

Results from the 2022 China's Report Card on Physical Activity for Children and Adolescents

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INTRODUCTION

- Nationally representative and internationally comparable evidence is beneficial to young people's health and development.
- The purpose of this study is to report the updated results of China's Report Card on Physical Activity for Children and Adolescents.

METHODS

- On the basis of Global Matrix 4.0 protocol, the grades were assigned by results derived from the Physical Activity and Fitness in China—The Youth Study (PAFCTYS), conducted from October to December in 2020.
- 133,006 Chinese school-aged children (boys: 49.6%, aged 9-17 years) and their parents and their PE teachers (n = 1036).
- Except for Physical Fitness, 9 of 10 core indicators of Global Matrix 4.0 are covered.

Table 1. Indicators and rationale of Assessing Instrument of the China 2022 Report Card on Physical Activity for Children and Adolescents

Indicator	Instruments
Overall Physical Activity Levels	At least 60 minutes of MVPA per day on average in recent 7 days
Organized Sport and Physical Activity	Participation of organized sport and/or physical activity (PA) programs over the past 12 months
Active Play	Participation in unstructured/unorganized PA at least four times during past week
Active Transportation	Going school or go back home from school by walk or bicycle
Sedentary Behavior	No more than (\leq) 2 hours sedentary time (SDT) per day, SDT including 1) TV watching 2) using smartphone/ipad 3) using computer, internet surfing
Family and Peers	Response 'very often' at least two items for parents' support, and response 'very right' at least two items for friends support for PA
School	Meet the benchmark regarding 1) students' satisfaction with physical education (PE) and exercise-related opportunities in school; 2) the amount of accredited PE teachers with state teacher qualification; 3) PA after school; 4) PE classes; 5) facilities and equipment for sport and exercise in school; and 6) the school administrator's concern about PA, exercise and PE of students.
Community and Environment	Meet the benchmark regarding 1) whether it is easy to find facilities and equipment for sport/exercise in young people's community; 2) whether there is organizations of sport/exercise (e.g. sport club) for youth in community; 3) whether there are sport/exercise activities organized in community
Government	Parents' awareness around the national physical activity policies of China children

RESULTS

Table 2. Grades Assigned to Indicators in the China 2022 Report Card on Physical Activity for Children and Adolescents

Indicator	Grades
Overall Physical Activity Levels	C
Organized Sport and Physical Activity	F
Active Play	C-
Active Transportation	C
Sedentary Behavior	C
Physical Fitness	INC
Family and Peers	C-
School	D
Community and Environment	D-
Government	D

B+ is 74% to 79%; B is 67% to 73%; B- is 60% to 66%; C+ is 54% to 59%; C is 47% to 53%; C- is 40% to 46%; D+ is 34% to 39%; D is 27% to 33%; D- is 20% to 26%; F is < 20%; INC is Incomplete data.

CONCLUSIONS

- PA levels of most Chinese adolescents were below the recommended guidelines, although the grade of Overall PA has improved which is mainly because the modified benchmark.
- Prevalence of sedentary behaviour remained high even excluding accounting doing homework.
- Interventions and policies at the community and environment level should be encouraged to promote PA and reduce sedentary behavior.

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