

Results from the Japan 2022 Report Card on Physical Activity for Children and Youth

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[Aim]

The 2022 Japan Report Card on Physical Activity for Children and Youth aims to consolidate existing evidence, encourage greater evidence-informed physical activity (PA) policy, and improve surveillance of physical activity.

[Methods]

The 2022 Japanese Report Card consists of 12 indicators. Nationally representative data were used to score the indicators. We used mainly the National Survey on Physical Fitness, Athletic Performance, and Exercise Habits of the Japan Sports Agency (JSA) using a questionnaire for a million students, and the Survey on Physical Strength and Athletic Performance of JSA using a questionnaire and measuring physical fitness in >2000 students for each grade.



[Key Findings]

The 2022 Japan Report Card on Physical Activity for Children and Youth consists of health behaviors and outcomes (8 indicators), and influences on health behaviors (4 indicators). The key five health behaviors and outcomes (Overall Physical Activity: B⁻; Organized Sport Participation: B⁻; Active Transportation: A⁻; Physical Fitness: B; Weight Status: A) were favorable. Sedentary Behavior and Sleep received C⁻ and D⁻ grades, respectively. Active Play could not be graded. In the Influences domain, Family and Peers were graded as C⁻, while School (B⁺), Community and Environment (B), and Government Strategies and Investments (B) were favorable.



Indicator	Grades
1. Overall Physical Activity	B ⁻
2. Organized Sport and Physical Activity	B ⁻
3. Active Play	INC
4. Active Transportation	A ⁻
5. Sedentary Behaviors	C ⁻
6. Physical Fitness	B
7. Weight Status	A
8. Sleep	D ⁻
9. Family and Peers	C ⁻
10. School	B ⁺
11. Community and the Built Environment	B
12. Government	B

The card grades are determined by the percentage of Japanese children and adolescents meeting the benchmark for each indicator.

- A** A+ 94-100% A 87-93% A- 80-86%
We are succeeding with a large majority of children and youth
- B** B+ 74-79% B 67-73% B- 60-66%
We are succeeding with well over half of children and youth
- C** C+ 54-59% C 47-53% C- 40-46%
We are succeeding with about half of children and youth
- D** D+ 34-39% D 27-33% D- 20-26%
We are succeeding with less than half but some children and youth
- F** 0-20%
We are succeeding with very few children and youth
- INC** Incomplete—insufficient or inadequate information to assign a grade



Table 1. Grades According to Physical Activity Indicator in the 2022 Japan Report Card on Physical Activity for Children and Youth

[Discussion]

The 2022 Japan Report Card shows that Japanese children and youth had favorable levels of overall PA, active transportation to and from school, and weight status, and there was a generally favorable environment for PA and health, though sedentary behavior and sleep were unfavorable. Future nationally representative surveys on active play are needed.

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