

GLOBAL MATRIX 4.0



SERBIA'S REPORT CARD

2022



**Physical activity for
children and adolescents**

Serbia joined the Active Healthy Kids Global Alliance for the first time in 2021 in order to:



ACTIVE HEALTHY KIDS
GLOBAL ALLIANCE

- increase awareness of the current state of children and adolescents' PA in Serbia,
- identify research gaps, and
- compare globally.

The best available evidence was used to grade **10 core PA indicators** common to the Global Matrix 4.0:

<i>INDICATOR</i>	<i>GRADE</i>	How well we are doing
Overall Physical Activity	D⁺	34%–39%
Organized Sport Participation	C⁻	40%–46%
Active Play	B	67%–73%
Active Transportation	B	67%–73%
Sedentary Behaviors	C⁻	40%–46%
Physical Fitness	INC	Insufficient or inadequate data
Family and Peers	C⁻	40%–46%
School	B⁺	74%–79%
Community and Environment	C⁺	54%–59%
Government	D⁺	34%–39%

TAKEAWAY MESSAGES

Around **1/3** of children and adolescents meet previous AHKGA/ WHO physical activity benchmarks;

Gender differences are significant in all age groups, in favor of the boys;

Highest grades were assigned to Active Play (B), Active Transportation (B) and School (B+);

Lowest grades were assigned to Overall physical activity and Government (D+):

Roma children are strikingly underrepresented in organized sports;

There are **no officially adopted PA guidelines** for children and adolescents in Serbia;

No national surveillance system for children and adolescent physical activity;

Elite sport is higher on the policy agenda, then HEPA for all.

**WE NEED
MORE EVIDENCE TO DEVELOP
EFFECTIVE PA POLICIES**



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