



The 2014 Mexican Report Card on Physical Activity for Mexican Children and Youth

Karla I Galavíz¹, María del Pilar Rodríguez², Edtna Jáuregui³, Inés González-Casanova⁴ and Juan López y Taylor⁵

(1) School of Kinesiology and Health Studies, Queen's University, Kingston, Canada; (2) Instituto Tecnológico de Estudios Superiores de Occidente (ITESO), Tlaquepaque, Mexico; (3) Ministry of Health, Guadalajara, Mexico; (4) Rollins School of Public Health, Emory University, Atlanta, USA; (5) Instituto de Ciencias Aplicadas a la Actividad Física y al Deporte, Universidad de Guadalajara, México.



BACKGROUND

- Physical inactivity among Mexican youth 10-18 years has increased 47% in the last six years (ENSANUT 2012).
- The amount of time Mexican children and youth spend in sedentary behaviors is also alarmingly high (ENSANUT 2012).
- Knowledge translation strategies are needed in Mexico to inform public policies and programs aimed at improving this situation.

PURPOSE

- The Mexican Report Card on Physical Activity (PA) in children and youth was first developed in 2012 as a tool for informing policy and practice. The objective of this study was to update the Mexican Report Card summarizing the most recent evidence dealing with PA and sedentary behavior among Mexican children and youth.

METHODS

Search strategy

- English and Spanish language literature was reviewed in 2013 using major databases
- Articles reporting on Mexican populations 1-25 years of age published from 2010 forward were included (n=22)
- Government documents and national surveys were also included (n=12)

Table 1. Grading criteria.

Grade	Description
9-10 (A)	Success with 81-100% of children/youth
7-8 (B)	Success with 61-80% of children/youth
5-6 (C)	Success with 41-60% of children/youth
3-4 (D)	Success with 21-40% of children/youth
0-2 (F)	Success with 0-20% of children/youth

Figure 1. Report Card Indicators



KEY FINDINGS

Table 2. Grades According to PA Indicator in the 2012 and 2014 Mexican Report Cards

Global Matrix Indicator	2012 Grades	2014 Grades
Overall Physical Activity Levels	C	C+
Organized Sport Participation	INC	D
Active Play	Not included	INC
Active Transportation	INC	B-
Sedentary Behavior	C	D
Family and Peers	INC	INC
School	D-	D
Community and the Built Environment	INC	F
Government strategies and investments	B-	C

*Letter grades were used in this table to facilitate comparison with other report cards. For the number grades please see the results section. INC = Incomplete data

Figure 2. PA and sedentary behaviours among 10-18 years Mexican children (ENSANUT 2012).

