



ACTIVE HEALTHY KIDS
GLOBAL ALLIANCE

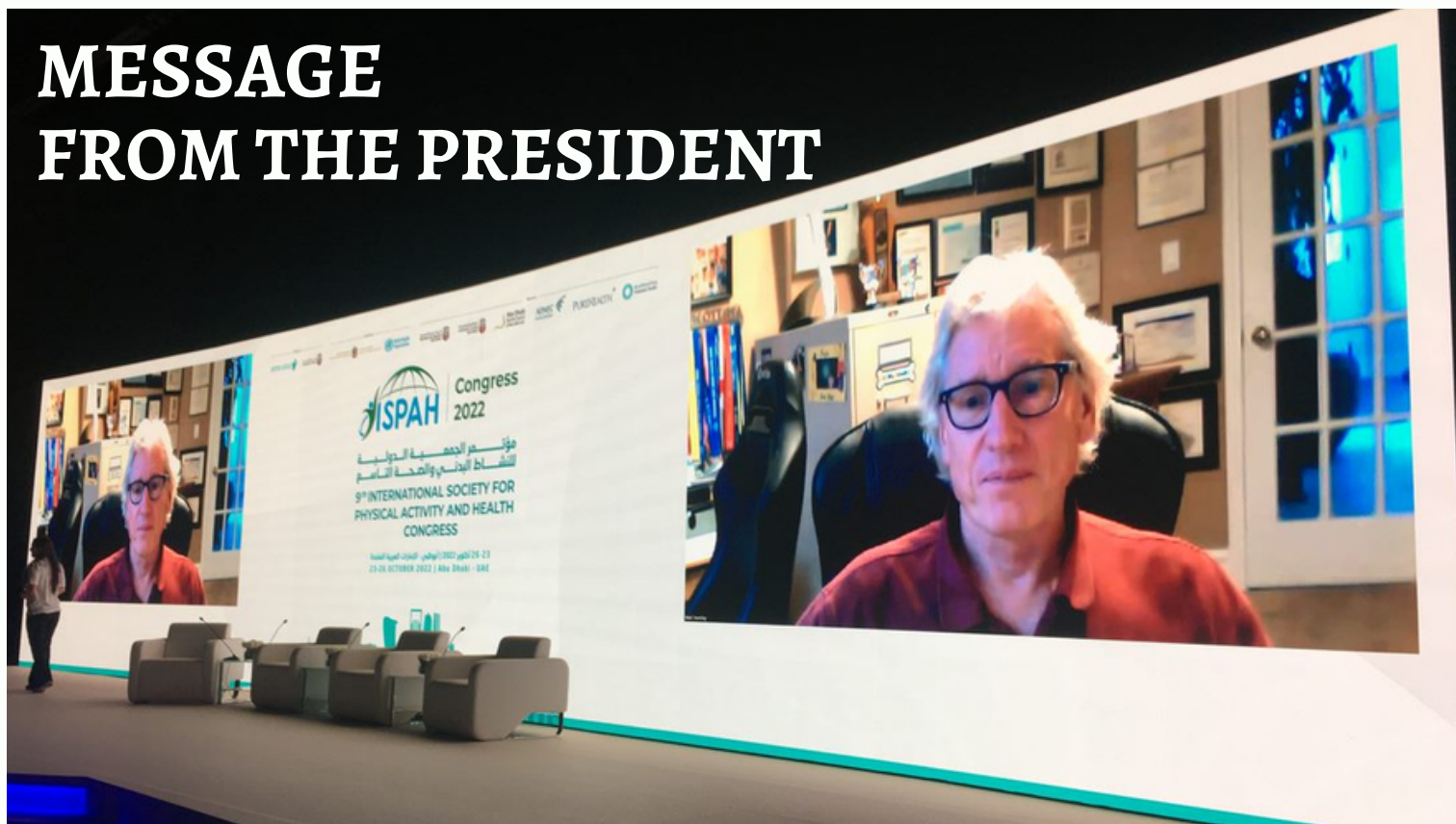
ANNUAL REPORT

2022



www.activehealthykids.org

MESSAGE FROM THE PRESIDENT



The Active Healthy Kids Global Alliance (AHKGA) had a busy, productive, and successful year in 2022. The highlight of the year was the successful completion, release, publication, promotion and dissemination of the Global Matrix 4.0 with 57 countries/jurisdictions and about 700 experts from around the world involved. The launch of the Global Matrix 4.0 occurred at the International Society for Physical Activity and Health (ISPAH) Congress in Abu Dhabi, United Arab Emirates on October 24, where Global Matrix 4.0 Awards were also presented. Many publications in the Journal of Physical Activity and Health and the Journal of Exercise Science and Fitness were published to share the Global Matrix 4.0 findings with the research community. Special thanks to the inaugural AHKGA Fellow, Dr. Salomé Aubert, and the AHKGA staff, Dr. Iryna Demchenko and Myranda Hawthorne, for their exceptional efforts to make the launch a success. With leadership from Dr. John Reilly we signed three new Memoranda of Understanding for long-term collaborations with ISPAH, the International Federation of Adapted Physical Activity (IFAPA), and the Sleep and Activity Database for the Early Years (SADEY) Leadership Group. We also collaborated with Sun Life to support the development and promotion of Report Cards in Hong Kong, Indonesia, Malaysia, The Philippines, and Vietnam. With the leadership of the Communications Committee Chair, Dr. Javier Brazo-Sayavera, we continued to communicate regularly with our network via e-newsletters, Global Matrix 4.0 e-blasts, social media channels, individual emails, and continuous website updates and enhancements. Please review our 2022 Annual Report for more details on our activities and achievements, and visit our website to see the inspiring initiatives going on all over the world. Please join us in our quest to preserve and promote the health and wellbeing of children, adolescents, families and communities worldwide. Enjoy and share our 2022 Annual Report, and always feel free to reach out to us with your ideas and actions to "power the global movement to get kids moving".

