



# Global Matrix 4.0

# Indicators and Benchmarks Meeting

# Overview

---



1. Introductions
2. Registrations
3. Release Location
4. Timelines
5. Indicators
6. Benchmarks
7. Dissemination and Knowledge Translation Strategy
8. Communication with the AHKGA
9. Global Matrix and Report Card Evaluation
10. Next steps

# 1. Introductions



## a. Participant introduction

- Leader/Co-leader name(s) and country
- New or returning participant of the Global Matrix

## b. About us

- The Active Healthy Kids Global Alliance (AHKGA) – a not-for-profit organization with a goal of promoting physical activity of children and youth worldwide
- More info: <https://www.activehealthykids.org/about/>

## c. Global Matrix initiative: Background, methodology

- 2014 – Global Matrix 1.0 – 15 participating countries and 158 experts from around the world
- 2016 – Global Matrix 2.0 – 38 countries/ 487 experts
- 2018 – Global Matrix 3.0 – 49 countries/ 513 experts



## 2. Registrations

Currently **55 registered countries/regions** (including 7 incomplete registrations):

<b>Americas (8)</b>	Brazil, Canada, Colombia, Mexico, United States, Uruguay, Venezuela, Chile (inc)
<b>Europe (26)</b>	Czech Republic, Denmark, England, Estonia, Finland (inc), France, Germany, Guernsey, Hungary (inc), Ireland, Jersey, Lithuania, Luxembourg, Montenegro, Poland, Portugal, Scotland, Serbia, Slovak Republic, Slovenia, Spain, Spain (Basque Country), Spain (Extremadura) (inc), Spain (Region of Murcia), Sweden, Wales
<b>Africa (4)</b>	Botswana, Zimbabwe, South Africa (inc), Ethiopia (inc)
<b>Asia (15)</b>	China, Hong Kong, India, Indonesia, Israel (inc), Japan, Lebanon, Nepal, Qatar, Republic of Korea, Singapore, Taiwan, Thailand, UAE, Vietnam
<b>Oceania (2)</b>	Australia, New Zealand

Opinions on reopening registration to increase participation? Invitation to reach to potential new countries

## 3. Release Location

---

**a. Top three bids** - China, Qatar, Slovenia (probably out if 2022 release).

What each location has to offer?

- [Expression of Interest to host the Global Matrix 4.0 release – China](#)
- [Expression of Interest to host the Global Matrix 4.0 release – Qatar](#)
- [Expression of Interest to host the Global Matrix 4.0 release – Slovenia](#)

**b. Results of survey:** 1. Slovenia, 2. Qatar, 3. China (many Qatari respondents)

**c. Opinions of leaders?**



## 4. Timelines

- a. Global Matrix 4.0 release: Summer/Fall 2022
- b. Development/update of the indicator benchmarks and grading rubric.
- c. Report Card development period



Thoughts?

Task	2020					2021					2022						
	A U G	S E P	O C P	N O T	D E V	J A C	F E B	M A R	A P R	M A Y	J U N	J U L	A U G	S E P	O C P	N O T	D E V
Form RC working group																	
Perform literature review																	
Literature synthesis																	
Grade Assignment																	
Produce short form RC article																	
Global Matrix 4.0 launch																	

## Common indicators in the Global Matrix 3.0

- Overall PA
- Organized Sport and PA
- Active Play
- Active Transportation
- Sedentary Behaviours
- Physical Fitness
- Family and Peers
- School
- Community and Environment
- Government

# 5. Indicators



Examples of additional sub-grades for indicators graded:

- children with obesity
- children with disabilities
- early years

Thoughts/suggestions on:

- common indicators
- adding new indicators (e.g., sleep, obesity, dietary indicators)
- embedding disability data (e.g., children with special needs – all indicators)
- creating sub-indicators (e.g., boys/girls – behavioural indicators)



# 6. Benchmarks

## Publication:

Aubert, S., Barnes, J. D., Abdeta, C., et al. (2018). Global Matrix 3.0 Physical Activity Report Card Grades for Children and Youth: Results and Analysis From 49 Countries, *Journal of Physical Activity and Health*, 15(s2), S251-S273.

