



ACTIVE HEALTHY KIDS
GLOBAL ALLIANCE

ANNUAL REPORT

2020



www.activehealthykids.org

Message From the President



Well, 2020 will be a year none of us will ever forget with the many challenges that COVID-19 placed on all aspects of life, personal and professional, around the world. These challenges resulted in dramatic decreases in childhood physical activity, outdoor time and play, and increases in sedentary behaviour (especially screen time - both school-based and recreational), making the mandate of the Active Healthy Kids Global Alliance more important than ever.

In 2020 we opened the registration for the Global Matrix 4.0 and had 60 countries, including 16 new countries, register. As you will see in the 2020 Annual Report, we published several public-facing documents guiding the public and decision-makers on how to keep children active in a safe manner during the pandemic, and the importance of doing so. Many academic publications were also published in relation to the Global Matrix 3.0. Participating countries were active in promoting healthy physical activity in their jurisdictions through many efforts - please visit our website for details and to see the inspiring initiatives going on all over the world. Several notable administrative advancements were made to our growing organization as you will see in the report. 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 2020 Annual Report.

Stay well, stay safe and stay active,

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



Board of Directors



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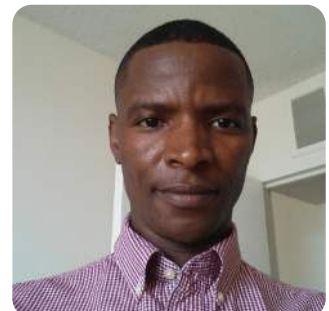
Salomé Aubert, PhD
Oceania Representative
(New Caledonia/France)



Javier Brazo-Sayavera, PhD
Communications Committee Chair
(Uruguay/Spain)



Jakub Kalinowski, MA
Fundraising Committee Chair
(Poland)



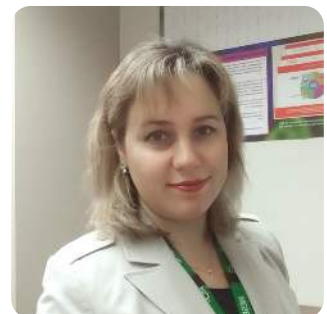
Taru Manyanga, PhD
African Representative
(Zimbabwe/Canada)



John Reilly, PhD
European Representative and Partnerships Committee
Chair (Scotland)



Stephen Wong, PhD
Asian Representative
(Hong Kong)



Iryna Demchenko, MD, MSc
Project Coordinator (Non-Voting)
(Canada)

Administrative Advancements

In 2020, The AHKGA established three new Committees:

Communications Committee

Role: developing, coordinating, and executing AHKGA communication strategies

Chair



Javier Brazo-Sayavera
PhD
(Uruguay/Spain)



Salomé Aubert
PhD
(New Caledonia/France)



Aleš Gába
PhD
(Czech Republic)



Eun-Young Lee
PhD
(South Korea/Canada)



Taru Manyanga
PhD
(Zimbabwe/Canada)



Riaz Uddin
PhD
(Bangladesh/Australia)

Fundraising Committee

Role: providing leadership for the implementation and management of fundraising initiatives

Chair



Jakub Kalinowski
MA
(Poland)



Tarun Katapally
PhD
(India/Canada)



Tom Loney
PhD
(UAE)



Mark Tremblay
PhD
(Canada)



Stephen Wong
PhD
(Hong Kong)

Partnerships Committee

Role: facilitating, coordinating, and overseeing AHKGA core partnerships

Chair



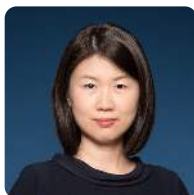
John Reilly
PhD
(Scotland)



Patrick Abi Nader
PhD
(Lebanon/Canada)



Catherine Draper
PhD
(South Africa)



Wendy Huang
PhD
(Hong Kong)



Asad Khan
PhD
(Bangladesh/Australia)



Diego Silva
PhD
(Brazil)



