

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.¹



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.



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

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.²

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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