

# Active Healthy Kids Global Alliance's drive to promote equity, diversity, inclusion in opportunities for child physical activity: where we are and where we are going

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# Background



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- There is consensus among experts that insufficient physical activity (PA) in children and adolescents has reached ‘pandemic’ levels globally. (Guthold et al, 2020; Li et al, 2024)
- Given the known risks associated with insufficient PA, mitigation efforts, including, research, interventions, policies, and public health initiatives have intensified. (Blanchard et al, 2013; WHO, 2018)
- While critically important, these collective efforts require careful attention to minimize inadvertently worsening inequities to opportunities for PA among certain subgroups.

# Objective

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- This presentation highlights Active Healthy Kids Global Alliance (AHKGA)'s global efforts to promote equity, diversity, and inclusion in its previous and future Global Matrix Initiatives.





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# **The Future of Para Report Cards on Physical Activity of Children and Adolescents With Disabilities— A Global Call for Engagement, Data, and Advocacy**

**Mark S. Tremblay,<sup>1,2,3,4</sup> Iryna Demchenko,<sup>1,4</sup> John J. Reilly,<sup>3,5</sup>  
Salomé Aubert,<sup>3</sup> and Cindy Sit<sup>3,6,7</sup>**

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# Global Matrix 1.0



- From inception, the AHKGA's Global Matrix initiatives were intentionally meant to be inclusive.
- Of the 15 countries/jurisdictions that participated in Global Matrix 1.0:
  - Six (Colombia, Ghana, Kenya, Mexico, Mozambique, South Africa) were low-middle-income countries.
  - Most (5) inhabited continents were represented.
- No explicit requirement/expectation for countries/jurisdictions to include equity-focused data in Report Cards.
  - Mostly passive efforts.
  - No disaggregated data for children and adolescents with a disability (CAWD) in Report Cards.

# Global Matrix 2.0



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- Mostly passive efforts.
  - Decisions to include equity focused data were largely left to countries/jurisdictions.
- Earlier efforts on equity were mostly focused on including data for children and adolescents with a disability (CAWD) in Report Cards.
- Two of the thirty-eight countries/jurisdictions participating (5%) included some data related to CAWD in their Report Cards.

# Global Matrix 3.0

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- Three of the forty-nine countries/jurisdictions (6%) participating included some equity focused data in their Report Cards.
- Manuscripts focusing on LMICs.
  - Lead authorship and significant contributions to article development.
- Capacity building.
  - Leadership and development of a breakout session on realities, challenges & opportunities across the developing world.



# Global Matrix 4.0



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- Active process.
  - Countries/jurisdictions participating in the Global Matrix 4.0 were invited to report disaggregated data by disability status. Silva et al, 2022
- Thirty-one of the fifty-seven countries/jurisdictions (54%) participating included some equity focused data in their Report Cards.
  - Eighteen (32%), provided some data related to ability level. Silva et al, 2022
- AHKGA endorsed the International Federation for Adapted Physical Activity (IFAPA)'s harmonized development and release of a Global Matrix of fourteen Para Report Cards.



# IFAPA's Para Report Cards



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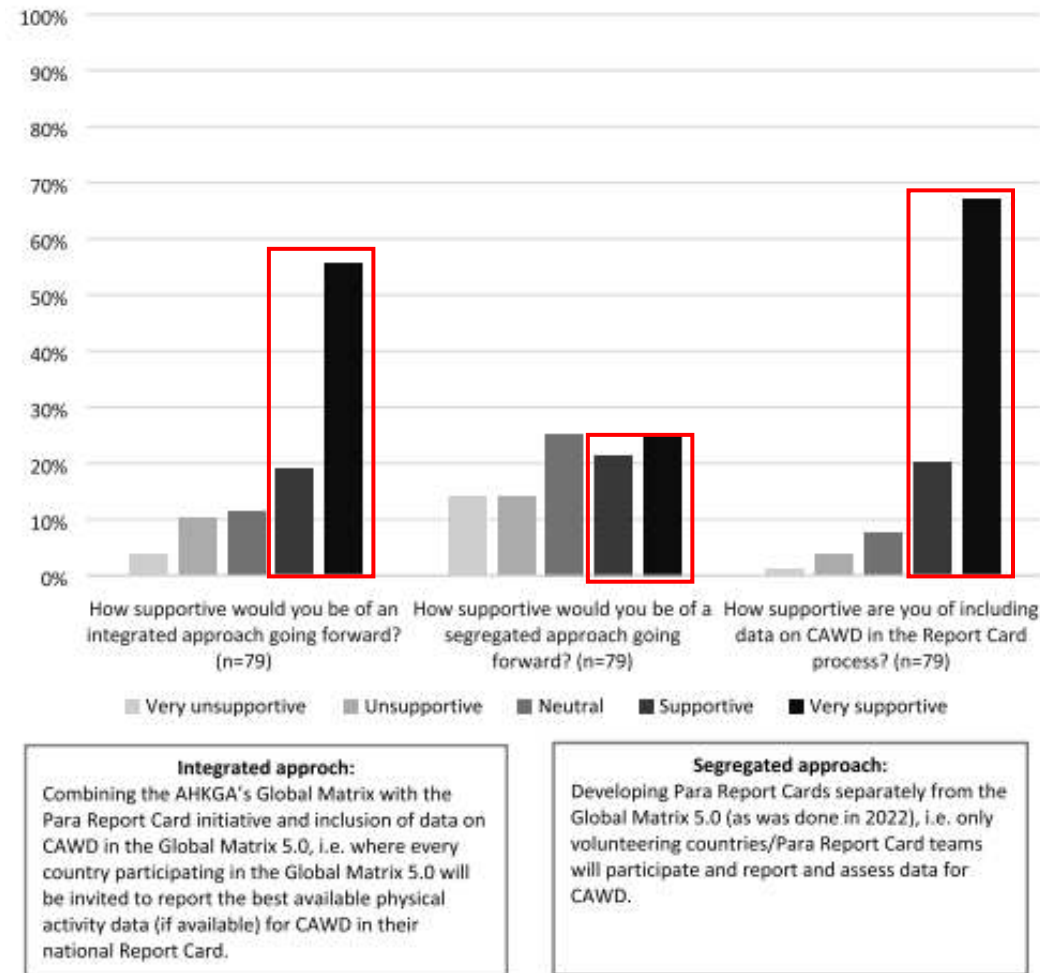
- AHKGA supported IFAPA's Global Matrix of Para Report Cards by:
  - Promoting the effort to AHKGA members.
  - Negotiating a symposium and dedicated poster area for the Para Report Card initiative at ISPAH Congress (2022).
  - Providing a free open access publication in the special Global Matrix 4.0 series hosted in the Journal of Physical Activity and Health.
  - Offering guidance and mentoring on the Global Matrix/Report Card development methodology.