Tuija Tammelin
PhD
(Finland)

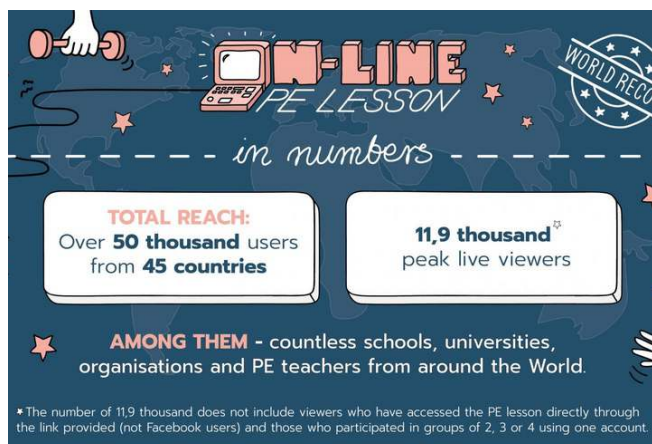
COVID 19 Response

AHKGA leaders issued a [“Guidance on healthy movement behaviours for kids during the COVID-19 pandemic.”](#)

- translated into 6 languages,
- complemented with infographics in 7 languages (English, French, Spanish, Japanese, Portuguese, Basque and Thai).

AHKGA leaders contributed to a commentary [“Promoting healthy movement behaviours among children during the COVID-19 pandemic”](#) published in *The Lancet Child and Adolescent Health*.

The AHKGA partnered with the V4Sport Foundation (Poland) and International Sport and Culture Association (ISCA) to help organize [the biggest ever online Physical Education \(PE\) lesson](#).



KEEPING CHILDREN ACTIVE AND HEALTHY DURING THE COVID-19 PANDEMIC

INDIVIDUALS ARE BEING ASKED TO PRACTICE PHYSICAL DISTANCING TO DECREASE THE SPREAD OF COVID-19 IN THE COMMUNITY. FOR MANY KIDS THIS MEANS THAT THEY MAY BE FINISHING THE SCHOOL YEAR AT HOME, AND ALL SPORTS AND EXTRA-CURRICULAR ACTIVITIES ARE CANCELLED. IT IS IMPORTANT TO HELP KIDS FIND WAYS TO ADHERE TO HEALTHY MOVEMENT GUIDELINES.

Play and physical activity helps kids sleep better, it helps them maintain a strong immune system, and it can help combat feelings of depression and anxiety that may come with isolation from friends and peers.

PHYSICAL ACTIVITY AND PLAY FOR HEALTH

PLAY AND PHYSICAL ACTIVITY CAN HELP KIDS PROCESS WHAT IS HAPPENING

Play gives kids a sense of control over their own actions and can help them process their emotions to the current pandemic.

Keep 2m away from others
Avoid touching communal surfaces
Don't touch your face
Wash your hands when you get home

OUTDOOR PLAY

(IF YOUR LOCAL OR NATIONAL AUTHORITIES ALLOW IT)

INDOOR PLAY

Engage in activities that minimize screen time (board games, reading)
For parents working from home, consider taking small breaks for play with your kids.
For parents working outside the home, take extra precautions at work and when back home to keep kids safe.

RESOURCES

Physical activity guidelines for children and youth, as well as movement behaviours for children under 5 years are available on the WHO website: <https://www.who.int/health-topics/physical-activity>

AHKGA ONLINE



@activehealthyk1

736 followers

47 tweets

970 likes

131,600 impressions



Active Healthy Kids Global Alliance

164 followers



AHKGA e-Newsletter

183 subscribers



www. activehealthykids.org

2020 vs 2019

10.5% increase in users

18,236 vs 16,507

**8.7% increase in the total
number of visits to the website**

25,108 vs 23,095



**Global Matrix and Report Card
Citations**

**3,875 citations from 165 articles
published between 2011-2020**

THE CONVERSATION
2 Articles by AHKGA leaders in 2020

"As schools reopen, will this be the least fit generation of schoolchildren ever?"

