

What is the 'Report Card'?

The **Report Card** is

- 1) a synthesis of the most recently available published or unpublished data related to the physical activity of children and youth;
- 2) a global effort to advance knowledge about how individual countries are being responsible in providing physical activity opportunities for children and youth; and,
- 3) an advocacy tool for issue stakeholders who affect physical activity opportunities for children and youth.

The **Active Healthy Kids Global Alliance (AHKGA)** is a network of researchers, health professionals and stakeholders who are working together to advance physical activity in children and youth from around the world.

The AHKGA was established in 2014. Following the success of the Global Matrix 1.0 (15 countries included) and the Global Matrix 2.0 (38 countries included), the 2018 Global Matrix 3.0, which includes 49 participating countries, will launch at the Movement to Move conference in Adelaide, Australia on November 26, 2018

The **2018 South Korea's Report Card** is an evidence-based resource that provides a comprehensive evaluation of physical activity among children and youth and influencing factors in South Korea. We hope that the 2018 South Korea's Report Card will be used as an authoritative education and advocacy tool. The Report Card presents the most up-to-date statistics, identifies gaps in research and enables international comparisons.



Top three priorities for improving the grades in South Korea

1. Demand institutional and governmental commitments to prioritize, support, invest in, and promote children's physical activity;
2. Develop a national framework to monitor and evaluate implementation of the strategies on physical activity through a sustainable child health surveillance;
3. Expand research collaboration links locally (e.g., knowledge end-users) and globally (e.g., international research network) to strengthen research capacity and beyond.

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

*One small step
One giant leap*



School **D+**

34.6% of students participated in physical education class for three days a week (a total of 135-150 min/week), either in an outdoor field or in the school gymnasium.

Government

Despite The Ministry of Education has implemented basic plans for the promotion of school PE every year since 2016, the Research Working Group concluded that Government should be graded D owing to the recent budget cuts for physical activity-related policies and initiatives. The budget cuts affecting the School PE Support Project, in particular, had the greatest impact on downgrading this indicator compared to the 2016 Report Card. The difficulty of identifying meaningful changes and the absence of a specific outcome report showing the successful implementation and performance of the School PE Support Project may also have contributed to a lower grading.

Active Play, Family & Peers Community & Environment **INC**

These indicators could not be graded due to limited resources.

F **Overall Physical Activity**

5.8% of youth engaged in MVPA for ≥60 min daily.

Organized Sport & Physical Activity **C**

50.6% of students participated in at least one organized sport (68.6% and 33.2% of middle and high school students; 55.5% and 45.4% of boys and girls).

B+ **Active Transportation**

79.4% of students used active transport (i.e., walking or cycling) for an average of 39 minutes per day (76.2% and 82.2% of middle and high school students; 84.3% and 73.8% of boys and girls).

Sedentary Behaviors **D**

A total of 32.7% of students spent less than two hours per day in recreational, screen-based sedentary behavior.

D+ **Physical Fitness**

Cardiorespiratory Fitness (boys = C, girls = C-); muscular Strength (boys = C, girls = C-); flexibility (boys/girls = F).



Data source	Nature of data collected & study population	Related indicators
KYRBS (2017)	Self-reported questionnaire using YRBSS for 12-17-year-olds (n = 57,469)	Overall PA, Organized Sport & PA, Sedentary Behavior, School
KNHANES (2016)	Self-reported questionnaire using GPAQ for 12-17-year-olds (n = 524).	Active Transportation
PAPS (2016)	Direct observation among 11-17-year-olds according to the School Health Act and School Physical Education Promotion Act (These data are based on the national average record statistics for each category of the National Education Information System provided by Ministry of Education)	Physical Fitness (Note: The PAPS provided the average letter grades of different physical fitness components by sex)

GPAQ, Global Physical Activity Questionnaire; KYRBS, Korea Youth Risk Behavior Web-based Survey; KNHANES, Korea National Health and Nutrition Examination Survey; PA, Physical Activity; PAPS, Physical Activity Promotion System; YRBSS, Youth Risk Behavior Surveillance System

Grading. 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+ = 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.