Best wishes for a happy, healthy 2023!

*Mark Tremblay, PhD, DLitt (hons), FCSEP, FACSM, FCAHS, CSEP-CEP
President, Active Healthy Kids Global Alliance*



AHKGA BOARD

2022



Mark Tremblay, PhD
President
(Canada)



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Vice-President and North American
Representative (USA)



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Secretary and South American
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Oceania Representative, Publications
Committee Chair (New Caledonia/France)



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John Reilly, PhD
European Representative and
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Fundraising Committee

Chair: Jakub Kalinowski, MA (Poland)

Members: Tarun Katapally, PhD (India/Canada), Tom Loney, PhD (UAE), Mark Tremblay, PhD (Canada), and Stephen Wong, PhD (Hong Kong)

Research and support

AHKGA Fellow Salomé Aubert, PhD (New Caledonia/France),

Project Coordinator Iryna Demchenko, MD (Canada),

MSc Student Myranda Hawthorne (Canada)

Partnership Committee

Chair: John Reilly, PhD (Scotland)

Members: Patrick Abi Nader, PhD (Lebanon/Canada), Catherine Draper, PhD (South Africa), Wendy Huang, PhD (Hong Kong), Asad Khan, PhD (Bangladesh/Australia), Diego Silva, PhD (Brazil), and Tuija Tammelin, PhD (Finland)

Publications Committee (established in 2022)

Chair: Salomé Aubert, PhD (New Caledonia/France)

Members: Javier Brazo-Sayavera, PhD (Uruguay/Spain), Peter Katzmarzyk, PhD (USA), Marie Löf, PhD (Sweden), Taru Manyanga, PhD (Zimbabwe/Canada), and Tuija Tammelin, PhD (Finland)

www.activehealthykids.org/about/#our-board

GLOBAL MATRIX 4.0 LAUNCH

ISPAH CONGRESS 2022

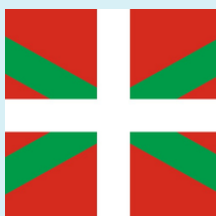
Abu Dhabi, United Arab Emirates

October 24, 2022



GLOBAL MATRIX 4.0 AWARDS

**Best
Report Card**



Team Basque
Country



**Best Report
Card Poster**



Team
Czech Republic

**Best First Time
Global Matrix
Participant**



Team
Philippines

**Most
Enthusiastic
Report Card
Team**



Team Thailand



**Global Matrix 4.0
Fellow
Award**

Dr. Salomé Aubert

GLOBAL MATRIX 4.0 REPORT CARDS



PUBLICATIONS

reported to the AHKGA in 2022 (in alphabetical order)