"Active commuting could make children's return to school better for their health and the planet."

Global Matrix 4.0 Start

60 countries/regions joined the Global Matrix 4.0!

Americas (9):

Argentina, Brazil, Canada, Chile, Colombia, Mexico, United States, Uruguay, Venezuela

Africa (4):

Botswana, Ethiopia, South Africa, Zimbabwe

Asia (17):

China, Hong Kong, India, **Indonesia**, **Israel**, Japan, Lebanon, Malaysia, Nepal, **Philippines**, Qatar, South Korea, **Singapore**, Taiwan, Thailand, UAE, **Vietnam**

Europe (28):

Croatia, Czech Republic, Denmark, England, Estonia, Finland, France, Germany, **Greenland**, Guernsey, **Hungary**, Ireland, Jersey, Lithuania, **Luxembourg**, **Montenegro**, Poland, Portugal, Scotland, **Serbia**, **Slovakia**, Slovenia, Spain, **Basque Country** (Spain), **Extremadura** (Spain), **Region of Murcia** (Spain), Sweden, Wales

Oceania (2):

Australia, New Zealand

Returning Global Matrix participants (in black): 44

New participants (in red) : 16

Presentations

2020 Conference presentations related to the Report Cards or Global Matrices

(listed alphabetically by lead author)

Aubert S. Active Healthy Kids Global Alliance. Global Matrix 3.0: findings, evaluation, impact and future directions. Active Healthy Kids Indonesia International Webinar for Physically Active and Healthy Children. September, 2020.

Aubert S. Evaluation of the process and outcomes of the Global Matrix 3.0 of physical activity grades for children and youth. Active Living Research Conference. Poster. February, 2020.

Aubert S. Global prevalence of physical activity for children and adolescents: Inconsistencies, research gaps and recommendations. University of Cambridge, Epidemiology Seminar (virtual). August, 2020.

Brazo-Sayavera J. Effects of Confinement on Physical Activity (Efectos del Confinamiento en la Actividad Física). Ecuador Ministry of Sport Symposium (virtual), 2020.

Brazo-Sayavera J. Healthy Habits during the pandemic (COVID-19) in children and adolescents. Flores University, Talk with Experts (virtual). 2020.

Brazo-Sayavera J. Research on physical activity in Latin-America. Universidad Autónoma de Chile, II International Congress on Physical Activity, Education and Public Health (virtual). November, 2020.

Gonzalez S. Adverse effects of the sedentary behaviours among children and youth. Colombian Ministry of Sports Forum: The Practice of Physical Activity during the Covid-19 Pandemic, an Alternative for Well-being, Quality of Life, and Public Health (virtual). June, 2020.

Gonzalez S. Global comparisons of active transportation to school among children and adolescents from 49 countries. Active Living Research Conference. Orlando, USA. February, 2020.

Mahendra A. Prospects and challenges of bringing Indonesian kids active and healthy (in preparation for the GM 4.0). Active Healthy Kids Indonesia International Webinar for Physically Active and Healthy Children. September, 2020.

Skovgaard T. Reflection and Discussion on the Issue in the Danish Context. Novo Nordisk Foundation Symposium on Preventing Childhood Overweight and Obesity (virtual). October, 2020.

Tremblay MS. Healthy movement behaviours matter for obesity and health. Novo Nordisk Foundation Symposium on Preventing Childhood Overweight and Obesity (virtual). October, 2020.

Wong S. AHKGA and Global Matrix for children and youth - the Asian perspective. Active Healthy Kids Indonesia International Webinar for Physically Active and Healthy Children. September, 2020.



