

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).

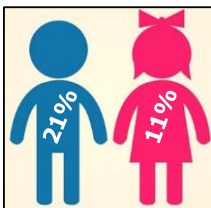


Fig 1. UAE Report Card Front Cover

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.