- Aubert S, Barnes JD, Demchenko I, et al. Global Matrix 4.0 Physical Activity Report Card Grades for Children and Adolescents: Results and Analyses From 57 Countries. *J Phys Act Health*. 2022;19(11):700-728. doi:10.1123/jpah.2022-0456
- Bardid F, Tomaz SA, Johnstone A, Robertson J, Craig LCA, Reilly JJ. Results from Scotland's 2021 report card on physical activity and health for children and youth: Grades, secular trends, and socio-economic inequalities. *J Exerc Sci Fit*. 2022;20(4):317-322. doi:10.1016/j.jesf.2022.07.002
- Bizzozero-Peroni B, Fernández-Giménez S, Pintos-Toledo E, Corvos CA, Díaz-Goñi V, Brazo-Sayavera J. Physical activity-related indicators in children and adolescents in Uruguay: A scoping review based on the Global Matrix initiative. *Front Public Health*. 2022;10:954621. doi:10.3389/fpubh.2022.954621
- Gába A, Baďura P, Vorlíček M, et al. The Czech Republic's 2022 Report Card on Physical Activity for Children and Youth: A rationale and comprehensive analysis. *J Exerc Sci Fit*. 2022;20(4):340-348. doi:10.1016/j.jesf.2022.08.002
- Huang WY, Aubert S, Tremblay MS, Wong SH. Global Matrix 4.0 physical activity report cards grades for children and adolescents: A comparison among 15 Asian countries and regions. *J Exerc Sci Fit*. 2022;20(4):372-381. doi:10.1016/j.jesf.2022.10.002
- Lee EY, Abi Nader P, Aubert S, et al. Economic Freedom, Climate Culpability, and Physical Activity Indicators Among Children and Adolescents: Report Card Grades From the Global Matrix 4.0. *J Phys Act Health*. 2022;19(11):745-757. doi:10.1123/jpah.2022-0342
- Reilly JJ, Aubert S, Brazo-Sayavera J, Liu Y, Cagas JY, Tremblay MS. Surveillance to improve physical activity of children and adolescents. *Bull World Health Organ*. 2022;100(12):815-824. doi:10.2471/BLT.22.288569
- Reilly JJ, Barnes J, Gonzalez S, et al. Recent Secular Trends in Child and Adolescent Physical Activity and Sedentary Behavior Internationally: Analyses of Active Healthy Kids Global Alliance Global Matrices 1.0 to 4.0. *J Phys Act Health*. 2022;19(11):729-736. doi:10.1123/jpah.2022-0312
- Richards AB, Mackintosh KA, Swindell N, et al. WALES 2021 Active Healthy Kids (AHK) Report Card: The Fourth Pandemic of Childhood Inactivity. *Int J Environ Res Public Health*. 2022;19(13):8138. doi:10.3390/ijerph19138138
- Silva DAS, Aubert S, Ng K, et al. Association Between Physical Activity Indicators and Human Development Index at a National Level: Information From Global Matrix 4.0 Physical Activity Report Cards for Children and Adolescents. *J Phys Act Health*. 2022;19(11):737-744. doi:10.1123/jpah.2022-0321
- Silva DAS, Pelegrini A, Christofaro DGD, et al. Results from Brazil's 2022 Report Card on Physical Activity for Children and Adolescents. *Int J Environ Res Public Health*. 2022;19(16):10256. doi:10.3390/ijerph191610256
- Sit C, Aubert S, Carty C, et al. Promoting Physical Activity Among Children and Adolescents With Disabilities: The Translation of Policy to Practice Internationally. *J Phys Act Health*. 2022;19(11):758-768. doi:10.1123/jpah.2022-0351
- Straker L, Booth V, Cleland V, et al. Reimagining physical activity for children following the systemic disruptions from the COVID-19 pandemic in Australia. *Br J Sports Med*. 2022;56(16):899-900. doi:10.1136/bjsports-2021-105277
- Tanaka C, Abe T, Tanaka S, et al. Results from the Japan 2022 report card on physical activity for children and youth. *J Exerc Sci Fit*. 2022;20(4):349-354. doi:10.1016/j.jesf.2022.08.001
- Tremblay MS, Barnes JD, Demchenko I, et al. Active Healthy Kids Global Alliance Global Matrix 4.0 - A Resource for Physical Activity Researchers. *J Phys Act Health*. 2022;19(11):693-699. doi:10.1123/jpah.2022-0257
- Widyastari DA, Kesaro S, Rasri N, Saonuam P, Katewongsa P. Learning Methods During School Closure and Its Correlation With Anxiety and Health Behavior of Thai Students. *Front Pediatr*. 2022;10:815148. doi:10.3389/fped.2022.815148
- Widyastari DA, Saonuam P, Pongpradit K, et al. Results from the Thailand 2022 report card on physical activity for children and youth. *J Exerc Sci Fit*. 2022;20(4):276-282. doi:10.1016/j.jesf.2022.06.002
- Zembura P, Korcz A, Nałęcz H, Cieśla E. Results from Poland's 2022 Report Card on Physical Activity for Children and Youth. *Int J Environ Res Public Health*. 2022;19(7):4276. doi:10.3390/ijerph19074276

