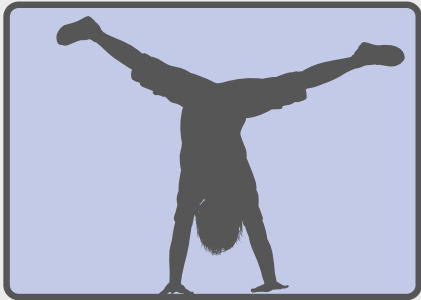
Active Transport



Sedentary Behaviours

Individual Characteristics

Physical Fitness

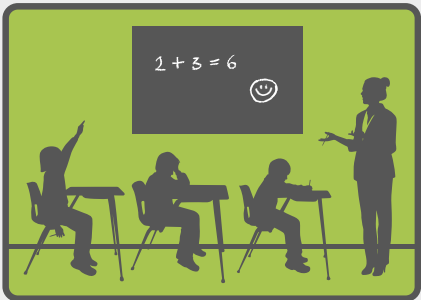


Settings and Sources of Influence

Family and Peers



School



Community and the Built Environment



Strategies and Investments

Government



Germany's 2018 Report Card on Physical Activity for Children and Youth

D-

Overall Physical Activity

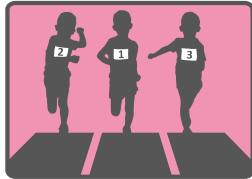
Only about 20 percent of girls and boys accumulate at least 60 minutes of moderate to vigorous physical activity per day. The recommendation compliance is lower in older compared to younger age groups and lower among girls compared to boys.



B

Organized Sport and Physical Activity Participation

About 70 percent of children and adolescents are members in sports clubs. The membership numbers decrease slightly with rising age and girls are less often members in a sports club in comparison to boys.



D-

Active Play

Less than 25 percent of the children and the adolescents play actively for several hours per day. More children than adolescents actively play and slightly more girls than boys engage in active play.



C-

Active Transport

Approximately 40 percent of the children and adolescents commute actively to school. Girls walk to school more often and boys cycle to school slightly more often.



D-

Sedentary Behaviours

About 80 percent of children and adolescents spend more than two hours per day in a sedentary position watching TV or using other screen devices.



B-

Family and Peers

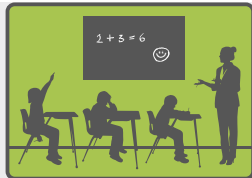
66 percent of parents are regularly physically active and 60 percent of the children feel that they receive positive support from their parents and peers to be physically active.



B+

School

As part of the curriculum, PE is mandatory in all school types. In primary schools, only about half of the teachers have university qualifications to teach PE whereas in secondary schools nearly all teachers are professionally educated. Schools are generally well equipped in terms of facilities for PE. However, only 70 percent of schools have access to swimming pools for PE.



B+

Community and the Built Environment

Most cities and communities provide good infrastructures facilitating daily physical activity, such as bicycle lanes, inner-city roads with 30km/h speed limit, public playgrounds, parks and soccer pitches. The majority (75 percent) of parents state that their children can play outside without supervision.



X

Government

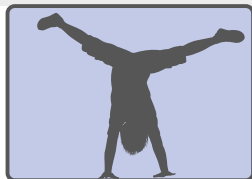
Many interventions exist and have been implemented to promote physical activity in children and adolescents. However, very few standardised government policies exist and their implementation and effectiveness have not been evaluated yet.



X

Physical Fitness

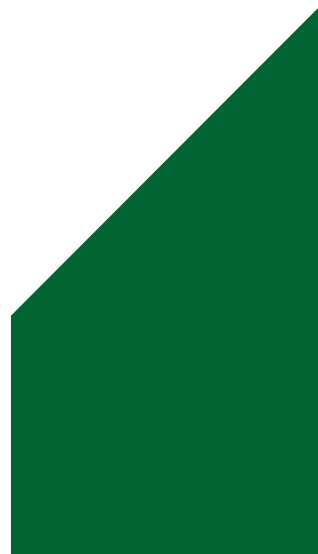
Summary analyses for endurance performance are planned for the next report card. The focus of the current report card was placed on the physical activity behaviour.



A healthy 24 hours

For optimal health benefits, children and youth (aged 5 – 17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day (Canadian 24-Hour Movement Guidelines for Children and Youth

<http://csepguidelines.ca/children-and-youth-5-17/#resources>).



Sweat

Moderate to Vigorous Physical Activity

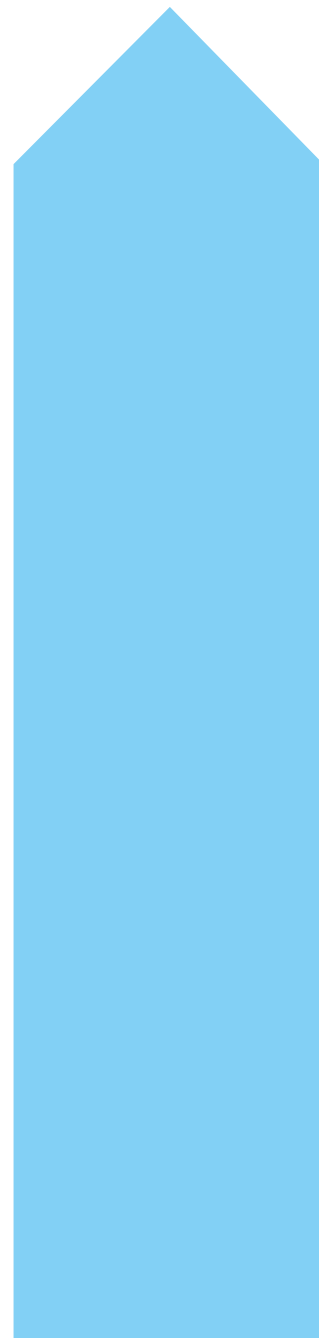
An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week.