# Plans for Global Matrix 5.0



- Proactive, prospective efforts.
  - Planning survey (2023, see figure on next slide)-preference for integration of data on CAWD into/from the Global Matrix 5.0.
  - Creation of a JEDI Committee ahead of Global Matrix 5.0.
  - Countries/jurisdictions participating in the Global Matrix 5.0 are strongly expected and encouraged to report their data wherever possible:
    - Stratified by sex and/ or gender.
    - Include best available evidence for any disability groups for as many Indicators as possible.
    - Include any additional detailed characteristics (e.g., information on gender and sexual minority groups, racialized groups, Indigenous peoples, and other minorities).

# Planning Survey Results



**Figure 1** — Response summary from the AHKGA network collected via AHKGA's Global Matrix 5.0 planning survey (August 2023) concerning possible approaches to reporting data on the physical activity of CAWD. AHKGA = Active Healthy Kids Global Alliance; CAWD = children and adolescents with a disability.

# Other equity focused actions



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- Partnerships and collaborations to promote equity.
  - Evaluation of Para Report Cards.
    - Most survey respondents (82%) prefer to integrate data on CAWD in their national Report Cards.
- Assisting and accommodating low- and middle-income countries by scaling fees for participation in the Global Matrix initiatives.
- Diversity of representation (e.g., composition of the AHKGA Board of Directors ).
  - All continents are represented.
  - Career stage.
  - Genders.
- Decisions on where to hold Global Matrices have involved careful considerations for places most central, and likely to minimize costs for attendees.
- Capacity building and mentorship.
  - Webinars and regional mentors for onboarding new member countries/jurisdictions.

# Other equity focused actions



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- Creation of a JEDI Committee ahead of Global Matrix 5.0.
  - Chairperson (President of IFAPA) is a member of the AHKGA Board of Directors.
  - JEDI Committee keeps current on emerging evidence, trends, and best practices from/about equity-deserving/-denied/-seeking groups.
  - Advises the AHKGA Board of Directors on effectively incorporating JEDI principles and perspectives into all aspects of the Global Matrix initiatives and its related activities.



# Requiring disaggregated equity-focused data in Reports Cards

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## Why it matters

# Why it matters



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- **Visibility of Marginalized Groups**

- Ensures that individuals from marginalized communities, such as those with disabilities, specific limitations, or belonging to other minority groups (e.g., gender, ethnic, racial, or socio-economic minorities), are more visible in analyses.
- Minimizes masking of needs in aggregate data and helps in understanding how different groups are impacted in distinct ways.

- **Informed Decision-Making**

- Provides detailed information that supports the creation of more targeted and effective public policies and programs.
- Without these data, decisions might be based on assumptions or incomplete information, reducing the effectiveness of interventions.



# Why it matters



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- **Promoting Equity**

- Reporting data by ability status promotes inclusion and equity, ensuring that interventions reach all groups, especially those facing more barriers, such as people with disabilities.
- Crucial for addressing inequalities and promoting equal opportunities.

- **Monitoring Impact**

- Allows governments and organizations to monitor the impact of their policies on different groups.
- Difficult to assess if initiatives aimed at health, education, or social participation, are truly benefiting people with disabilities without disaggregated data.


# Summary



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- Out of the 159 Report Cards spanning Global Matrix 1.0 – 4.0:
  - 124 (78%) have included stratified data for at least one JEDI area.
  - 13 (8%) have reported at least some data related to disability status.
  - Over the four Global Matrix initiatives, there has been a steady increase in equity focused data in Report Cards (0/15; 0%; 2/38; 5%; 3/49; 6%; 8/57; 14%) respectively.
- Disaggregated equity data have been presented by:
  - Gender,
  - Rural versus urban
  - Socioeconomic
  - Disability
  - Cultural differences
  - Sexual orientation

Tremblay et al, 2023

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- AHKGA's efforts, partnerships, and ongoing plans to promote equity has, and will continue to raise awareness of gaps, leading to concrete actions, and will contribute to reducing the existing inequities in physical activity opportunities.



Congress  
2024

## Symposium

# Striving for global equity in physical activity: insights from the Active Healthy Kids Global Alliance



Dr Salomé Aubert



Dr Mark Tremblay



Dr Taru Manyanga



Dr Diego Augusto Santo Silva

