



ACTIVE HEALTHY KIDS

GLOBAL ALLIANCE



ANNUAL REPORT 2019

Message From the President



After a very busy year in 2018, with the release of the Global Matrix 3.0, the Active Healthy Kids Global Alliance had a much quieter year in 2019. Nevertheless, as you will see in the 2019 Annual Report, significant efforts were made to disseminate the work from the Global Matrix 3.0 and the 49 country Report Cards. Presentations were made around the world by country leaders and several additional peer-reviewed manuscripts were published. We celebrated the 30th anniversary of the United Nations Convention on the Rights of the Child. Planning for the Global Matrix 4.0 began with excitement about engaging more countries than ever before. Several administrative advancements were made and explorations for funding continued. Please join us in our quest to "power the movement to get kids moving", for their health and wellbeing, and that of their families and communities. I hope you enjoy our 2019 Annual Report.

Mark Tremblay, PhD, DLitt (hons), FCSEP, FACSM, FCAHS, CSEP-CEP
President, Active Healthy Kids Global Alliance

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Salomé Aubert
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(Non-Voting)



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Research Coordinator (Canada)
(Non-Voting)

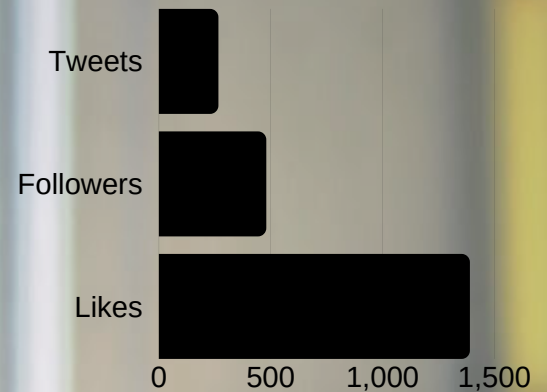


Evan Turner
Intern (Canada)
(Non-Voting)

AHKGA
is a not-for-profit organization with a goal of promoting physical activity of children and youth worldwide.



@activehealthyk1



activehealthykids.org

2019 vs 2018

35.29% increase in users
16,507 vs 12,201

36.64% increase in pageviews
55,186 vs 40,388

5.04% longer avg. session
duration 2m44s vs 2m36s



Global Matrix and
Report Card Citations

1,701 citations on 137 articles
published between 2011-2019



GLOBAL MATRIX EXPANSION

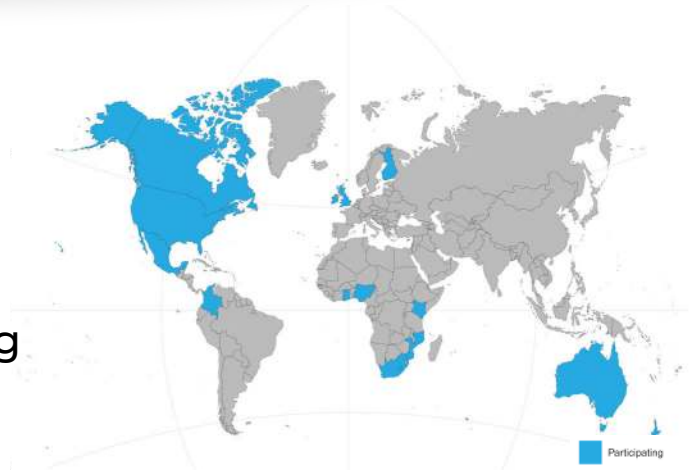
2014 - Global Matrix 1.0

158

Experts from
around the world

15

Participating
Countries



2016 - Global Matrix 2.0

487

Experts from
around the world

38

Participating
Countries



2018 - Global Matrix 3.0

513

Experts from
around the world

49

Participating
Countries




2022

Planning for the **Global Matrix 4.0**
with a target of **75** countries

Impact of the Global Matrices

Journal of Physical Activity and Health, 2019, 16, 679-697
<https://doi.org/10.1123/jpah.2019-0241>
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ORIGINAL RESEARCH

The International Impact of the Active Healthy Kids Global Alliance Physical Activity Report Cards for Children and Youth

