

2018 Active Healthy Kids Scotland Report Card

AR Hughes, A Johnstone, F Bardid, JJ Reilly
University of Strathclyde, Scotland, UK

Purpose

- To summarize the Scottish grades
- To highlight limitations in Scottish surveillance of PA

Methods

- Data sources were used for grading if they were : **recent, nationally representative, affected by minimal bias.**
- Grades were reviewed by stakeholders from national organizations.
- www.activehealthykidsscotland.co.uk provides more detail on the data sources for grading.

Results

Table 1: Scottish Grades for GM3.0

PA Indicators	Grade
Sedentary Behaviours	F
Overall PA	F
Active Transportation	C
Active Play	INC
Organised Sport/PA	B
Physical Fitness	INC
School	INC
Family & Peers	INC
Community & Environment	B-
Government	C

- Several indicators could not be graded, highlighting gaps in surveillance of PA.
- F grades for Overall PA and Sedentary Behaviours were carried over from the 2016¹ report card as no recent national survey measured these according to the benchmarks.
- C grades were assigned to Active Transport (49%) & Government (many policies include PA promotion, but implementation is limited).
- Organised Sport & PA was graded as B (68%).
- Community and Environment was graded as B-; access to local play areas was high (92%), but perceived safety was lower (59%).

Conclusions

- Scotland has a favourable physical and policy environment, good grades for Active Transport and Organised Sport.
- Levels of MVPA are low & levels of sedentary behaviour are high.
- Greater focus on policy implementation is needed to improve the grades.
- Improved surveillance of PA behaviours is required.

adrienne.hughes@strath.ac.uk
[@strathpah](https://twitter.com/strathpah)

¹Reilly JJ et al. *J Phys Act & Health* 2016; 13 (suppl 2), s251-s255.

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