



# New Zealand Physical Activity Card for Children and Adolescents 2018



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## Purpose:

The 2016 Report Card for New Zealand indicated that physical activity participation was satisfactory in children but not in adolescents. This report presents an updated synthesis of evidence.

## Methods:

- 8 experts retrieved data from available national, regional and other data sources
- Nationally representative data were used whenever possible.
- Using predefined criteria, grades were assigned to each indicator
- Final grades were determined by consensus.

## Results

Table 1. New Zealand PA indicators and grades

Indicator	Grade
Overall physical activity	D-
Organized sport participation	B
Active play	C+
Active transportation	C-
Sedentary behaviours	D
Physical fitness	INC
Family and peers	C-
School	B-
Community and environment	B
Government	B+

Grade indicators: A=81%-100%; B=61%-80%; C=41%-60%; D: 21%-40%; F=0%-20%; N/A=Not applicable; INC=incomplete/insufficient data.



## Conclusions / Recommendations

New Zealand children and adolescents have low levels of PA and high levels of screen time. Interventions to encourage PA, active transport, active play and family and peer support, and to reduce screen time should be considered.

### Reference:

Smith M, Ikeda E, Hinckson E, Duncan S, Maddison R, Meredith-Jones K, Walker C, Mandic S. (in submission). Results from New Zealand’s 2018 Report Card on Physical Activity for Children and Youth. Journal of Physical Activity and Health.

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