

## 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).

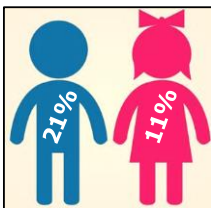


Fig 1. UAE Report Card Front Cover

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

### Total PA

**16%** ≥60 min/d MVPA



### KEY FINDINGS

### School PE

**26%** ~150 min/wk



### Sedentary Behaviour

**40%** ≤2 h/d



### RECOMMENDATIONS

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