Results from Mexico's 2018 Report Card

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1. PURPOSE

To assess how Mexico is doing in terms of promoting physical activity among children and youth.

2. METHODS

a) Indicators Assessed

- Daily behaviors
- Fitness
- Family
- School
- Community
- Government

b) Data Sources: national health nutrition surveys, national census data, government documents, published articles, and grey literature.

c) 2018 Report Card Cover

3. RESULTS

Overall Physical Activity: D+

60% of youth 15-19 years old get at least 60 minutes MVPA per day. Only 17% of children 10-14 years old achieve this recommendation.[1,2]

Organized Sport Participation: C

48.6% of children 10-14 years of age participate in some type of organized sport.[1,2]

Active Play: Incomplete

Active Transportation: C+

54.8% of children 3 years and older walk to school and 1.5% ride bicycles.[4]

Sedentary Behavior: D-

22.7% of 10-14 year old children and 21.4% of 15-19 year-old youth spend no more than 2 hours per day in front of a screen.[2]

Physical Fitness: Incomplete

Family and peers: Incomplete

School: D+

Only 36.3% of school-age children in public schools receive 1 hour of physical education per week.[5]

Community and Built Environment: D+

33% of neighborhoods in Mexico have sidewalks and trees and that 45% have public lighting.[6]

Government: C

Two national physical activity programs signal interest in physical activity promotion but their implementation and impact are unknown.[7]

4. CONCLUSION

It is time to do the homework!

Physical education, surveillance and physical activity opportunities need to be improved.

5. REFERENCES

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