

# PORTUGAL'S 2022

## Report card on Physical Activity for Children and Youth

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### Introduction:

The most recent available information on the indicators and benchmarks related to the physical activity and health of Portuguese children and adolescents are summarised here.

### Methods:

The Research Center in physical activity, Health and Leisure of the faculty and Sport, University of Porto, leads the Portuguese report Card on Physical Activity for Children and Adolescents' project. It includes indicators of PA and sedentary behaviour (SB) that are common to the Global Matrix 4.0. The search was focused on published national evidence/data sources (academia, NGO, governmental) from end 2018 onwards. Data obtained during the Covid 19 pandemic and policy documents focused on responses to Covid 19 were not considered.

### Indicator Grade Summary

Indicator	Grade	Summary
Overall physical activity Levels	D -	Less than 30% achieve PA guidelines
Organized Sport Participation	C -	Besides Sport club/sport federation there is an important role of school sport clubs, Extracurricular sport activities and also reports of formal PA is considered
Active Play	D +	31% of 3 to 6 year olds meet at least 2H of active play and 35% in the age group 7 to 12 year olds were engaged in the last 1H COSI study reported 87% of portuguese children engaged in at least 1H of playing outdoors
Active Transportation	D -	Walking was the main reported pattern of active transportation to school for 6 to 11 year olds
Sedentary Behaviour	C +	Recreational screen time guidelines are not achieved by around half of youth (11 - 15 year olds), However a Large percentage of pre-schoolers seems to spend <2H Day viewing TV
Family and Peers	B	About 68% of Parents reported to facilitate their children PA
School	A	Physical Education (PE) classes are Mandatory, with duration ranges from 90 to 150 minutes per week over 2/3 sessions Most schools offer School Sport Clubs supervised by a PE teacher including competitions within and between schools
Government	B	The Portuguese Institute of Sport and Youth kept the National Sports for All program. The Portuguese government set up the National Physical Activity Program (PNPAF) Promoting PA within the National Health System ; PNPAF also monitors PA levels and disseminates good practices of PA promotion. An inter-ministerial commission launched the Portuguese Action plan for PA
Fitness	C	10 to 15 year olds are at the 40th to 60th percentile for cardiorespiratory fitness and between 20th to 50th for strength. Girls are at a lower percentile based on age and sex specific international normative data



Grades are determined by % of children and adolescents meeting a benchmark using the grading scheme: A+ =94%-100%; A=87%-93%; A- =80%-86%; B+=74%-79%; B=67%-73%; B- =60%-66%; C+=54%-59%; C=47%-53%; C- =40%-46%; D+=34%-39%; D=27%-33%; D- =20%-26%; F=<20%; INC-Incomplete Grade

### Discussion:

Most grades were apparently stable although globally PA showed a slight decrease associated with active transportation. Nevertheless, active play (reported for the first time) and parents' support seems to have increased. Despite some organized policy documents, action plans and strategies, more information is needed regarding PA levels and domains monitored, as well as on the progress and impact of policy actions undertaken.

### Conclusion:

- Evidence continues to indicate consistently that a large proportion of **Portuguese children and adolescents are not sufficiently active and exceed the recommended levels of screen time.**
- Schools** due to their formal and mandatory curricula and programs seems to be a **strong and stable support of children and adolescents PA. Governmental and Policy Approaches continue to be developed** regarding PA promotion and awareness
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