

# 2018 New Zealand Physical Activity Report Card for Children and Youth

## Introduction

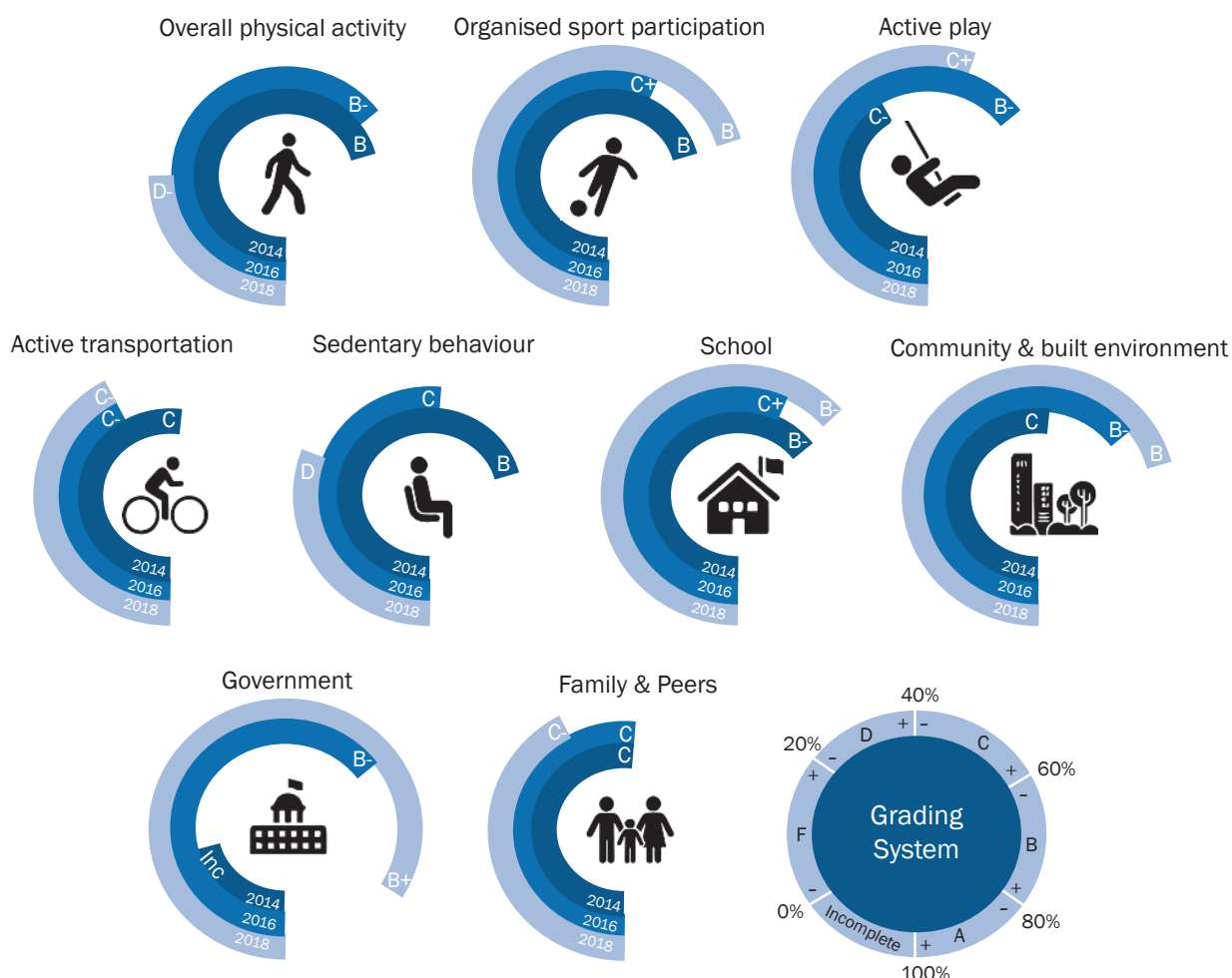
The 2018 New Zealand Physical Activity Report Card reviewed national & regional survey data describing physical activity among children & youth (5–18 y). This Short Report Card aims to inform advocacy, policy and program development. It also aims to enable international comparison with very high human development index (VHDI) countries participating in the Global Matrix 3.0. This Report Card updates the previous 2014<sup>a</sup> and 2016<sup>b</sup> reviews and grades.

## Methods

Physical activity research experts convened to review relevant national & regional survey data, & grade 10 core physical activity indicators outlined in the Active Healthy Kids Global Matrix.<sup>c</sup> Nationally representative and objectively measured data were prioritised, & final grades were agreed by panel consensus.

## Findings

Some datasets and some questions differed from those available when generating previous cards, and from international cards, limiting direct comparability over time and with international datasets. New Zealand children and youth have low levels of physical activity and high levels of screen time. Substantial support for physical activity exists at the governmental/policy level, as well as within school, community, and environment settings. Future initiatives should consider opportunities to build on the existing support systems and develop effective interventions to encourage physical activity, active transportation, active play and family and peer support, and reduce screen time in children and youth. There is a need regular nationally representative surveys that capture standardised measures of important physical activity indicators to gain high quality evidence for the current state of physical activity, as well as to identify meaningful trends.



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## References

<sup>a</sup>J Phys Act Health. 2014 May;11 Suppl 1:S83-7. doi: 10.1123/jpah.2014-0180 <sup>b</sup>J Phys Act Health. 2016 Nov;13(11 Suppl 2):S225-S230 <sup>c</sup>Active Health Kids Global Alliance (2018). [www.activehealthykids.org](http://www.activehealthykids.org)