Aguilar-Farias N, Miranda-Marquez S, Martino-Fuentealba P, et al. Chilean Physical Activity Report Card for Children and Adolescents 2018: Full Report and International Comparisons. *J Phys Act Health* 2020;17(8):807-815. doi.org/10.1123/jpah.2020-0120

Argumedo G, Taylor JRL, Gaytán-González A, González-Casanova I, Villalobos MFG, Jáuregui, A, et al. Mexico's 2018 Report Card on Physical Activity for Children and Youth: Full report. *Rev Panam Salud Publica*. 2020;44:e26. doi.org/10.26633/RPSP.2020.26

Aubert S, Auclair J, Vanhelst J, et al. France's 2018 Report Card on Physical Activity for Children and Youth: Results and International Comparisons. *J Phys Act Heal*. 2020;17(3):270-277. doi:10.1123/jpah.2019-0241

Aubert S, Barnes JD, Tremblay MS. Evaluation of the process and outcomes of the Global Matrix 3.0 of physical activity grades for children and youth. *J Exerc Sci Fit*. 2020;18(2):80-88. doi:10.1016/j.jesf.2020.01.002

Coppinger T, Milton K, Murtagh E, et al. Global Matrix 3.0 physical activity report card for children and youth: a comparison across Europe. *Public Health*. 2020;187:150-156. doi:10.1016/j.puhe.2020.07.025

González SA, Aubert S, Barnes JD, Larouche R, Tremblay MS. Profiles of Active Transportation among Children and Adolescents in the Global Matrix 3.0 Initiative: A 49-Country Comparison. *Int J Environ Res Public Health*. 2020;17(16):5997. doi:10.3390/ijerph17165997

Krylovas A, Kosareva N, Dadelo S. European Countries Ranking and Clustering Solution by Children's Physical Activity and Human Development Index Using Entropy-Based Methods. *Mathematics*. 2020; 8(10):1705. doi.org/10.3390/math8101705

Sit CH-P, Yu JJ, Huang WY, et al. Results from Hong Kong's 2019 report card on physical activity for children and youth with special educational needs. *J Exerc Sci Fit*. 2020;18(3):177-182. doi:10.1016/j.jesf.2020.05.004

Subedi N, Paudel S, Nepal S, et al. Results from Nepal's 2018 Report Card on Physical Activity for Children and Youth. *J Exerc Sci Fit*. 2020;18(2):74-79. doi:10.1016/j.jesf.2020.02.001

Takken T, de Jong N, Duijf M, van den Berg S, Wendel-Vos W. Results from the Netherlands' 2018 Report Card and Report Card+ on physical activity for children and youth with and without chronic medical condition. *Public Health*. 2020;185:161-166. doi:10.1016/j.puhe.2020.04.044

Ward MR, Tyler R, Edwards LC, Miller MC, Williams S, Stratton G. The AHK-Wales Report Card 2018: Policy Measures - is it possible to 'score' qualitative data? *Health Promotion International*. 2020; daaa118. doi:10.1093/heapro/daaa118



Evaluation of the Global Matrix 3.0 Process



Contents lists available at [ScienceDirect](#)

Journal of Exercise Science & Fitness

journal homepage: www.elsevier.com/locate/jesf



Evaluation of the process and outcomes of the Global Matrix 3.0 of physical activity grades for children and youth