Salomé Aubert, Joel D. Barnes, Megan L. Forse, Evan Turner, Silvia A. González, Jakub Kalinowski,
Peter T. Katzmarzyk, Eun-Young Lee, Reginald Ocansey, John J. Reilly, Natasha Schranz,
Leigh M. Vanderloo, and Mark S. Tremblay

Chile's Report Card working group partnered with the Ministry of Health to help promote physical activity

New national surveillance study in China

Ghana's Report Card working group helped to develop new physical education and sport policies

New National Conference to present findings from the Dutch Report Card

Network of 513 individuals involved in the Global Matrix 3.0



PRESENTATIONS

2019 Conference presentations related to the Report Cards or Global Matrices (listed alphabetically by lead author).

Aubert S. Global Matrix 3.0 on Physical Activity for Children and Youth: Insights from Report Card Grades from European, African, Latin-American, and Asian Countries. ISBNPA, 2019. Czech Republic.

Aubert S. Highlights of Report Card grades from 20 European countries that participated in the Global Matrix 3.0. Annual Research Day School of Epidemiology and Public Health, University of Ottawa, 2019. Canada.

Aubert S. Prevalence of children and youth meeting sedentary behaviour guidelines: a 49-country comparison. ISBNPA, 2019. Czech Republic.

Barnes JB. Sociodemographic correlates of physical activity grades in the Global Matrix 3.0. CSEP annual scientific conference, 2019. Canada.

Barnes JB. Canada's 2018 Report Card on Physical Activity of Children and Youth: Leading or Lagging in Comparison to the Global Matrix 3.0 Findings? ISBNPA, 2019. Czech Republic.

Bhawra J. State of the evidence of Active Living among Children and Youth in India: a Scoping Review informing the 2018 India Report Card on Physical Activity for Children and Youth. ISBNPA, 2019. Czech Republic.

Chang CK. Special Symposium on Kids and Youth Physical Activity in Asia Region I: Current Situation and Future. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan.

Chang CK. Special Symposium on Kids and Youth Physical Activity in Asia Region II: Policy, Strategy and Future Development. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan.

Christmas B. Physical activity in Qatar: past, present, and future. Sciences and Applied Sciences cluster seminar, Qatar University College of Arts and Sciences, 2019. Qatar.

Gába A. Results from the Czech Republic's 2018 Report Card on Physical Activity for Children and Youth. ISBNPA, 2019. Czech Republic.

Gonzalez SA. Active transportation among children and youth: a 49-country comparison. ISBNPA, 2019. Czech Republic.

Gonzalez SA. Highlights of Report Card grades from Latin-American countries that participated in the Global Matrix 3.0. Annual Research Day School of Epidemiology and Public Health, University of Ottawa, 2019. Canada.

Gonzalez SA. Highlights of Report Card grades from Latin-American countries that participated in the Global Matrix 3.0. ISBNPA, 2019. Czech Republic.

Gruodyte-Raciene R. Findings of the first Lithuanian Physical Activity Report Card for Children and Youth: the current 'state of the nation' and the priorities for improvement revealed. 2019 AIESEP international conference, 2019. USA.

Hadla R. Results from the First Lebanon's Physical Activity Report Card for Children and Youth (2018). XI-th International Lebanese Epidemiological Association Eastern Mediterranean Regional Scientific Meeting, 2019. Lebanon.

Johansen DN. The Danish 2018 Report Card on Physical Activity for Children and Youth. HEPA Europe Conference, 2019. Denmark.

Johansen DN. The Danish 2018 Report Card on Physical Activity for Children and Youth. ISBNPA, 2019. Czech Republic.

Khan A. Special Symposium on Kids and Youth Physical Activity in Asia Region I: Current Situation and Future. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan.

Khan A. Special Symposium on Kids and Youth Physical Activity in Asia Region II: Policy, Strategy and Future Development. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan.

Lee EY. Highlights of Report Card grades from 12 Asian countries that participated in the Global Matrix 3.0. ISBNPA, 2019. Czech Republic.

Lee EY. Special Symposium on Kids and Youth Physical Activity in Asia Region I: Current Situation and Future. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan.

Lee EY. Special Symposium on Kids and Youth Physical Activity in Asia Region II: Policy, Strategy and Future Development. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan.



