

Global Matrix 4.0

Instructions for Report Card Grades and Rationales Submission

Updates: January 2022

Overall Physical Activity Indicator: How to deal with the change of benchmark affecting temporal comparisons in your Report Card?

In early 2018, the benchmark for Overall Physical Activity was modified in accordance with the new Canadian 24-Hour Movement Guidelines for Children and Youth, where “*at least 60 minutes of MVPA per day*” was changed to “*at least 60 minutes of MVPA per day on average*”. To propose an alternative solution when an average could not be estimated, the AHKGA Board of Directors proposed to use the following: “*% of children and youth meeting the guidelines on at least 4 days a week*”.

With the new WHO Guidelines on Physical Activity and Sedentary Behaviour (2020) also proposing the “average” recommendations, Report Card teams expressed concerns about the continuity of their physical activity grade over time. While the situation may not have improved in their country, this benchmark change will positively affect their new physical activity grade, potentially sending out the wrong message. Here are our recommendations on this specific issue.

For comparisons over time:

- You can perform re-analysis of the data informing your previous Report Card physical activity grades using the new benchmark to present temporal comparison in your 2022 Report Card document and/or manuscript
- You can perform re-analysis of the data informing your current Report Card physical activity grade using the previous benchmark to present temporal comparison in your 2022 Report Card document and/or manuscript

Make sure to be transparent and to clearly report the evolution of the benchmark in your Report Card document. Note that evolving benchmarks is a reality of health surveillance and research: benchmarks improve over time, informed by new scientific evidence, to provide a better reflection of the actual situation. If you have any questions or concerns, please contact us.

Updates: December 2021

Based on the recent auditing experience, we would like to add the following recommendations:

7. When using the Global Matrix 4.0 grading rubric, please consider rounding your average prevalence statistics to a whole number (e.g., rounding 59.6% to 60% will correspond to a grade “B-”). This will allow for consistency in grade attribution between indicators and between participants.

8. When submitting your file for audit, please describe the key points of your methodology. We have updated the grades and rationale submission [template](#) to add a column “**Methodology**”. This will facilitate the auditing process by making it clear to the auditors how you came to your overall % (and therefore grade) for each indicator (e.g., used weighted average, simple average) when there are multiple sources each with different prevalence (%) estimates.

Initial version: October 2021

To ensure that all country grades are consistent with the harmonized grading scheme and can be included in global comparisons, the AHKGA needs to audit all country Report Card grades for the 10 common indicators. A draft of each country Report Card grades along with their justification/rationale must be submitted to the AHKGA for audit (email to idemchenko@cheo.on.ca) **by February 28, 2022**.

To help make the auditing process as smooth and quick as possible, please consider the following when doing your grades assignment and preparing your summary file for submission to the AHKGA:

1. Assign grades in accordance with the “List of Indicators, Benchmarks and Grading Rubric for the Global Matrix 4.0” (activehealthykids.org/wp-content/uploads/2021/06/Global-Matrix-4.0-Indicators-Benchmarks-Grading-Rubric_final.pdf)
2. Do not forget to add a “*” to your grade if it is based on mixed data: device-measured and self-reported (e.g., C* for Sedentary Behaviour Indicator); and add “**” to your grade if it is based on device-measured data exclusively (e.g., B+** for Overall Physical Activity).
3. Use the template ([activehealthykids.org/wp-content/uploads/2021/10/TEMPLATE-Grades-and-Rationales-updated-Oct-2021.xlsx](https://www.activehealthykids.org/wp-content/uploads/2021/10/TEMPLATE-Grades-and-Rationales-updated-Oct-2021.xlsx), updated October 2021 <https://www.activehealthykids.org/wp-content/uploads/2021/12/TEMPLATE-Grades-and-Rationales-updated-Dec-2021.xlsx>, updated December 2021) for your grades and rationales submission. Make sure that the justification/rationale includes the prevalence/statistics/relevant numbers and policies that were considered in the grading process for each indicator.
4. If needed, refer to the example (activehealthykids.org/wp-content/uploads/2021/09/EXAMPLE-Grades-and-Rationales-Canada-Global-Matrix-3.0.xlsx) to see how countries submitted their grades and rationales in the Global Matrix 3.0, available on the AHKGA website (“Global Matrix 4.0 Downloads”). **Please note that in the Global Matrix 4.0, we ask countries to also include the main characteristics (e.g., size, location, data collection year) of the sample for all data/studies informing the grade and their references (where possible).**
5. Some grading, especially from first-time Global Matrix participants, may require more than one round of audit. So, we encourage new participants not to wait until the deadline

and submit their grades a bit earlier (e.g., January) to have more time for addressing auditors' feedback.

6. Please allow up to 2 weeks for the audit (one round) to be completed and be aware that the audit process may lead to some changes (usually minor) of the draft grades or rationales.

The AHKGA plans to have all the **final grades** (i.e., approved for inclusion in the Global Matrix 4.0) by the **end of March 2022**.

Thank you in advance for your collaboration and for meeting all the deadlines!