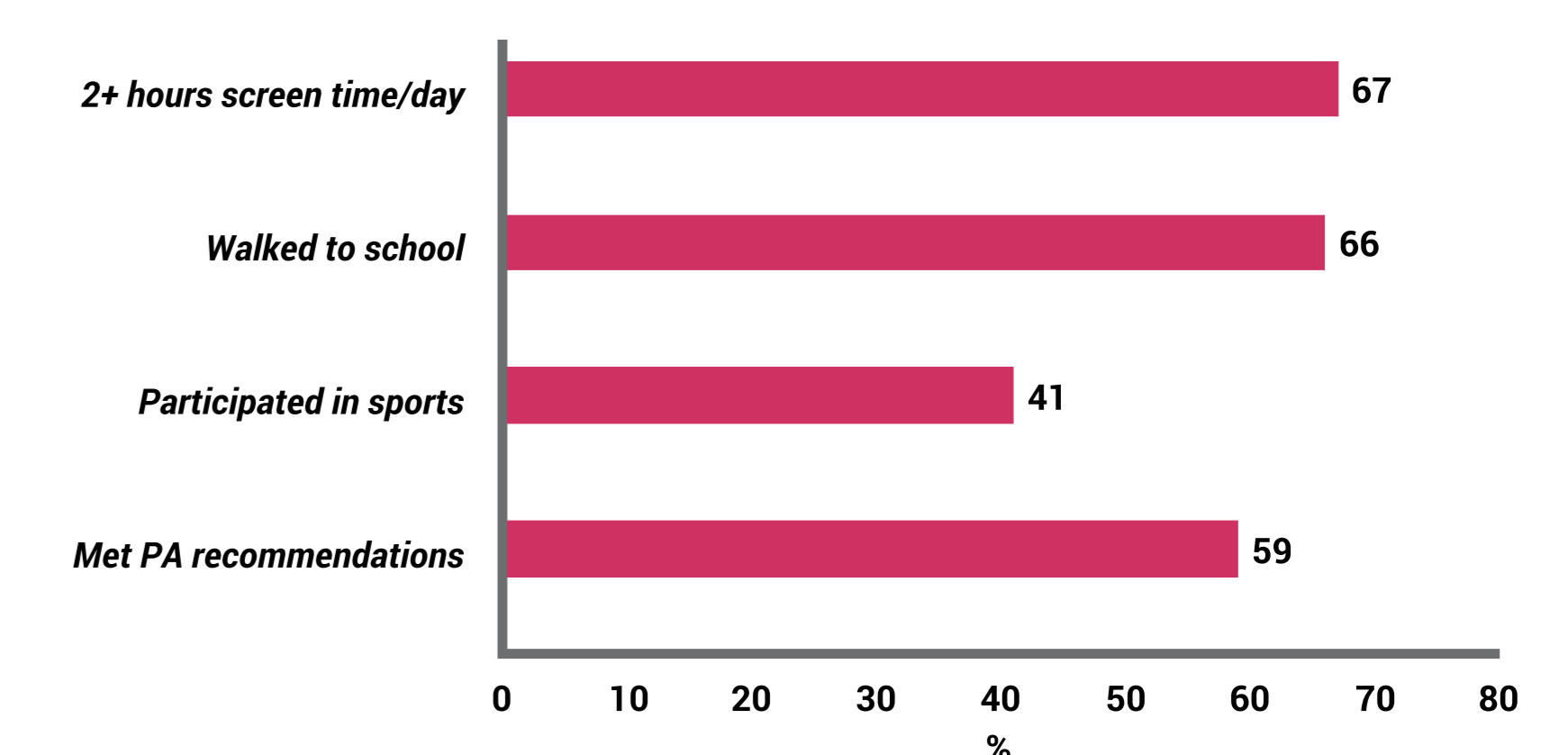


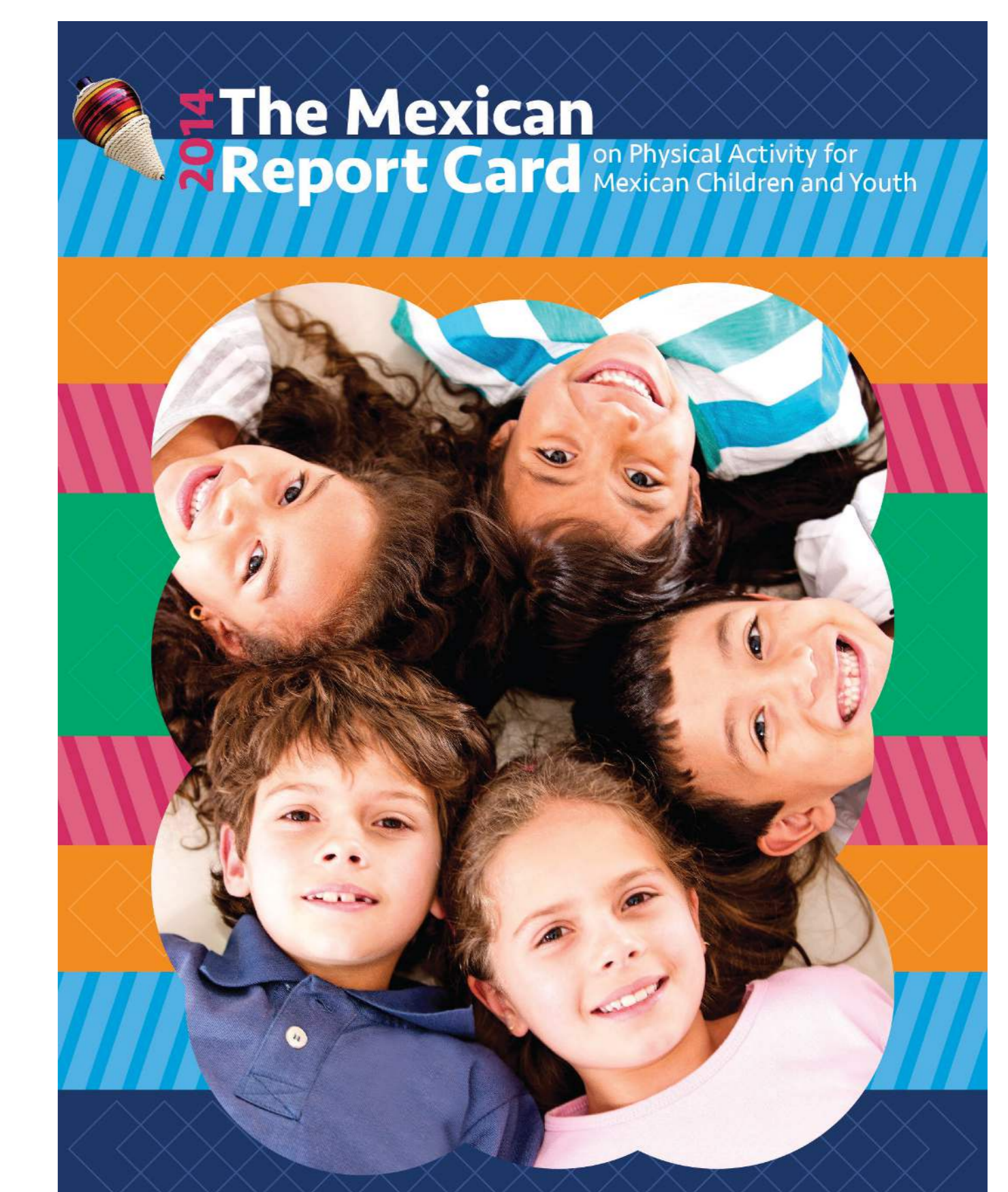
Figure 3. Mexico Map.



CONCLUSIONS

- A high proportion of Mexican children and youth are not meeting the PA recommendations, do not participate in sports and spend more than two hours per day in front of a screen.
- The Mexican government and other institutions have introduced policies and programs to promote PA in Mexican children and youth. However, the effect of these strategies remains unknown.
- Two main recommendations are: 1) evaluate existing school and community programs and policies, and, 2) promote the implementation and dissemination of successful programs.

Figure 4. Front Cover of the 2014 Mexican Report Card



Gutiérrez JP, Rivera-Dommarco J, Shamah-Levy T, et al. Encuesta Nacional de Salud y Nutrición 2012. Resultados Nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública; 2012.