

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

Christine Delisle Nyström, Christel Larsson, Ulf Eriksson, Marita Friberg, Maria Hagströmer, Anna Karin Lindroos, Anna-Karin Lindqvist, Gisela Nyberg, Marie Löf

Purpose

To summarize data on physical activity and sedentary behavior for Swedish children and adolescents (6-17 years of age), in order for researchers, policy makers, and key stakeholders to be able to identify problem areas and intervene appropriately.



Methods

Sweden's 2022 Report Card included the ten core indicators and an additional indicator for diet. The grading system constitutes of grades from A-F, representing the percentage of children and adolescents meeting a defined benchmark. If there was no data or insufficient data for an indicator, it was marked as incomplete (INC). A plus (+) or minus (-) was assigned if an indicator was not clearly in a defined letter value. An ** denotes that a grade is based on device-measured data exclusively.

Results

INDICATOR	GRADE
Overall physical activity	D+**
Organized sport & physical activity	B+
Active play	INC
Active transportation	C
Sedentary behaviors	D
Physical fitness	C+
Family and peers	B+
School	B
Community & environment	A+
Government	B
Diet	C

Conclusions and Future Steps

The basis of the 2022 report card has been improved as it includes device-measured physical activity data from the nationally representative survey Riksmaten adolescents (11-18 years). Furthermore, we have included the Pep-study which is an annual nationally representative survey that was initiated in 2018 and provides continuous surveillance of Swedish children and adolescents' physical activity, screen time, and diet. Through this annual survey, in the future we will have the opportunity to add questions regarding active play to fill this knowledge gap in Sweden. It is also important to highlight that in 2021 Sweden released new guidelines for physical activity and sedentary behaviour.

This third report card confirms that there have been no improvements in the level of Swedish children and adolescents' physical activity and sedentary behaviour. Thus, this clearly demonstrates that action on the family, community, school, and governmental levels are needed.