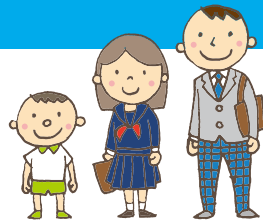


Physical Activity for Children and Youth



The purpose of this report card is to show the current state and determinants of physical activity and health in Japanese children and adolescents aged from 6 to 17 years old. Nationally representative Japanese data were used: this is a national report card. Grades were determined using the international method as follows:

The card grades are determined by the percentage of Japanese children and adolescents meeting the benchmark for each indicator.

- A** **A+ 94-100%** **A 87-93%** **A- 80-86%**
We are succeeding with a large majority of children and youth
- B** **B+ 74-79%** **B 67-73%** **B- 60-66%**
We are succeeding with well over half of children and youth
- C** **C+ 54-59%** **C 47-53%** **C- 40-46%**
We are succeeding with about half of children and youth
- D** **D+ 34-39%** **D 27-33%** **D- 20-26%**
We are succeeding with less than half but some children and youth
- F** **F 0-20%**
We are succeeding with very few children and youth
- INC** **Incomplete—insufficient or inadequate information to assign a grade**

Table 1. Grades According to Physical Activity Indicator in the 2022 Japan Report Card on Physical Activity for Children and Youth

Indicator	Grades
1. Overall Physical Activity	B-
2. Organized Sport and Physical Activity	B-
3. Active Play	INC
4. Active Transportation	A-
5. Sedentary Behaviors	C-
6. Physical Fitness	B
7. Weight Status	A
8. Sleep	D-
9. Family and Peers	C-
10. School	B+
11. Community and the Built Environment	B
12. Government	B

The grades illustrate the state of physical activity in Japanese children and adolescents. The report card can be utilized as information to support policy development in physical activity for children and adolescents, families, schools, local communities and the country as a whole.

Methodology and Detailed Findings

The detailed methodology and detailed findings of this report card (data and references etc.) are available on our website (www.activekids.jp). An academic publication based on the 2022 Japan Report Card on Physical Activity for Children and Youth is published in the Journal of Exercise Science & Fitness.



Next Steps

This is the third version of the Japan Report Card on Physical Activity for Children and Youth. We are planning to publish it subsequently to monitor changes to each grade, in 2025. To do so, we need further funding and are seeking partnerships with individuals or organizations who might consider providing financial or other support. Please contact the Active Healthy Kids Japan Group (active.healthy.kids.japan@gmail.com) for further information.

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Physical Activity for Children and Youth



Physical Activity, Health Behaviours and Outcomes



1 Overall Physical Activity



Sixty three % of 12- to 15-year-olds accumulated at least 60 minutes of moderate- to vigorous-intensity physical activity per day on at least 4 days a week according to the WHO Health Behaviour in School-aged Children (HBSC) Japanese version (HBSC-J) (Tanaka et al. 2017). The HBSC-J was part of the 2019 SSF (Sasakawa Sports Foundation) National Sports-Life Survey.

B⁻
60-66%

2 Organized Sport and Physical Activity



Participation in organized sport was reported for 63 % of 6- to 17-year-olds by the Report of Survey on Physical Strength and Athletic Performance of Japan Sports Agency (2019).

B⁻
60-66%

3 Active Play



There are no representative Japanese data for active and outdoor play. There are no Japanese government recommendations for active and outdoor play.

INC



4 Active Transportation



The National Survey on Physical Fitness, Athletic Performance and Exercise Habits of the Japan Sports Agency (2018) reported that 89 % of 10- to 11-year-olds and 82 % of 13- to 14-year-olds regularly commuted actively (walking or cycling) to school.

A⁻
80-86%

5 Sedentary Behaviours



The National Survey on Physical Fitness, Athletic Performance and Exercise Habits of the Japan Sports Agency (2018) reported that 49 % of 10- to 11-year-olds and 38 % of 13- to 14-year-olds spent less than 2 hours per day watching TV and/or DVDs, using portable electronic devices having game functions,

smartphones, PCs etc. after school on weekdays and on weekends.

6 Physical Fitness



We evaluated average percentiles for aged 9-17 years achieved on some physical fitness indicators based on the normative values published by Tomkinson et al. (2018). The average number of laps in the 20-m shuttle run ranged from the 80th to 91st centiles; the average distance in the standing broad jump ranged from 70th to 83rd centiles; the average grip strength ranged from 32nd to 48th centiles; the average number of sit-ups ranged from 63rd to 85th centiles from the Report of the Survey on Physical Strength and Athletic Performance of the Japan Sports Agency (2020).

C⁻
40-46%



B
67-73%

7 Weight Status



The School Health Survey data (2020) by the Ministry of Education, Culture, Sports, Science and Technology (MEXT) reported that 8.68 % of 6-17 year old Japanese boys and girls were obese. Overall, however, the levels are high compared to the 1980s. On the other hand, the percentage of underweight children was 2.33 %.

A
87-93%

8 Sleep



The National Survey on Physical Fitness, Athletic Performance and Exercise Habits of the Japan Sports Agency (2019) reported that 24 % of 13- to 14-year-olds met the National Sleep Foundation's sleep time duration recommendations (Hirshkowitz et al. 2015) recommended that teenagers spend 8 to 10 hours asleep per day).

D⁻
60-66%

Settings and Influences on Physical Activity and Health

9 Family and Peers



In 10-11 year old students, the reported percentage of participation in sport or exercise with a guardian once or more per week was 31% (2016). Fifty seven % of 10- to 11-year-olds and 48

% of 13- to 14-year-olds reported that their guardians encourage them often or sometimes to exercise or do sports (2019). The National Health and Nutrition Survey (2020) reported that daily step counts were 7,226 in adults aged 20 to 64 years old. The prevalence of healthy weight in Japanese adults was 64.5 %. Participation in sport twice or more a week, 30 minutes or more per time over 1 year was reported by 20 % of Japanese adults.

C⁻
40-46%

10 School



The Japanese government sets primary school, junior high school, and high school curricula including the content of physical education (PE) classes and the number of PE classes provided. All schools have recess time in primary school, junior high school, and high school. However, PE in primary schools isn't taught by specialized course teachers who have studied PE (only 5 % in primary schools). The MEXT produces guidelines for school infrastructure and equipment for PE or active play in primary schools, junior high schools, and high schools, such as the area of the school playground and the existence of a gymnasium and relevant equipment according to education guidelines (eg, sports mat, horizontal bars, hurdles, etc). Although health education classes past the 3rd grade use text books, there are no specialized physical education text books for practical exercise and sports in Japanese primary schools.

B⁺
74-79%

11 Community and the Built Environment



Health Japan 21 (second term) by the Ministry of Health, Labour and Welfare reported that the number of local governments which addressed the need to improve the physical environment where residents can easily exercise and be physically active stood at 72 % of prefectures (34/47 prefectures).

B
67-73%

12 Government



There are many relevant laws and ordinances such as The Basic Act on Sport, the Health Promotion Law, the Basic Act on Food Education, and so on. There are also strategies and policies in place like the Sport Basic Plan and Health Japan 21 (second term). Physical activity guidelines exist for preschool children, adults, and the elderly. However, national physical activity guidelines for children and adolescents (6-17 years) have not been established.

B
67-73%

