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
   4. INEGI. Encuesta Intercensal 2015.
   6. INEGI. Resultados sobre infraestructura y características del entorno urbano. 2010.