

# Results from South Korea's 2018 Report Card on Physical Activity for Children and Youth



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## PURPOSE

- To summarize the process and results of the 2018 Report Card;
- To evaluate the nation's progress in providing physical activity (PA) opportunities for Korean children and youth

## METHODS

The 2018 Report Card assessed 10 core indicators.<sup>1</sup>



### Main data sources:

- The Korea Youth Risk Behavior Web-based Survey (KYRBS)
- The Korea National Health and Nutrition Examination Survey (KNHANES)
- Physical Activity Promotion System (PAPS)
- A systematic literature search identified recent evidence on the PA and sedentary behaviors of Korean children and youth between 2016 and 2018.

## RESULTS

Grades for Korea's 2016 and 2018 Report Cards on Physical Activity for Children and Youth

Indicator	2016	2018
Overall PA	D-	F
Organized Sport and PA	C-	C
Active Play	INC	INC
Active Transportation	C+	B+
Sedentary Behaviors	F	D
Physical Fitness	NA	D+
Family and Peers	INC	INC
School	D	D+
Community and Environment	INC	INC
Government	C	D

Note, the grade for each indicator is based on the percentage of children and youth meeting the following defined grading scheme provided by the AHKGA: (a) 2018 Report Card: A+ = 94–100%; A = 87–93%; A- = 80–86%; B+ = 74–79%; B = 67–73%; B- = 60–66%; C+ = 54–9%, C = 47–53%; C- = 40–46%; D+ = 34–39%; D = 27–33%; D- = 20–26%; F is <20%; INC is Incomplete data; and (b) 2016 Report Card: A = 81–100%; B = 61–80%; C = 41–60%; D = 21–40%; F is <20%; INC is Incomplete data.<sup>2</sup>

## CONCLUSIONS

- The findings can be used as an important advocacy tool to influence PA promotion strategies and policies for children and youth both locally and abroad.
- Future research is required to continue joining the global effort of promoting children's PA by developing and advancing comprehensive evaluation of PA behaviors, and the settings and sources of influence.

## REFERENCES

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### South Korea's 2018 Report Card on physical activity for children and youth



Front Cover of the Korea's 2018 Physical Activity Report Card.