

# 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
<b>Overall Physical Activity</b>	<b>D<sup>+</sup></b>	34%–39%
<b>Organized Sport Participation</b>	<b>C<sup>-</sup></b>	40%–46%
<b>Active Play</b>	<b>B</b>	67%–73%
<b>Active Transportation</b>	<b>B</b>	67%–73%
<b>Sedentary Behaviors</b>	<b>C<sup>-</sup></b>	40%–46%
<b>Physical Fitness</b>	<b>INC</b>	Insufficient or inadequate data
<b>Family and Peers</b>	<b>C<sup>-</sup></b>	40%–46%
<b>School</b>	<b>B<sup>+</sup></b>	74%–79%
<b>Community and Environment</b>	<b>C<sup>+</sup></b>	54%–59%
<b>Government</b>	<b>D<sup>+</sup></b>	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**



**Report Card leaders:**

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