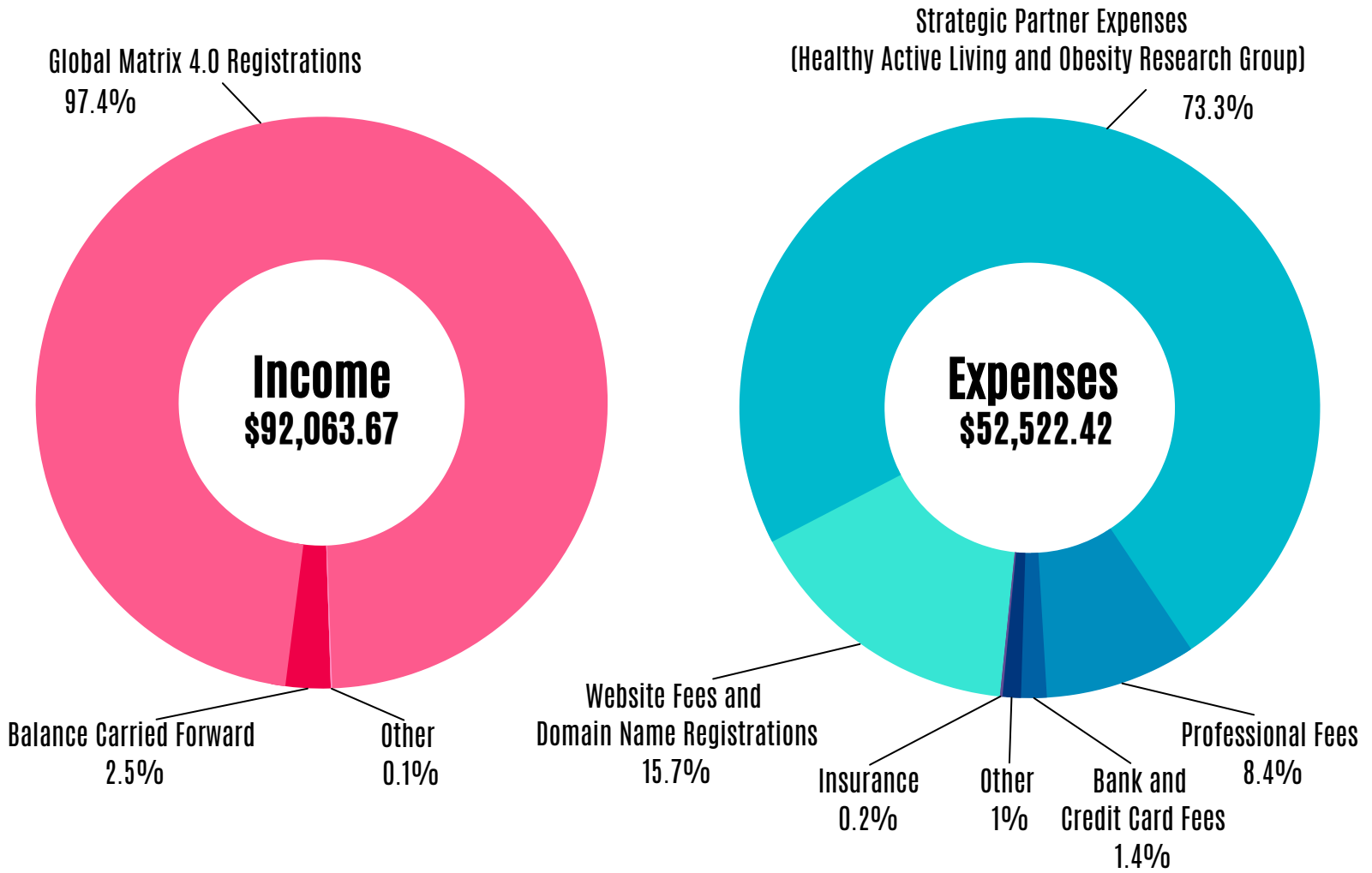
Salomé Aubert, Joel D. Barnes, Mark S. Tremblay*

Healthy Active Living and Obesity Research Group, CHEO Research Institute, 401 Smyth Rd, Ottawa, ON, K1H 5B2, Ottawa, ON, Canada

- 5 online surveys completed by 88%-100% of the targeted respondents.
- High satisfaction ratings observed for most of the Global Matrix 3.0 methods, key steps, concepts, and the resources (e-blasts and website) provided by the AHKGA.
- A total of 496 open-ended comments were provided in the five surveys, including 199 comments reporting issue(s), and 38 reporting both positive feedback and issue(s).
- The participating Report Card teams successfully assigned a grade to each physical activity indicator, produced a Report Card document, and wrote a short Report Card article.



Financial Review



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[Active Healthy Kids Global Alliance](https://www.linkedin.com/company/active-healthy-kids-global-alliance/)