**Table 1 Global Matrix 3.0 Indicators and Benchmarks Used to Guide the Grade Assignment Process**

Indicator	Benchmark
Overall Physical Activity	% of children and youth who meet the Global Recommendations on Physical Activity for Health, which recommend that children and youth accumulate at least 60 min of moderate- to vigorous-intensity physical activity per day on average. Or % of children and youth meeting the guidelines on at least 4 d a week (when an average cannot be estimated).
Organized Sport and Physical Activity	% of children and youth who participate in organized sport and/or physical activity programs.
Active Play	% of children and youth who engage in unstructured/unorganized active play at any intensity for more than 2 h a day. % of children and youth who report being outdoors for more than 2 h a day.
Active Transportation	% of children and youth who use active transportation to get to and from places (eg, school, park, mall, friend's house).
Sedentary Behaviors	% of children and youth who meet the Canadian Sedentary Behaviour Guidelines (5- to 17-y-olds: no more than 2 h of recreational screen time per day). Note: the Guidelines currently provide a time limit recommendation for screen-related pursuits, but not for nonscreen-related pursuits.
Physical Fitness	Average percentile achieved on certain physical fitness indicators based on the normative values published by Tomkinson et al. <sup>27</sup>
Family and Peers	% of family members (eg, parents, guardians) who facilitate physical activity and sport opportunities for their children (eg, volunteering, coaching, driving, paying for membership fees and equipment). % of parents who meet the Global Recommendations on Physical Activity for Health, which recommend that adults accumulate at least 150 min of moderate-intensity aerobic physical activity throughout the week or do at least 75 min of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity physical activity. % of family members (eg, parents, guardians) who are physically active with their kids. % of children and youth with friends and peers who encourage and support them to be physically active. % of children and youth who encourage and support their friends and peers to be physically active.
School	% of schools with active school policies (eg, daily physical education (PE), daily physical activity, recess, "everyone plays" approach, bike racks at school, traffic calming on school property, outdoor time). % of schools where the majority ( $\geq 80\%$ ) of students are taught by a PE specialist. % of schools where the majority ( $\geq 80\%$ ) of students are offered the mandated amount of PE (for the given state/territory/region/country). % of schools that offer physical activity opportunities (excluding PE) to the majority ( $> 80\%$ ) of their students. % of parents who report their children and youth have access to physical activity opportunities at school in addition to PE classes. % of schools with students who have regular access to facilities and equipment that support physical activity (eg, gymnasium, outdoor playgrounds, sporting fields, multipurpose space for physical activity, equipment in good condition).
Community and Environment	% of children or parents who perceive their community/municipality is doing a good job at promoting physical activity (eg, variety, location, cost, quality). % of communities/municipalities that report they have policies promoting physical activity. % of communities/municipalities that report they have infrastructure (eg, sidewalks, trails, paths, bike lanes) specifically geared toward promoting physical activity. % of children or parents who report having facilities, programs, parks, and playgrounds available to them in their community. % of children or parents who report living in a safe neighborhood where they can be physically active. % of children or parents who report having well-maintained facilities, parks, and playgrounds in their community that are safe to use.
Government	Evidence of leadership and commitment in providing physical activity opportunities for all children and youth. Allocated funds and resources for the implementation of physical activity promotion strategies and initiatives for all children and youth. Demonstrated progress through the key stages of public policy making (ie, policy agenda, policy formation, policy implementation, policy evaluation and decisions about the future).

# 6. Benchmarks - Grading rubric

## Publication:

Aubert, S., Barnes, J. D., Abdeta, C., et al. (2018). Global Matrix 3.0 Physical Activity Report Card Grades for Children and Youth: Results and Analysis From 49 Countries, *Journal of Physical Activity and Health*, 15(s2), S251-S273.

Table 2  
Global Matrix 3.0 Grading Rubric

Grade	Interpretation	Table 2 Global Matrix 3.0 Grading Rubric	Corresponding number for analysis
A+	94%–100%		15
A	We are succeeding with a large majority of children and youth (87%–93%)		14
A–	80%–86%		13
B+	74%–79%		12
B	We are succeeding with well over half of children and youth (67%–73%)		11
B–	60%–66%		10
C+	54%–59%		9
C	We are succeeding with about half of children and youth (47%–53%)		8
C–	40%–46%		7
D+	34%–39%		6
D	We are succeeding with less than half but some children and youth (27%–33%)		5
D–	20%–26%		4
F	We are succeeding with very few children and youth (<20%)		2
INC	Incomplete—insufficient or inadequate information to assign a grade		No grade

- a. Thoughts on any issues?
- b. Suggestions for updates?



# 7. Dissemination and Knowledge Translation Strategy



## a. What was done in the Global Matrix 3.0

- Global Matrix 3.0 main article
- Short-form Report Card article
- Poster presentations
- Book of abstracts
- Oral presentations
- Video
- Webpage on AHKGA website



## b. Discussion of Global Matrix 4.0 publication strategy

- What would leaders like to see?

## c. Communication/knowledge translation outside of the AHKGA

- Short/long form Report Card document
- Social media
- LinkedIn <https://www.linkedin.com/company/ahkga/>
- Publications
- Conference presentations
- Meetings with policymakers
- AHKGA website
- University international/communication offices

## d. Copyright materials

- Violations

## e. AHKGA – country signed agreement

# 8. Communication with the AHKGA

---

## a. Means of communication:

- **E-blasts!** (Global Matrix 4.0-related information)
- Quarterly AHKGA Newsletters (general information in the field)
- Zoom meetings (Global Matrix 4.0, thematic meetings)
- Website “Member’s Area”
- Social Media - Twitter ([@activehealthyk1](https://twitter.com/activehealthyk1)) and others
- Individual emails

## b. AHKGA Contacts

- Continental leader - contacts provided in this meeting’s chat
- Communications Committee – Javier Brazo- Sayavera (Chair) – [jbsayavera@cur.edu.uy](mailto:jbsayavera@cur.edu.uy)
- Iryna Demchenko (Admin Support) – [idemchenko@cheo.on.ca](mailto:idemchenko@cheo.on.ca)
- Mark Tremblay (President) – [mtremblay@cheo.on.ca](mailto:mtremblay@cheo.on.ca)



# 9. Global Matrix and Report Card Evaluation

---

## a. Three mandatory surveys for country leaders:

- Baseline
- Late-development
- Post launch

➤ Only one person per country should fill the surveys

## b. The AHKGA is collecting data on AHKGA website use and e-blast metrics

- Please use these resources!



# 10. Next Steps

---



- a. Form Report Card working group
- b. Perform literature review
- c. Conduct literature synthesis
- d. Budget planning

Questions A large blue question mark icon, enclosed in a thin blue rectangular border, positioned to the right of the word "Questions".



**ACTIVE HEALTHY KIDS**  
GLOBAL ALLIANCE

Thank you!