Results from the Active Healthy Kids United Arab Emirates 2018 Report Card on Physical Activity for Children and Youth

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**PURPOSE & METHODS**

- Systematically evaluate whether UAE children are engaging in PA;
- Data synthesised 2014-2018 - 1° Evidence UAE WHO GSHS 2016;
- Self-reported PA - grade 8-12 students (aged 13-17 yrs; N=5,849).

**Learning to MOVE is as Important as Learning to READ!**

**Total PA**

16% ≥60 min/d MVPA

**School PE**

26% ~150 min/wk

**Sedentary Behaviour**

40% ≤2 h/d

**KEY FINDINGS**

**RECOMMENDATIONS**

1. Physical literacy focus in schools;
2. Inter-emirate sports leagues; and
3. Active transport infrastructure and green active spaces for all.