

2021

ANNUAL REPORT



Message From the President



MARK TREMBLAY

While 2021 seemed like a repeat of 2020 in many respects (Google “Groundhog Day” – resemble your life over the past two years 😊) the AHKGA “got active” despite the ongoing COVID-19 pandemic. The Global Matrix 4.0 initiative got into full swing with 60 countries/regions registering – our biggest effort to date. We agreed to partner with the International Society for Physical Activity and Health (ISPAH) for the release of the Global Matrix 4.0 release in conjunction with the ISPAH Congress 2022 in Abu Dhabi, UAE on October 24, 2022. We were active in presenting (virtually) at conferences around the world, we continued to publish manuscripts from earlier Global Matrix and Report Card initiatives, our Partnership Committee made significant advancements in creating synergistic partnerships, and the Communications Committee, AHKGA staff and Board were active in promoting our efforts and those of participating countries on our website, through social media, and through regular communications. Please review our 2021 Annual Report for more details on our activities and achievements, and visit our website for details and to see the inspiring initiatives going on all over the world. Please join us in our quest to preserve and promote the health and wellbeing of children, adolescents, families and communities worldwide, especially as we try and escape the grips of the COVID-19 pandemic. Enjoy and share our 2021 Annual Report, and always feel free to reach out to us with your ideas and actions to “power the global movement to get kids moving”.

Best wishes for a happy, healthy, active and pandemic-free 2022!

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

AHKGA Board and Committees



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- Tuija Tammelin, PhD (Finland)

Support

- Iryna Demchenko, MD, MSc, Project Coordinator (Canada)
- Myranda Hawthorne, MSc student (Canada)

Global Matrix 4.0

Global Matrix initiative:

- **main AHKGA activity in 2021**
- **involves the production and subsequent comparison of country-specific Physical Activity Report Cards for Children and Adolescents, using a harmonized process to assess and assign letter grades to a number of common physical activity indicators**
- **to date, there have been three iterations of the Global Matrix initiative**
- **the fourth iteration, the Global Matrix 4.0, is currently in development (www.activehealthykids.org/4-0)**

57 countries/regions participating in the Global Matrix 4.0



Americas (8): Argentina, Brazil, Canada, Chile, Colombia, Mexico, United States, Uruguay

Africa (4): Botswana, Ethiopia, South Africa, Zimbabwe

Asia (16): China, Hong Kong, India, Indonesia, Israel, Japan, Lebanon, Malaysia, Nepal, Philippines, South Korea, Singapore, Taiwan, Thailand, UAE, Vietnam

Europe (27): Croatia, Czech Republic, Denmark, England, Estonia, Finland, France, Germany, Greenland, Guernsey, Hungary, Ireland, Jersey, Lithuania, Montenegro, Poland, Portugal, Scotland, Serbia, Slovakia, Slovenia, Spain, Basque Country (Spain), Extremadura (Spain), Region of Murcia (Spain), Sweden, Wales

Oceania (2): Australia, New Zealand

Publications

www.activehealthykids.org/report-card-related-publications

Aubert S, Brazo-Sayavera J, González SA, et al. Global prevalence of physical activity for children and adolescents; inconsistencies, research gaps, and recommendations: a narrative review. *Int J Behav Nutr Phys Act.* 2021;18(1):81. [doi:10.1186/s12966-021-01155-2](https://doi.org/10.1186/s12966-021-01155-2)

Barbosa Filho VC, Costa RM da, Oliveira BN de, Castro VHS de, Silva KS. Prevalence of global physical activity among young people: an updated systematic review for the Brazil's Report Card. *Rev Bras Cineantropometria Desempenho Hum.* 2021;23. [doi:10.1590/1980-0037.2021v23e82643](https://doi.org/10.1590/1980-0037.2021v23e82643)

Fillon A, Genin P, Larras B, et al. France's 2020 Report Card on Physical Activity and Sedentary Behaviors in Children and Youth: Results and Progression. *J Phys Act Health.* 2021;18(7):811-817. [doi:10.1123/jpah.2021-0025](https://doi.org/10.1123/jpah.2021-0025)

Martins PC, Alves Junior CA, Lima TR, et al. Prevalence of Brazilian children and adolescents who met health criteria for aerobic fitness: systematic review update for Report Card Brazil project. *Rev Bras Cineantropometria Desempenho Hum.* 2021;23. [doi:10.1590/1980-0037.2021v23e78858](https://doi.org/10.1590/1980-0037.2021v23e78858)

