

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

- Twelve indicators of physical activity and health were informed with the best and most recent evidence available with national representativeness.
- 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.

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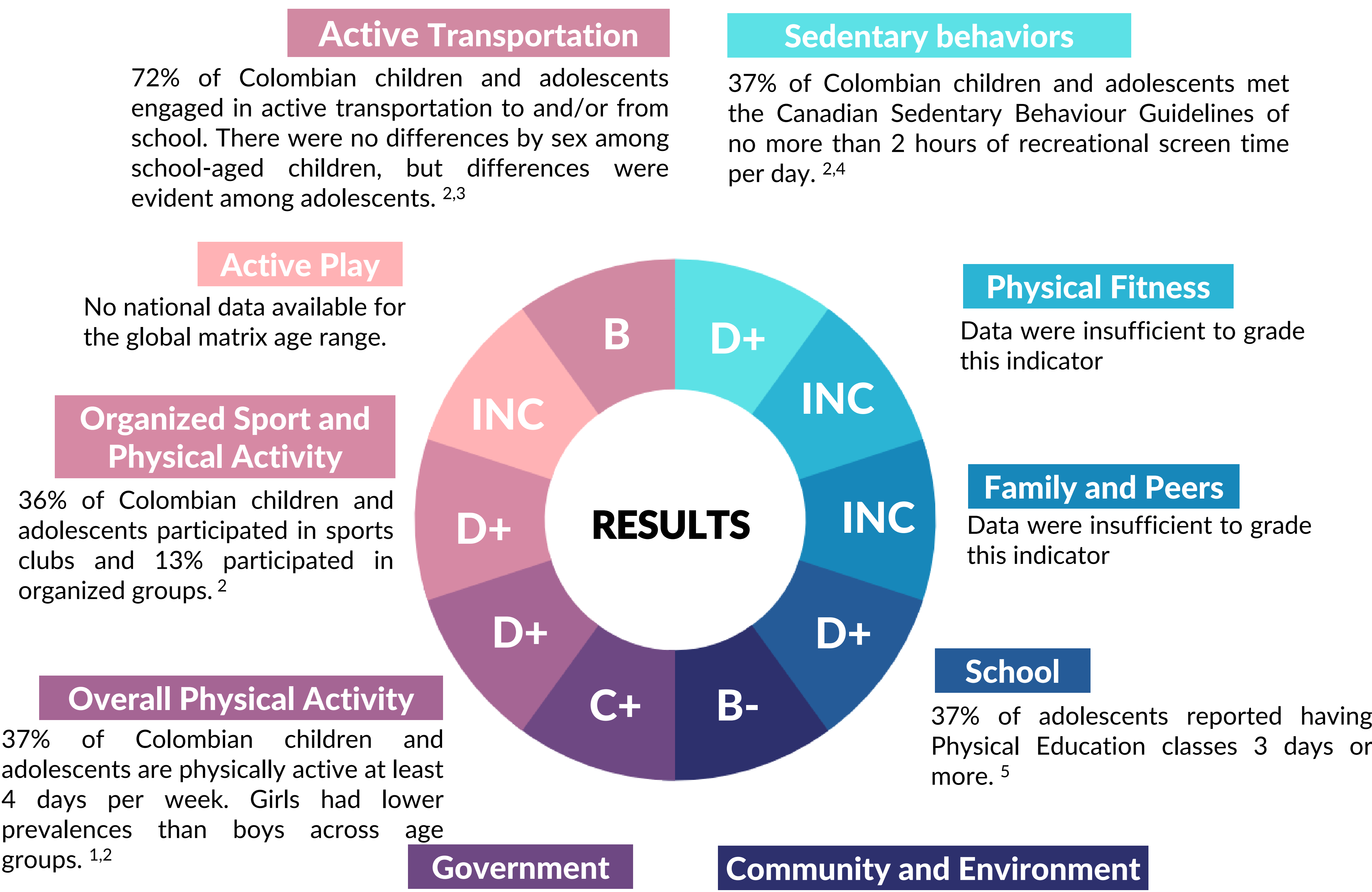
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