Citation Count

Since 2011, **200** peer-reviewed papers related to Global Matrices and Report Cards have been published. These articles were **cited 5964** times.

www.activehealthykids.org/report-card-related-publications



PRESENTATIONS

reported to the AHKGA in 2022 (in alphabetical order)

- Abi Nader P, Hadla R, Majed L, Mattar L, Sayegh S. The 2022 Physical Activity Report Card for Lebanese Children and Youth: Encouraging Movement in Times of Hardships. International Society of Behavioural Nutrition and Physical Activity Annual Conference (virtual session). Phoenix, Arizona, United States, May 18-21, 2022.
- Aubert S, Tremblay MS. Children's physical activity, a key for healthy children and sustainable societies: potentials, realities, and priorities. OECD Webinar Series - Ask an expert: How can we support 21st Century Children's physical health? (virtual). Paris, France, July 19, 2022.
- Aubert S. Children and adolescents' physical activity, a key for healthy, sustainable, and inclusive societies: potentials, realities, and priorities. Eminence Lecture & Workshop 4 on Formulation 2022 Indonesia's Report Card on Physical Activity for Children and Adolescents (virtual). Jakarta, Indonesia, August 4, 2022.
- Aubert S. Global Matrix 4.0 on Physical Activity for Children and Adolescents. International Society for Physical Activity and Health Congress 2022. Abu Dhabi, United Arab Emirates, October 24, 2022.
- Aubert S. Sedentary Behaviours and Health in Children and adolescents: Definitions, Concepts and Challenges. Eminence Lecture 3 & Workshop 5 on Formulation 2022 Indonesia's Report Card on Physical Activity for Children and Adolescents (virtual). Jakarta, Indonesia, August 25, 2022.
- Aubert S. Children's physical activity as a key for healthy, sustainable, and inclusive societies: potentials, realities, and priorities. HBKU 9th Global Social Sciences Graduate Student e-Conference (virtual). Hong Kong, April 28, 2022.
- Brazo-Sayavera, J. The report card on physical activity indicators in children and adolescents. 11th Forum of Physical Activity and Health Sciences at the University of Guanajuato. León, Guanajuato, Mexico, April 8, 2022.
- González SA, Aubert S, Larouche R, Tremblay M. Active transportation surveillance in the low- and middle-income countries participating in the Global Matrix 3.0. Innovative approaches to overcome lack of active travel data in low- and middle-income countries Symposium. International Society of Behavioural Nutrition and Physical Activity Annual Conference (virtual session). Phoenix, Arizona, United States, May 18-21, 2022.
- Jeon J. Global matrix 4.0: Report card grades on the physical activity of children and youth. National Sport Medicine Conference. Academic committee symposium 1 - Physical activity status of Korean children and adolescents and international comparison (virtual). Seoul, South Korea, March 26, 2022.
- Lee E-Y. South Korea's 2022 report card on physical activity for children and youth. National Sport Medicine Conference. Academic committee symposium 1 - Physical activity status of Korean children and adolescents and international comparison (virtual). Seoul, South Korea, March 26, 2022.
- Manyanga T. Global Matrix 4.0: Inequalities and disparities in Report Card grades and future needs for equity. International Society for Physical Activity and Health Congress 2022. Abu Dhabi, United Arab Emirates, October 24, 2022.
- Oh J-W. Changes in 24-hour movement behavior from before to during the COVID pandemic in Korean adolescents. National Sport Medicine Conference. Academic committee symposium 1 - Physical activity status of Korean children and adolescents and international comparison (virtual). Seoul, South Korea, March 26, 2022.
- Tremblay MS. Global Matrix 4.0 Launch. International Society for Physical Activity and Health Congress 2022. Abu Dhabi, United Arab Emirates, October 24, 2022.
- Tremblay MS. Powering the movement to get kids moving – a global imperative. Invited Eminence Lecture, Faculty of Sport and Health Education, Universitas Pendidikan Indonesia (virtual). Bandung, Indonesia, July 18, 2022.