Silva KS, Minatto G, Bandeira Ada, Santos PC, Sousa AC, Barbosa Filho VC. Sedentary behavior in children and adolescents: an update of the systematic review of the Brazil's Report Card. *Rev Bras Cineantropometria Desempenho Hum.* 2021;23. [doi:10.1590/1980-0037.2021v23e82645](https://doi.org/10.1590/1980-0037.2021v23e82645)

Song Y, Lee E-Y, Jeon JY. The current physical activity status of Korean children and adolescents. *Journal of Sport and Leisure Studies.* 2021; 86: 357-366. [doi:10.51979/KSSLs.2021.10.86.357](https://doi.org/10.51979/KSSLs.2021.10.86.357)

Victo ER, Figueiredo TK, Solé D, Werneck AO, Silva DR, Ferrari G. Systematic review of active transportation to school in youth – an update from Brazil's report card. *Rev Bras Cineantropometria Desempenho Hum.* 2021;23. [doi:10.1590/1980-0037.2021v23e81169](https://doi.org/10.1590/1980-0037.2021v23e81169)

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 Promot Int.* 2021;36(4):1151-1159. [doi:10.1093/heapro/daaa118](https://doi.org/10.1093/heapro/daaa118)

Citation Count



AHKGGA Report Card related peer-reviewed publications:

171 articles (since 2011), cited 4649 times

Aguilar-Farias N. From data to practice: experiences with Chile's Report Card on Physical Activity. International Seminar organized by the Municipality of Almada, Metropolitan Area of Lisbon (virtual). Lisbon, Portugal, May 28, 2021.

Aubert S. AHKGA Report Cards: potential for scientific expansion, collaboration, and dissemination. SIMPOSIO Retos y desafíos en la promoción de una vida activa en la infancia y adolescenci. Sevilla, Spain, October 28, 2021.

Aubert S, Brazo-Sayavera J, González SA, Janssen I, Manyanga T, Adewale LO, Pickard P, Sherar LB, Turner E, Tremblay MS. Global prevalence of physical activity for children and adolescents; inconsistencies, research gaps, and recommendations. Red Española por una Infancia Activa y Saludable - Seminarios 3. 2021. Sevilla, Spain, July 27, 2021.

Aubert S. Global Matrix 4.0 Physical Fitness Indicator: Rationale and justification for benchmarks, key points on the assessment. AHKGA International Webinar-2. Ottawa, Canada, April 14, 2021.

Aubert S. Global prevalence of physical activity for children and adolescents; inconsistencies, research gaps, and recommendations. Paediatric Work Physiology 2021 Symposium (virtual). Swansea, Wales, September 14, 2021.

Aznar S. How to create a Global Matrix Report Card? Basque Country Ministry Conference (virtual). Basque Country, Spain, May 24, 2021.

Brazo-Sayavera J. Global Matrix: School environment as a source of influence of physical activity in children and adolescents. III International Congress on Physical Activity, Education and Public Health, organized by the Autonomous University of Chile (virtual). Temuco, Chile, December 9, 2021.

Chang CK, Wu CL. Taiwan Report Card on Physical Activity for Children and Youth Results of 2018 and Plan for 2022. 2021 Taiwan International Conference on Physical Activity and Exercise Science, Asian Kids and Youth Physical Activity Special Forum (virtual). Taiwan, April 27, 2021.

Coca A. Active Healthy Kids Basque Country Report Card. Basque Country Ministry Conference (virtual). Basque Country, Spain, May 24, 2021.

González SA. Involvement of Latin American countries in the Global Matrix on Physical Activity of Children and Youth initiative. First Latin American Congress of Physical Activity and Health Research (virtual). Mexico, June 23, 2021.

González SA. Profiles of active transportation to school in the Global Matrix 3.0: sharing lessons from low, middle and high-income countries. International Active Transportation Workshop organized by the MRC Epidemiology Unit of the University of Cambridge (virtual). Cambridge, UK, June 22, 2021.



Presentations(cont'd)

www.activehealthykids.org/report-card-related-presentations

Huang W. Active Healthy Kids Hong Kong Report Card on Physical Activity for Children and Youth. 2021 Taiwan International Conference on Physical Activity and Exercise Science, Asian Kids and Youth Physical Activity Special Forum (virtual). Taiwan, April 27, 2021.

Khan A. Physical Activity Report Card in Bangladesh: Updates and Challenges. 2021 Taiwan International Conference on Physical Activity and Exercise Science, Asian Kids and Youth Physical Activity Special Forum (virtual). Taiwan, April 27, 2021.

Leon J, Lee EY. 2022 South Korea's Report Card: Goals and Timelines. 2021 Taiwan International Conference on Physical Activity and Exercise Science, Asian Kids and Youth Physical Activity Special Forum (virtual). Taiwan, April 27, 2021.

