Colombian children and adolescents have a low prevalence of active behaviors with a high prevalence of sedentary behaviours. However, high involvement in active transportation and good opportunities for physical activity in the community and environmental setting are promising.



## Results from Colombia's 2022 Report Card on Physical Activity for Children and Adolescents

## **PURPOSE**

to summarize the methodology and results of the fourth Colombian Report Card on Physical Activity for Children and Adolescents. .

### **METHODS**

- 1. Twelve indicators of physical activity and health were informed with the best and most recent evidence available with national representativeness.
- 2. A group of experts and relevant stakeholders graded each indicator following a harmonized global process established by the Active Healthy Kids Global Alliance. Only the 10 indicators common to the Global Matrix 4.0 are described here.

## **CONCLUSIONS:**

 Urgent actions are required to improve the current situation of physical activity in Colombia, and these should have differential approaches that allow targeting the most vulnerable populations like females and children in the lowest socioeconomic level.

## **Active Transportation**

72% of Colombian children and adolescents engaged in active transportation to and/or from school. There were no differences by sex among school-aged children, but differences were evident among adolescents. <sup>2,3</sup>

## **Sedentary behaviors**

37% of Colombian children and adolescents met the Canadian Sedentary Behaviour Guidelines of no more than 2 hours of recreational screen time per day. <sup>2,4</sup>

## **Active Play**

No national data available for the global matrix age range.

## Organized Sport and Physical Activity

36% of Colombian children and adolescents participated in sports clubs and 13% participated in organized groups. <sup>2</sup>

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## **Physical Fitness**

Data were insufficient to grade this indicator

## Family and Peers

Data were insufficient to grade this indicator

## School

37% of adolescents reported having Physical Education classes 3 days or more. <sup>5</sup>

## **Overall Physical Activity**

37% of Colombian children and adolescents are physically active at least 4 days per week. Girls had lower prevalences than boys across age groups. 1,2

Government

8 relevant and current policies that promote physical activity among children and youth were identified, involving multiple sectors: Sports, Health, Education, Environment, Tourism, Transport, Family Welfare, Science and Technology, Housing, Treasury, Planning, as well as the private sector.<sup>6-13</sup> 7 out of the 8 policies had specific and identifiable actions to promote physical activity. All the policies identified accountable organizations to take responsibility for the promotion of physical activity. Only 2 policies had a specific reporting system, 4 policies specified how to fund the actions proposed and 2 policies had monitoring mechanisms to follow-up their implementation.

## **Community and Environment**

64% of children and youth in Colombia live in a neighborhood with a park, green spaces, recreational centers or sport facilities where they can play. Among these, 74% perceive that these environments are safe. Additionally, 57% of adolescents reported the availability of physical activity community-programs in their neighborhood or municipality. <sup>1,2</sup>

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