and

- **45 Poster Presentations** at the International Society for Physical Activity and Health Congress 2022 in Abu Dhabi, United Arab Emirates, October 24-26, 2022.

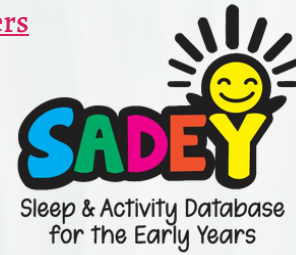
www.activehealthykids.org/report-card-related-presentations



Partnerships

In 2022, AHKGA signed three new Memoranda of Understanding for long-term partnerships

www.activehealthykids.org/about/#our-partners



AHKGA also collaborated with Sun Life to support the development and promotion of Report Cards in [Hong Kong](#), [Indonesia](#), [Malaysia](#), [The Philippines](#), and [Vietnam](#)

Communications

Social Media



[ActiveHealthyKids](#)

127 followers



[Active Healthy Kids Global Alliance](#)

335 followers



[@activehealthyk1](#)

1,438 followers

148 tweets

2,784 likes

214.8k impressions

On the **Global Matrix 4.0 launch day**:
15 tweets with almost **24k** impressions
142 re-tweets and **371** likes

E-Newsletter

- 222 subscribers
- 4 issues (#12-15)

Website

www.activehealthykids.org

2022 vs 2021

Website users **22,870** vs 18,841
(**21.4% increase**)

Pageviews **70,799** vs 55,896
(i.e. total number of pages viewed) (**26.7% increase**)

Number of sessions **31,770** vs 26,470
(**20% increase**)

(a session is a period of time a user is engaged with the website)

On the **Global Matrix 4.0 launch day**:
951 pageviews
455 unique users

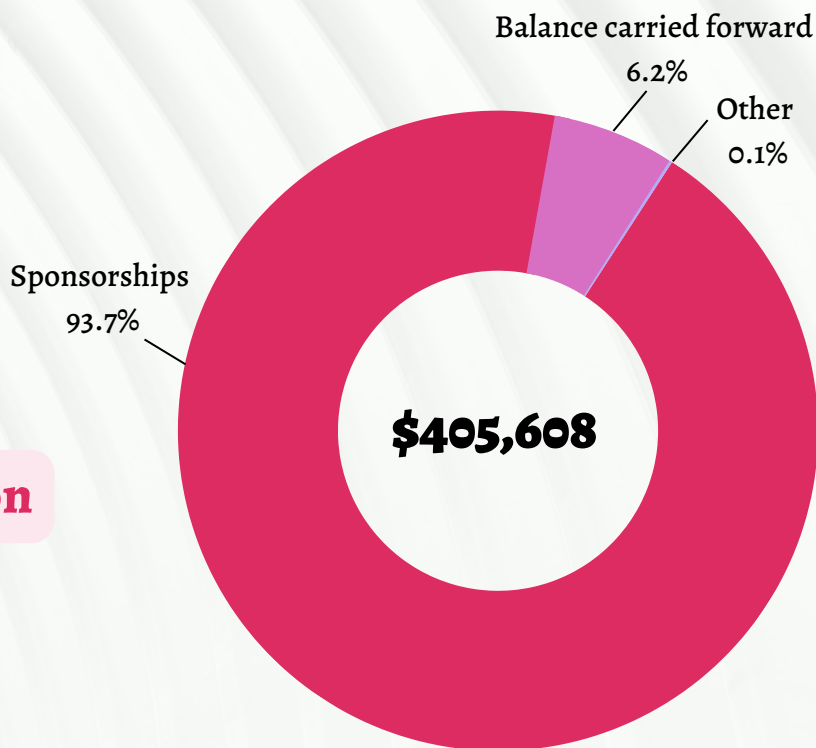
E-Blasts

- 108 subscribers
- 15 issues



2022

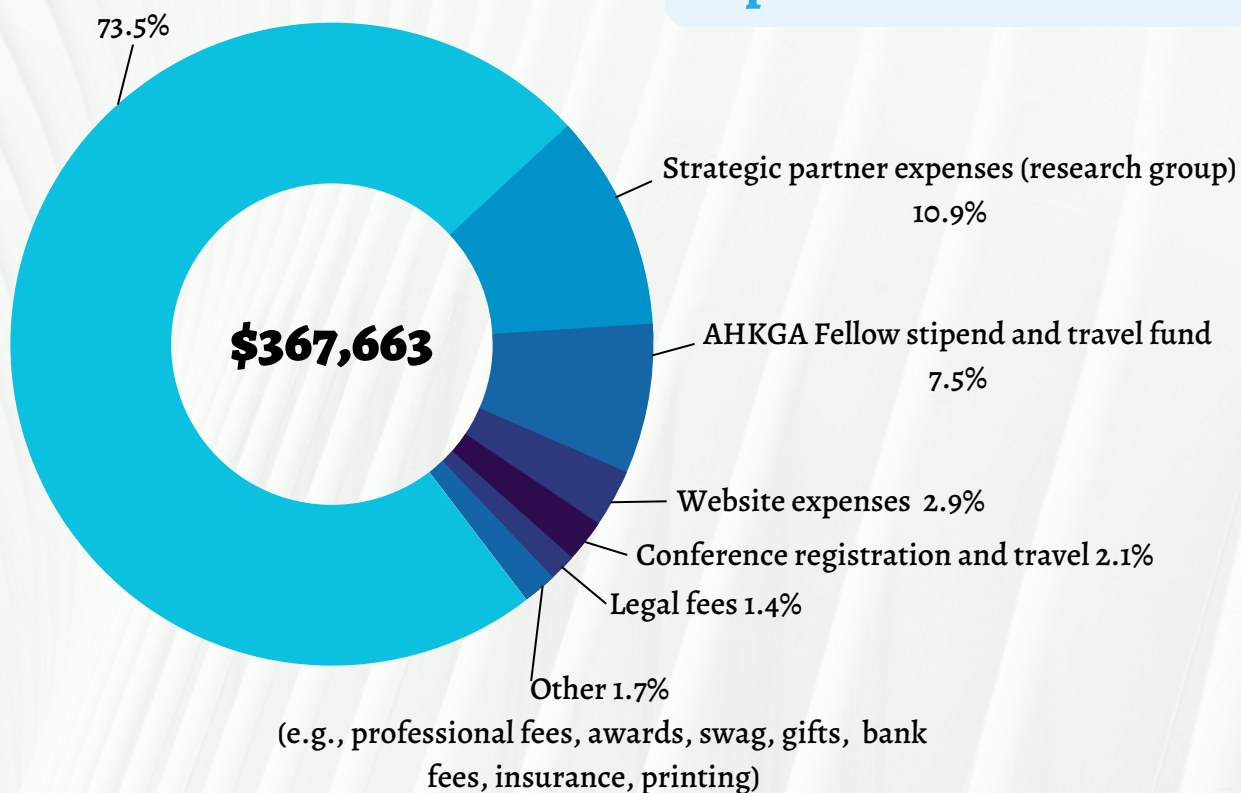
Revenue distribution



Financial review



Sponsorship support to Global Matrix 4.0 participant countries



Expenditure distribution



Contact us

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🌐 [Active Healthy Kids Global Alliance](https://www.linkedin.com/company/active-healthy-kids-global-alliance)



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