Mueller-Riemenschneider F. Active Healthy Kids Singapore Report Card. 2021 Taiwan International Conference on Physical Activity and Exercise Science, Asian Kids and Youth Physical Activity Special Forum (virtual). Taiwan, April 27, 2021.

Reilly JJ. Global Matrix: The most comprehensive assessment of child and youth physical activity. Basque Country Ministry Conference (virtual). Basque Country, Spain. May 24, 2021.

Starc G. Surveilling Children's Physical Fitness for healthy development: more than 30 years of experience in Slovenia. Basque Country Ministry Conference (virtual). Basque Country, Spain, May 24, 2021.

Tanaka C. Results from the Japan 2018 report Card and plan for 2022 Japan Report Card. 2021 Taiwan International Conference on Physical Activity and Exercise Science, Asian Kids and Youth Physical Activity Special Forum (virtual). Taiwan, April 27, 2021.

Tremblay MS. Active Healthy Kids Global Alliance: Using Global Matrix initiative framework to guide COVID-19 recovery. The Poland Conference Healthy, Active Communities – what does it have to do with resilience? (virtual). Warsaw, Poland, June 8, 2021.

Tremblay MS. Global Matrix 4.0 Physical Fitness Indicator: Rationale and justification for benchmarks, key points on the assessment. AHKGA International Webinar-1. Ottawa, Canada, April 13, 2021.

Widyastari DA. Thailand's Report Card on Physical Activity for Children and Youth. 2021 Taiwan International Conference on Physical Activity and Exercise Science, Asian Kids and Youth Physical Activity Special Forum (virtual). Taiwan, April 27, 2021.

Wong S. AHKGA Global Matrix for Children and Youth – the Asian perspective. 2021 Taiwan International Conference on Physical Activity and Exercise Science, Asian Kids and Youth Physical Activity Special Forum (virtual). Taiwan, April 27, 2021.

Wong S. Global Matrix 4.0 Active Play Indicator: Rationale and justification for benchmarks, key points on the assessment. AHKGA International Webinar-3. Ottawa, Canada. April 28, 2021.



AHKGA Online



www.activehealthykids.org

2021 vs 2020

- 3.3% increase in users: **18,841** vs 18,236
- 5.1% increase in the number of page views (i.e. total number of pages viewed) **55,896** vs 53,182
- 5.4% increase in the number of sessions (a session is a period of time a user is engaged with the website): **26,470** vs 25,108



AHKGA e-Newsletter

- 202 subscribers
- 4 issues in 2021 (#8-11)

THE CONVERSATION

- [Rewild your kids: why playing outside should be a post-pandemic priority](#)
- [The pandemic has increased physical inactivity in young people: this global network wants to solve it](#) (in Spanish)



AHKGA webinars

- [Global Matrix 4.0 Physical Fitness Indicator: Rationale and justification for benchmarks, key points on the assessment](#)
- [How to Integrate Equity into Grades](#)
- [Active Play Indicator: Rationale and Justification for Benchmarks, Key Points and Assessment](#)



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[Active Healthy Kids
Global Alliance](https://www.linkedin.com/company/Active-Healthy-Kids-Global-Alliance)

[Research Gate
Global Matrix 4.0](https://www.researchgate.net/publication/330111111)

on Social Media



1062 followers
82 tweets
2141 likes
247.2k impressions

96 followers

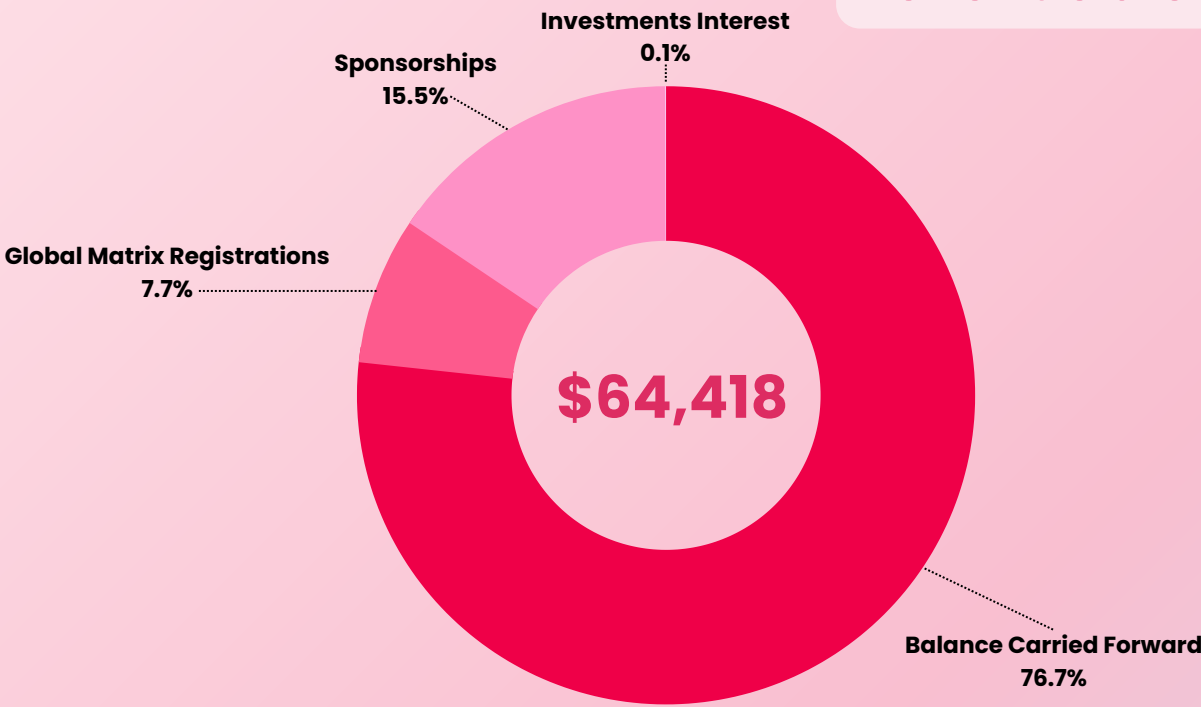
232 followers

101 Collaborators
40 Followers

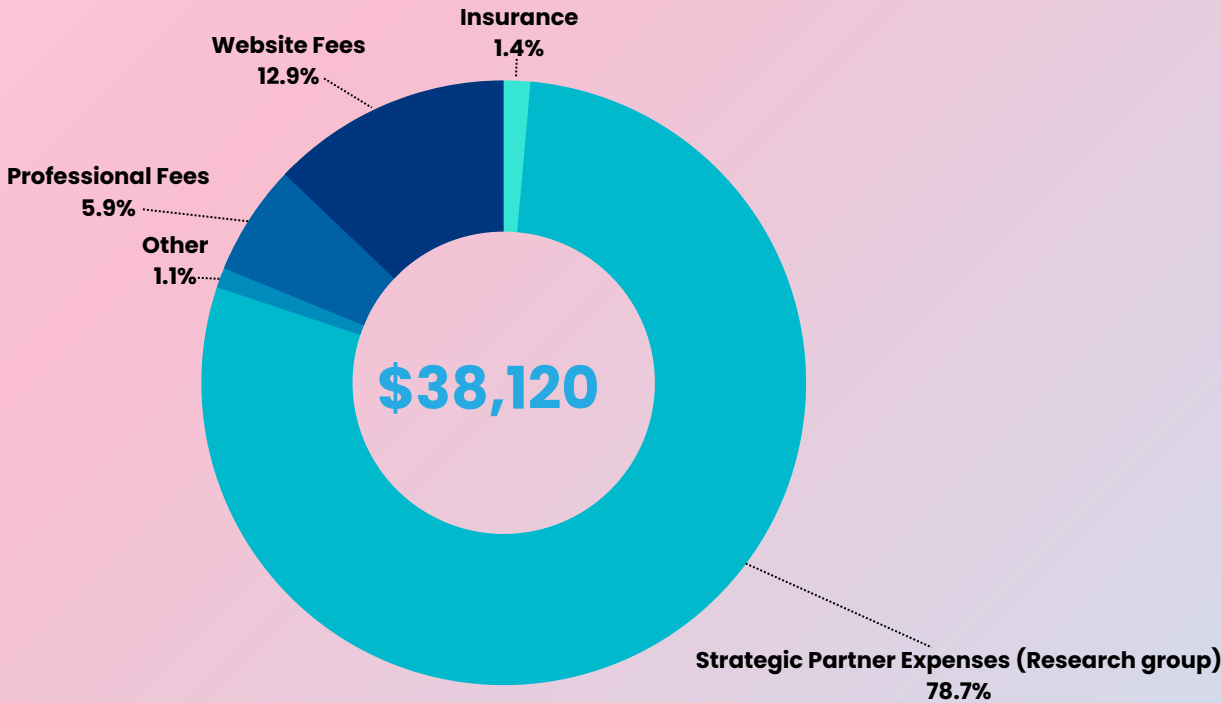


Financial Review

Revenue distribution



Expenditure distribution





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