S. Aubert, S. Gonzalez, M. Tremblay, and E-Y. Lee presenting a Global Matrix symposium at ISBNPA (Prague, Czech Republic)



J. Barnes presenting a poster at CSEP (Kelowna, Canada)



B. Christmas presenting at Qatar University College of Arts and Sciences (Doha, Qatar)



S. Gonzalez presenting a poster at ISBNPA (Prague, Czech Republic)

PRESENTATIONS (CONT'D)



M. Tremblay presenting at the Australian National Sports Convention (Melbourne, Australia)



C-K. Chang, A. Khan, E-Y. Lee, Y. Liu, P. Saonuam, S. Wong, and C-L. Wu presenting a symposium at the Taiwan International Conference on Physical Activity and Exercise Sciences (Taichung, Taiwan)



P. Zembura presenting at the Pearl of Local Government National Congress (Gdynia, Poland)



M. Tremblay presenting at the Lithuanian Sports University (Kaunas, Lithuania)

2019 Conference presentations related to the Report Cards or Global Matrices

(listed alphabetically by lead author).

- Liu Y.** China 2018 Report Card on PA for children and youth. Conference on Physical Activity and Health – More active people for healthy China, 2019. China.
- Liu Y.** Special Symposium on Kids and Youth Physical Activity in Asia Region I: Current Situation and Future. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan.
- Liu Y.** Special Symposium on Kids and Youth Physical Activity in Asia Region II: Policy, Strategy and Future Development. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan.
- Manyanga T.** Highlights of Report Card grades from six African countries that participated in the Global Matrix 3.0. Annual Research Day School of Epidemiology and Public Health, 2019. Canada.
- Manyanga T.** Highlights of Report Card Grades from six African countries that participated in the Global Matrix 3.0. ISBNPA, 2019. Czech Republic.
- Neerfeldt BF.** The school as an arena for children and youth's physical activities. Denmark National Active Healthy Kids Conference, 2019. Denmark.
- Pilgaard M.** The meaning of family and peers in relation to children and youth's physical activity level. Denmark National Active Healthy Kids Conference, 2019. Denmark
- Reilly J.** State of the nation: Physical Activity and Childhood Obesity in Scotland, Results from the Active Healthy Kids Scotland Report Card 2018. First Scientific Meeting of the Scottish Obesity Alliance, 2019. Scotland.
- Roman-Viñas B.** Obesity and Physical Activity in Spanish children. Congress of the Spanish Society of Obesity, 2019. Spain.
- Saonuam P.** Special Symposium on Kids and Youth Physical Activity in Asia Region I: Current Situation and Future. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan
- Saonuam P.** Special Symposium on Kids and Youth Physical Activity in Asia Region II: Policy, Strategy and Future Development. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan.
- Schranz N.** Muscular Fitness: It's Time for a Jump Start! 2018 Active Healthy Kids Australia Report Card on Physical Activity for Children and Young People. Transform Physiotherapy Conference, 2019. Australia.
- Skovgaard T.** Moving children and youth – national and international tendencies. Denmark National Active Healthy Kids Conference, 2019. Denmark.
- Subedi N.** Result of Nepal's 2018 Report Card on Physical Activity for Children and Youth. ISBNPA, 2019. Czech Republic.
- Tomassen CB.** Children's access to organized sports. Denmark National Active Healthy Kids Conference, 2019. Denmark.
- Tremblay MS.** Active Healthy Kids Global Alliance – insights to steer Australia. National Sports Convention, 2019. Australia.
- Tremblay MS.** Active Healthy Kids Global Alliance: Global Matrix 3.0 findings. 2018 Active Healthy Kids Hong Kong Report Card on Physical Activity for Children and Youth release press conference, 2019. Hong Kong.
- Tremblay MS.** Active Healthy Kids Global Alliance: Global Matrix 3.0. Invited presentation at the Lithuania Sports University, 2019. Lithuania.
- Tremblay MS.** Active Healthy Kids Global Alliance: Powering the movement to get kids moving. School of Epidemiology and Public Health, University of Ottawa, Graduate Seminar, 2019. Canada.
- Tremblay MS.** Connecting research with action to get more children active. MOVE Congress, 2019. Hungary.
- Tremblay MS.** Global Physical Activity Report Card Grades for Children and Youth. Conference on Physical Activity and Health – More active people for healthy China, 2019. China.
- Tremblay MS.** Prevalence of children and youth meeting physical activity guidelines: a 49-country comparison. ISBNPA, 2019. Czech Republic.
- Troelsen J.** Community and environment and the influence on children's physical activity possibilities. Denmark National Active Healthy Kids Conference, 2019. Denmark.
- Wong S.** Sedentary Behaviour and Health: Prevalence and Guidelines. Institute of Physical Education, Health & Leisure Studies, National Cheng Kung University, 2019. Taiwan.
- Wong S.** Special Symposium on Kids and Youth Physical Activity in Asia Region I: Current Situation and Future. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan.
- Wong S.** Special Symposium on Kids and Youth Physical Activity in Asia Region II: Policy, Strategy and Future Development. Taiwan International Conference on Physical Activity and Exercise Sciences, 2019. Taiwan.
- Zembura P.** Engaging children and adolescents in physical activity. Pearl of Local Government National Congress, 2019. Poland.