Step

Light physical activity

Several hours of a variety of structured and unstructured light physical activities.



Sleep

Schlafen

Uninterrupted 9 to 11 hours of sleep per night for those aged 5 – 13 years and 8 to 10 hours per night for those aged 14 – 17 years, with consistent bed and wake-up times.



Sit

Sedentary behaviour

No more than 2 hours per day of recreational screen time. Limited sitting for extended periods.



An active Day

There are many simple ways to be active throughout the day!
This is an example of what an active day of children and adolescents could look like:

	Children	Adolescents
After waking up	Exercise "the bridge":  Lay on your back, set up both legs so that your feet are flat on the ground. The arms are spread out next to the body with the palm of the hand on the ground. Lift the hip and make sure the body is in alignment. Hold this position 10 to 15 seconds and repeat 10 times.	Mini-workout: <ul style="list-style-type: none">• 2x20 jumping jacks• 2x20 squats• 2x30 seconds plank• 2x15 Sit-ups 
Brushing your teeth	<ul style="list-style-type: none">• walk back and forth in the bathroom• take turns standing on one leg• take turns in the lundge/lundging	
Way to school	Active Transportation <ul style="list-style-type: none">• by bike, balance bike or tricycle• with a scooter• on foot• with rollerblades or a skateboard	
Physical Education	<ul style="list-style-type: none">• active participation in physical education• active design of PE lessons can promote PA engagement throughout the lesson	
Activity Breaks	Playing games outside in the fresh-air <ul style="list-style-type: none">• hide-and-seek• rubber band skipping• active games	Playing games outside in the fresh-air <ul style="list-style-type: none">• walk around the school building with friends• table-tennis circuit• juggling• skateboarding 
Weg nach Hause	Active Transportation <ul style="list-style-type: none">• by bike, balance bike or tricycle• with a scooter• on foot• with rollerblades or a skateboard	
After school and homework	Activities such as: <ul style="list-style-type: none">• playing on the playground: using the swings and slides, climbing or balancing• outdoor ball games• club sports• going to friends on foot• riding a scooter, bike or trike• rollerblading• trampolining• rope skipping 	Activities such as: <ul style="list-style-type: none">• playing soccer, volleyball or basketball• swimming• club sports• exercises at home, e.g. using a fitness app• going for a run• going to friends on foot• bike rides• climbing or bouldering• hiking• rollerblading, skateboarding 
Activities of daily life	Integrating activities into daily life: <ul style="list-style-type: none">• helping out with household chores (taking out the trash, setting the table, vacuuming, gardening etc)• Weekend activities with the parents: bike tours, swimming, sledding, climbing, playing soccer• Taking the stairs instead of the escalator or elevator• Going to friends on foot or bike	



Examples for physical activity games:

Grandma's footsteps: A child (grandma) stands facing a wall and about ten meters behind him, the other children are waiting at the starting line. While the „grandma“ faces the wall, the other children run towards the wall. The “grandma” can turn around at any time and the other children have to freeze. If a child is moving and the “grandma” notices this, it must return to the starting line. Whoever reaches the “grandma” first is the new “grandma”.

Gordian Knot: All players form a circle and place their hands in the centre of the circle. Everyone's eyes are closed and each hand reaches for another one's hand. When all hands are connected, everyone opens their eyes and the group has to untangle the knot without letting go of anyone's hand (by climbing over or under some connections) so that at the end a circle is formed again.

Hopscotch: A pattern of rectangles with numbers from one to ten is drawn onto the ground, or into the sand, using chalk. Every player has a small tossing object. The object must be thrown from square one to square ten. If you hit one of the squares, you start to hop on one foot. The square with the object, however, is skipped. The squares two and three are entered with both legs, square four and five is to be entered on one leg. The squares six and seven as well as nine and ten are entered with both legs. Then, make half a turn and again land in square nine and ten with both legs. Return to the beginning by hopping on one foot and pick up the object.



Germany's 2018 Report Card on Physical Activity for Children and Youth should be cited as follows:

Active Healthy Kids Germany (2018). Germany's 2018 Report Card on Physical Activity for Children and Youth. Villingen-Schwenningen, Deutschland: Die Schwenninger Krankenkasse/ Stiftung „Die Gesundheitsarbeiter - Zukunftsverantwortung Gesundheit“.

Germany's 2018 Report Card on Physical Activity for Children and Youth is available online at: www.stiftung-gesundarbeiter.de and <https://www.activehealthykids.org/>

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