

Active Healthy Kids South Korea 2022 Report Card on Physical Activity for Children and Adolescents



@ActiveHealthyKR

Eun-Young Lee, Yeong-Bae Kim, Seonyoung Goo, Jeongmin Lee, Okimitsu Oyama, Geonhui Kim, Heejun Lim, Hoyong Sung, Jiyeon Yoon, Jongnam Hwang, