

REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH

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PURPOSE

- 1 To identify opportunities to study and enhance data on physical activity for children and youth.
- 2 To create the first Uruguayan report card on physical activity among children and adolescents.

METHODS

Population: Uruguayan children and adolescents between 5 and 17 years old.



Sources: Data collected until April 2018 from literature, datasets and grey literature.

RESULTS

Indicator	Grade
Overall physical activity	D
Organised Sport Participation	F
Active Play	INC
Active Transportation	C
Sedentary Behaviour	C-

Indicator	Grade
Physical Fitness	C-
Family and Peers	INC
School	C-
Community and Environment	INC
Government Strategies and Investments	D

CONCLUSIONS

Uruguay has created its first report card on physical activity in children and adolescents.



It is evident that there is a lack of information regarding physical activity for children and adolescents (5-17 years).



A better-coordinated approach between government and academy is required in the future.

REFERENCES

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