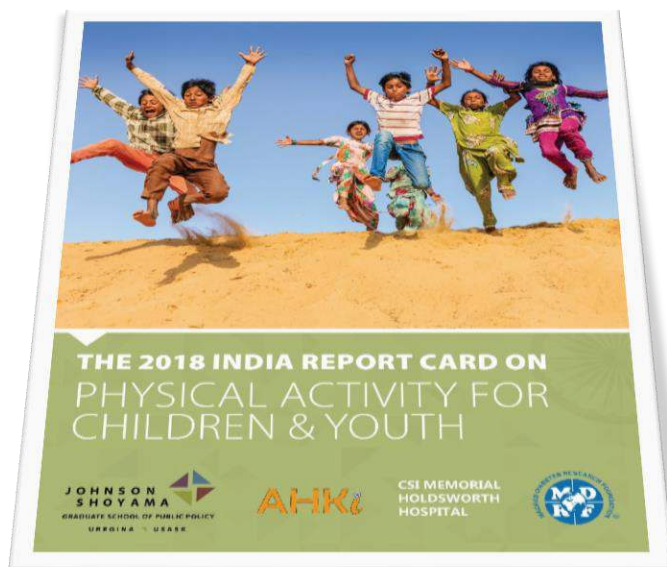


Results from the 2018 India Report Card on Physical Activity for Children and Youth

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Background and Purpose:

- Research indicates that almost half of Indian children and youth do not meet recommended guidelines for physical activity and sedentary behaviour.
- The 2016 India Report Card found that a lack of upstream active living policies, family and peer support, and built environment conducive to active transportation, have contributed to physical inactivity among Indian children.
- With India's youth projected to be a major proportion of the world's workforce, measurement and evaluation of active living in India has implications for the world economy.
- The 2018 Report Card addresses evidence gaps identified in 2016 using peer-reviewed and grey literature, as well as primary data obtained through key partners.



Results and Discussion:

Based on the grades assigned the active living, challenges faced by Indian children and youth could be attributed to lack of adequate political, social, and physical environmental support. *Active Healthy Kids India* has been established to obtain nationally representative data, and advocate for investments.

Indicators	Grades
Overall Physical Activity	D
Organized Sport Participation	INC
Active Play	C-
Active Transportation	B-
Sedentary Behaviour	C-
Family and Peers	D
School - Infrastructure, Policies and Programs	INC
Community and the Built Environment	D
Government -Strategies, Policies and Investments	D
Physical Fitness	F
Yoga	INC

Recommendations for Action

- 1. Investments in active living research and policy.** This includes the involvement of multiple sectors (e.g. health, education, transportation) to develop a funding agenda for policy implementation.
- 2. National strategy for physical activity for children and youth.** Development of a national strategy would make physical activity a priority among schools, communities, cities, and states, and further guide investments, policies and programs.
- 3. Minimizing gender-based inequities.** National and local policies/programs need to encourage equal participation from girls in physical activity.
- 4. Physical activity education and promotion campaigns to educate policymakers, educators, families, and children and youth.** Targeted physical activity campaigns will help educate the public about the benefits of physical activity.
- 5. Adoption of active living policies in urban planning and development.** Evidence-based local urban planning policy is critical to facilitate active living and minimize existing barriers.

Conclusion:

While the vast majority of Indian children and youth are not accumulating recommended levels of physical activity, there are encouraging signs of their participation in active transportation and active play a phenomenon that needs to be explored further to facilitate more physical activity.