PUBLICATIONS

Abdeta C, Teklemariam Z, Deksis A, Abera E, Ocansey R, Okely AD. Assessment of Physical Activity Indicators for Children and Youth in Ethiopia: Evidence from the Global Matrix 3.0 Study (2017–2018). *Sports Med Open*. 2019;5(1):55. doi:10.1186/s40798-019-0229-5

Abi Nader P, Majed L, Sayegh S, et al. First Physical Activity Report Card for Children and Youth in Lebanon. *J Phys Act Health*. 2019;16(6): 385–396.

Aubert S, Barnes JD, Forse ML, Turner E, Gonzalez SA, Kalinowski J, Katzmarzyk PT, Lee EY, Ocansey R, Reilly JJ, Schranz N, Vanderloo LM, Tremblay MS. The International Impact of the Active Healthy Kids Global Alliance Physical Activity Report Cards for Children and Youth. *J Phys Act Health*. 2019;16:679–697.

Demetriou Y, Bucksch J, Hebestreit A, et al. Germany's 2018 report card on physical activity for children and youth. *Ger J Exerc Sport Res*. 2019;49(188):1–14.

Draper C, Tomaz S, Harbron J et al. Results from the Healthy Active Kids South Africa 2018 Report Card. *South African Journal of Child Health*. 2019;13(3):130. doi:10.7196/sajch.2019.v13i3.1640

Gába A, Rubín L, Sigmund E, et al. Executive summary of the Czech Republic's 2018 Report Card on Physical Activity for Children and Youth. *Acta Gymnica*. Published Online: May 26, 2019 (DOI: 10.5507/ag.2019.007)

Smith M, Ikeda E, Duncan S et al. Trends and measurement issues for active transportation in New Zealand's physical activity report cards for children and youth. *J Transp Health*. 2019;15:100789. doi:10.1016/j.jth.2019.100789

Sukys S, Emeljanovas A, Gruodyte-Racienė R, et al. Results from Lithuania's 2018 Report Card on Physical Activity for Children and Youth. *Int J Environ Res Public Health*. 2019;16(23):4710. doi:10.3390/ijerph16234710

