



Results from the Netherlands' 2018 Report Card and Report Card⁺ on Physical Activity for Children and Youth



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Introduction:

The Active Healthy Kids the Netherlands (AHKN) Report Card consolidates and translates research and assesses how the Netherlands is being responsible in providing physical activity opportunities for youth and youth with a chronic medical condition (CMC).

Methods:

12 indicators were graded using the AHKGA report card development process. Including a synthesis of the best available research, surveillance, policy and practice findings, and expert consensus.

Discussion:

Although Dutch children and adolescents with and without CMC frequently participate in sports, active transport and active play, most Dutch children and youth do not meet the (national) guidelines for health physical activity, active play and sedentary behavior. Sports participation highly contributed to overall physical activity: children: 19 min/day, youth: 38.5 min/day. Children with CMC 20.6 min/day and youth with CMC 32.5 min/day.



The participation of children and youth in organized sports and active play and reducing sedentary behavior should become a national health priority. Especially in youth, we should prevent a dropout from sports. Device-based measured physical activity and physical fitness outcomes should be monitored among Dutch children and youth with and without CMC. Fitness outcomes are often monitored in schools, but data are not yet available for surveillance.

↓ **Table 1.** The indicators, definitions and grades of the Dutch 2018 Physical Activity Report Card and the Report Card⁺ for children with a chronic medical condition.

← **Figure 1.** Front cover of the Dutch 2018 Physical Activity Report Card and the Report Card⁺ for children with a chronic medical condition.

Indicator	Definition	Report Card	Report Card ⁺
Overall Physical Activity	Percentage of children and adolescents that are meeting the national physical activity recommendations	C-	D+
Organized Sport Participation	Percentage of the children and adolescents are weekly sport participants	B	B-
Active Play	Percentage of the children play actively outside more than 1 hr on every day of the week.	D	D
Active Transportation	Percentage of the children and adolescents that commute actively (cycling/walking) to school on at least 3 days per week.	A-	B+
Sedentary Behaviours	Percentage of the children and adolescents that spend more than 2 hours per day watching tv, and percentage that are using other screen devices for more than 2 hrs/day.	D	D
Physical Fitness	Percentage of children that are meeting the norm value on physical fitness tests for strength, endurance or flexibility.	Inc	Inc
Family and Peers	Percentage of parents that are meeting the Dutch Physical Activity Guidelines	C	Inc
School	Percentage of schools where the majority (≥ 80%) of students are taught by a PE specialist, and percentage of the schools with own sports hall.	C+	A-
Community and Environment	Quality of the infrastructure that promotes physical activity (bicycle roads, 30km/h speed limit, playgrounds).	Inc	Inc
Government	Number of projects, and standardised policies to promote physical activity.	Inc	Inc
Sleep	Percentage of children meeting the recommended hours of sleep per night (4-12 yr: 9-13 hr; 12-18 yr: 8-10 hr)	A-	B+
Weight status	Percentage of children and adolescents with a BMI > 25.	A-	A-

