

## Global Matrix 4.0 Report Card Country Leader Survey: Mid-Development Summary of Comments

### 1. Data availability

Several countries reported an absence of appropriate data collection and surveillance systems for physical activity in their region:

#### 1.1 Frequency of surveillance collection (3 comments)

Concerns:

- National surveys such as ENSIN (conducted every 5 years) and HBSC (collected every four years) make it difficult to provide updated grades for report cards on a two-year cycle
- Systematic surveillance target different age groups each year

#### 1.2 Sample size and demographics (4 comments)

Concerns:

- GSHS data are only available for 13 to 18 years old
- HBSC provides data for adolescent ages only
- Data collection for older children and on parents is often via self-report and not collected systematically

#### 1.3 Alignment of data with AHKGA GM benchmarks (5 comments)

Concerns:

- WHO and GSHS data do not capture PA indicators needed for Report Card grades
- PA data assessed via survey does not differentiate between intensity and volume/frequency
- Measures often don't correspond to AHKGA benchmarks for screen time and MVPA
- HBSC questions regarding overall PA do not align with Global Matrix 4.0 benchmark

### 2. COVID-19 disruptions

#### 2.1 Difficulties obtaining primary data (6 comments)

Concerns:

- Lockdowns and school closures restricted access to kids for data collection
- Most in-person surveys were replaced by e-surveys with smaller sample sizes
- Some national surveys stopped collecting data altogether during the COVID period
- Countries were forced to use out-of-date pre-COVID data for many indicators

#### 2.2 Team member absenteeism (4 comments)

Concerns:

- Members in Public Health roles were re-assigned to COVID duties and unable to commit the expected amount of time to the Report Card team
- Team members suffered disruption due to changing work circumstances (e.g., homeschooling/childcare while working from home, creating new online teaching material)
- Staff sickness and researchers with infected family members

#### 2.3 Delays due to public organizations and governmental departments (4 comments)

Concerns:

- Public organizations had to prioritize other activities ahead of Report Card tasks
- Ministries of health and education were delayed in providing information with respect to policies addressing PA in children and youth
- Difficulties contacting experts during COVID-19

### **3. Suitability of benchmarks**

Several countries reported difficulties with using the recommended benchmarks for the following indicators:

#### **3.1. Physical Fitness (3 comments)**

Concerns:

- difficult to interpret the benchmark
- benchmark did not align with any available published data in the country

#### **3.2. Active Play (2 comments)**

Concerns:

- difficult to interpret the benchmark
- in some local contexts, 2 hours a day is too high, given the cultural peculiarities of going outdoors

Suggestions:

- consider adjusting the benchmark, e.g., “going outdoors every day” (i.e., not specifically 2 hours/day)

#### **3.3. Sedentary Behaviour (2 comments)**

Concerns:

- difficult to define screen time, so had to use the total amount of sedentary time

Suggestions:

- the benchmark should include non-screen-based pursuits

#### **3.4. Organized Sport (2 comments)**

Concerns:

- current definition is not informative enough, it does not set a frequency of participation

Suggestions:

- consider amending the definition with a frequency of participation, e.g. % of children and youth who participated in organized sport and /or physical activity programs *at least 3 times a week*.

#### **3.5. Overall Physical Activity (1 comment)**

Concerns:

- having only two benchmarks (new PA recommendations and 4+ days of 60 minutes MVPA) provides limited opportunities to grade this indicator for countries that base their assessment on HBSC or COSI data (e.g., HBSC will not update their questions rapidly)
- the second benchmark is “weak”, which led to a much better grade than in the Global Matrix 4.0 even though the % of adolescents who meet the former recommendations is decreasing

#### **3.6. School (1 comment)**

Concerns:

- challenging to grade this indicator since the benchmark refers to % of schools rather than % of children like the other indicators

#### **3.7. Family and Peers (1 comment)**

Concerns:

- too many benchmarks - it is difficult to give a single grade to this indicator because the grades based on the different benchmarks vary

#### **4. Scheduling**

##### **4.1 Seasonal Differences (1 comment)**

Concerns:

- Schedule was designed for the northern hemisphere and does not account for southern hemisphere countries vacation (between December and February)

#### **5. Report Card development teams**

Some countries reported issues regarding their Report Card team's size and composition:

##### **5.1 Missing representation (4 comments)**

Concerns:

- General lack of research expertise in sport and health science
- Absence of government officials and representatives from community environment sectors
- Some indicators are graded solely by professionals as opposed to researchers

##### **5.2 Lack of commitment and time (3 comments)**

Concerns:

- Difficulty obtaining full capacity from all departments
- Limited funding available for work (staff not costed)
- Lack of enthusiasm compared to past GM projects

#### **6. Additional Indicators**

Several countries included or recommended the inclusion of additional indicators as well as subgrades for the 10 main indicators:

##### **6.1 Additional indicators (3 comments)**

Suggestions:

- Weight status/obesity
- 24-hour movement behaviours
- Mental health
- Sleep

##### **6.2 Grades for specific groups (5 comments)**

Suggestions:

- Grades for different age categories
- Indigenous populations
- Include ethnicity and immigration status
- Gender
- SES

#### **7. Communication**

Several teams expressed satisfaction with communications from AHKGA but also indicated a desire for more internal collaboration between countries:

##### **7.1 Additional support (3 comments)**

Concerns:

- Countries completing their first RC had some difficulties with certain tasks

Suggestions:

- Regular mentorship for low-income countries

#### 7.2 Interactions between countries (3 comments)

Concerns:

- Lack of contact between countries in the same region

Suggestions:

- Encouraging increased communication between alliance teams through the regional representative
- Development of additional joint international working groups (e.g., to develop joint messages for the media)

### **8. Lack of funding**

Several countries reported difficulties with attaining financial support:

#### 8.1 Government Involvement (3 comments)

Concerns:

- Lack of resources to support Report Card production from federal governments
- Limited funding for dissemination and promotion
- Low interest from politicians in the issue of PA and the threats of sedentary lives among children

Suggestions:

- Send publications to government sectors to create greater connection

#### 8.2 Funding for RC staff (4 comments)

Concerns:

- Lack of funds available to hire a dedicated post-doc
- RC leaders unable to attain funds to attend GM release
- Funding is not specific to RC but more broadly dedicated to children's wellbeing