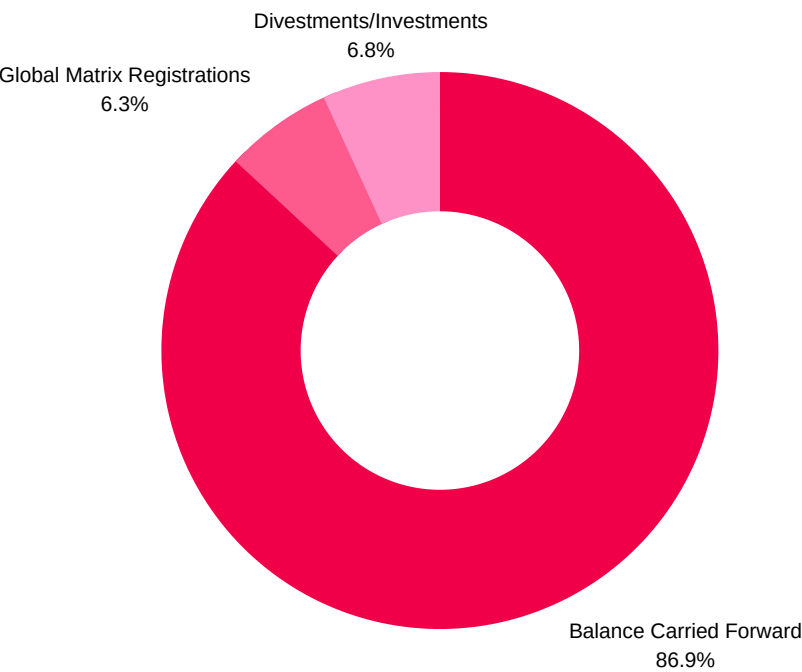


A special issue devoted to the 2018 Active Healthy Kids Report Cards on Physical Activity for Children and Youth in Asia in the *Journal of Exercise Science & Fitness* 2019;17(1) contains 6 articles:

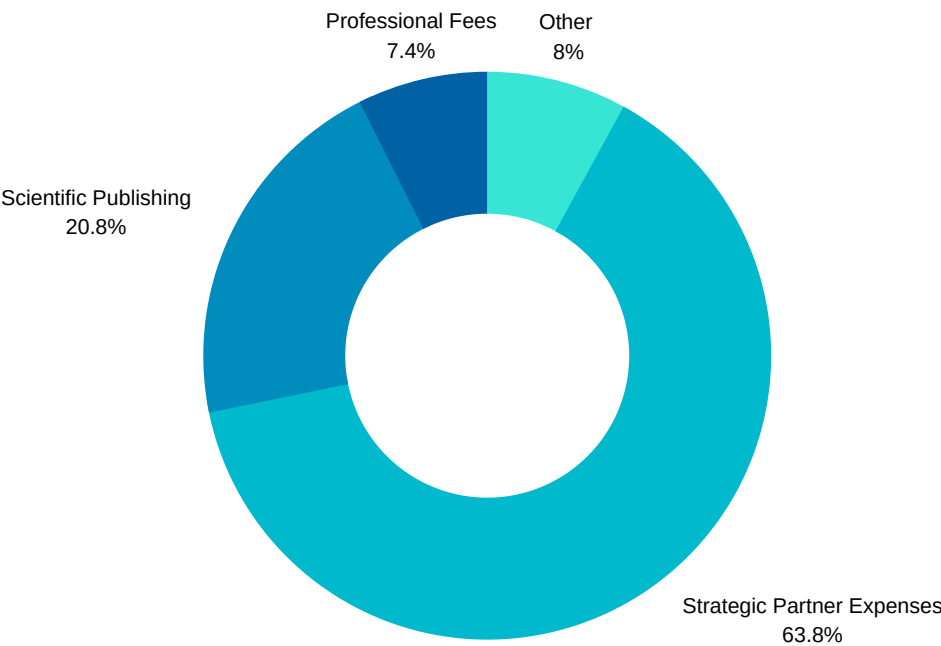
- Huang WY, Wong SH, Sit CHP, et al. Results from the Hong Kong's 2018 Report Card on physical activity for children and youth. *J Exerc Sci Fit*. 2019;17(1):14–19.
- Liu Y, Tang Y, Cao ZB, et al. Results from the China 2018 Report Card on physical activity for children and youth. *J Exerc Sci Fit*. 2019;17(1):3–7.
- Oh JW, Lee E-Y, Lim JJ, et al. Results from South Korea's 2018 Report Card on physical activity for children and youth. *J Exerc Sci Fit*. 2019;17(1):26–33.
- Tanaka C, Tanaka S, Inoue S, et al. Results from Japan's 2018 Report Card on physical activity for children and youth. *J Exerc Sci Fit*. 2019;17(1):20–25.
- Tomkinson GR, Wong SHS. Special issue: Global Matrix 3.0 – An introduction to the report cards on the physical activity of children and youth from five Asian countries and regions. *J Exerc Sci Fit*. 2019;17(1):1–2. doi:10.1016/j.jesf.2018.11.004
- Wu CL, Chang CK. Results from the Chinese Taipei (Taiwan) 2018 Report Card on physical activity for children and youth. *J Exerc Sci Fit*. 2019;17(1):8–13

Financial Review

Income
\$ 30,241.80



Expenses
\$28,953.73



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