



# THE 2022 INDONESIA'S REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND ADOLESCENTS

For  
**GLOBAL MATRIX 4.0**

AHKGA (ACTIVE HEALTHY KIDS GLOBAL ALLIANCE)



## Active Healthy Kids Indonesia

In Collaboration with AHKGA and Universitas Pendidikan Indonesia, supported by Sun Life Indonesia

**This report card was produced in partnership with the Active Healthy Kids Global Alliance and Universitas Pendidikan Indonesia with support from Sun Life Indonesia as part of its purpose of helping people live healthier lives.**

## Introduction

Following the global trend of declining physical activity among children and adolescents worldwide, WHO have recommended 60-min moderate-to-vigorous physical activity (MVPA) for most school-aged children and adolescents to prevent an enormous magnitude of physical inactivity.

Active Healthy Kids Indonesia (AHKI) initiated the 2022 Indonesian Report Card on Physical Activity for Children and Adolescents. This non-profit organization was founded to show concern over the increasingly rampant tendency of physically inactive children.

AHKI is affiliated with the International organization Active Healthy Kids Global Alliance (AHKGA). It was established as a network of scientific studies, health professionals, and stakeholders working together to advance physical activity in children and adolescents worldwide. AHKGA launched the Global Matrix, a standard set to measure the children's physical activity level by promoting each member country to make a Report Card on several aspects. These served as indicators, namely Overall Physical Activity, Organized Sport and Physical Activity, Active Play, Active Transportation, Sedentary Behavior, Family and Peers, Schools, Government, Community and Environment, and Physical Fitness.

This Report Card aims to persuade and convince all parties responsible for the Kids' Physical Activity to establish a pivotal priority to encourage Indonesian children and adolescents to participate in this exercise. Great expectations and specific recommendations undoubtedly improve the critical focus of the policy that regulates the promotion of physical activity and Sedentary Behavior among Indonesian Children and Adolescents.

## Method

The 2022 Indonesia Report Card is an official product of AHKI. AHKI involves 12 PETE Study Program lecturers who work with other academics from other universities. Therefore, the total number of research working groups formed by AHKI is 20. It is structured as one coordinator and one research analyst for each indicator. Each person is responsible for searching the required data, where this information must be nationally representative and issued by the ministry or equivalent national body.

The AHKI research group conducted data collection on related information in line with each indicator. Then, the research group analyzed the available data to determine the grades of hands after being matched with the AHKGA benchmarks during the report card member meetings. The final grades of all indicators were resolved by consensus and submitted to the AHKGA reviewer to elicit official approval. Finally, the group prepares report card booklets. Several times are revised and updated by all members. The overall grades of Indonesian Kids are the followings:

Indicator	Grades
Overall Physical Activity	F
Organized Sport and Physical Activity	F
Active Play	F
Active Transportation	D-
Sedentary Behaviors	B
Physical Fitness	F
Family and Peers	F
School	F
Community and Environment	D+
Government	B-

## Grades of Movement Behaviors

### 1. Overall Physical Activity: F

The expert group meeting agreed that Indonesian children and adolescents overall physical activity indicator is still low. Similarly, the recommended percentage of the country's total number of children and adolescents is still low. Therefore, the grade "F" was assigned, which is a poor value because the percentage is less than 20% of the total population of Indonesian children.

### 2. Organized Sport and PA: F

Expert group meeting agreed that an "F" was assigned to the organized sports and P.A. indicator. This is simply because the children and adolescents' involvement in formal sports clubs or scheduled physical activity are still low. It also depicts the percentage of active participants in the country. Grade F is poor because it refers to scores less than 20% of the total population of Indonesian children.

### 3. Active Play: F

The expert group meeting agreed that an "F" be assigned to the Active Play indicator because the children and adolescents' involvement in informal outdoor play or traditional games and sports is still low. It depicts the % of those who engaged in unstructured or unorganized active play at a certain intensity for more than two hours a day. However, this value is poor because it is less than 20% of the total population of Indonesian children. Alternatively, according to AHKGA rubrics, F means that "They are succeeding with very few children and youth (<20%)".

### 4. Active Transportation: D-

The expert group meeting agreed that a "D-" should be assigned to the Active Transportation indicator because Indonesian children and adolescents' physical activity level is still low. It depicts that the % of youths who use active transportation to other places such as schools, parks, malls, and friend's houses is still low. This category reflects that most of these children still use cars and motorbikes to schools and other places daily.

### 5. Sedentary Behavior: B

This is a good grade considering that other indicators are low. It depicts that more than 70% of the total population of Indonesian children exhibit Sedentary behavior. According to AHKGA rubrics, B means: "They have succeeded with well over half of the children and youths (67% to 73%)".

This high percentage was due to several factors. However, there were other possible reasons why this indicator was reasonably high. Part of it is possibly attributed to the fact that Indonesian children still reside in many unfavorable provinces. Several of them are from low-income families, and their parents cannot afford a TV set or other gadgets.

Therefore, the screen time of the children is consistently low.

### 6. Physical Fitness: F

Research team agreed to assign this indicator grade F, which is extremely low. The reason is among 10 to 19 years old Indonesian children and adolescents, the average VO2max for boys and girls was 30.33 mL/kg/min and 25.56 mL/kg/min, respectively. These only correspond to a performance less than the 5th percentile in Tomkinson's normative values. In respect to all age categories, the participants from outside Java had a higher vo2\_max than those from the provinces outside java island. This is because the areas outside Java had adequate open spaces for sports, thereby providing flexibility in carrying out physical activities.

## Grades of Source of Influences

### 7. Family and Peers: F

Family and peers play an important role in the children's lives by motivating them to be physically active. Few parents met the criteria for sufficient physical activity and spend quality time with their children during sports activities. When measuring parental involvement in their children's P.A. levels, data were based on those whose kids were below 17 years of age.

### 8. Community & Environment: D+

Research team graded this indicator D+ due to the increased number of conducive facilities for children and community members to spend their leisure time, specifically on weekends. But this facilities were not built for the purpose of accommodating the people's needs to actively engage in physical activity. In a bigger city, except in the capital, the tendency that these parks are not supported by a better traffic system is obvious.

### 9. School: F

For this indicator, no data was available across the aforementioned benchmarks. In addition, there were no sufficient data sources used to grade this indicator, with all using self-reported measures completed by the academic staff (teachers/principals). Even for the benchmark related to the number of specialist P.E. teachers, which is still not evenly distributed among schools in the urban and rural areas. There is also a concern that even though the allotted time for P.E. in the timetable was more than two hours, the grade remained unchanged because most of the time, the lesson is permanently reduced considerably by the activities of the non-learning task during its period.

### 10. Government: B-

The grade for the government sector was given to those policies generated by at least three ministries. The Ministry of Youth and Sport with its Sports Law and the Grand Design of National Sports Policy. The Ministry of Health with the "Society Movement for Healthy Living" as the national policy in the health sector. The Ministry of education, with the newly implemented national P.E. curriculum called "Independent Curriculum", with a paradigm directed towards the development of a physically literate person. The only shortcoming is that these three ministries did not agree on implementing all the policies synergistically and to achieve the agreed objectives at the national level.