

THE MONTENEGRIN 2022 REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH

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Background: The main purpose of this study is to summarize the results of the Montenegrin 2022 Report Card on physical activity for children and youth, which will identify and grade the current situation and provide a better basis for the creation of a future monitoring system.

Methods: Following the methodology established by the Active Healthy Kids Global Alliance (AHKGA) the Montenegrin Team has conducted the assessment of physical activity of Montenegrin children and adolescents through twelve separate indicators. Grades were awarded based on data found in available scientific articles that were published up to 2022, as well as in the grey literature, such as government and nongovernment reports and online content from the same period.

Results: Based on the results synthesized from the available data, average rating for all indicators is B- (average 9.5 points for 10 AHKGA mandatory indicators, or average 10 points if considerate two additional elective indicators). Individual indicators were rated very differently, 6 indicators were rated above average (3 each in the range of grades A and B), while the remaining 6 were rated slightly lower (5 in the range of grade C, and 1 in the range of grade D). .



Conclusion: Physical Fitness, Organized Sport and Physical Activity, Community and Environment, Government, Overall Physical Activity and Active Transportation are indicators with a lower rating than others, so they should be given the most attention in the future, it is clear that they can be improved more.

Keywords: Physical Activity; Fitness; Children; Youth; Montenegro.

Field of study: **Sports Sciences**

Scientific Project: **Global Matrix 4.0 » Active Healthy Kids Global Alliance**



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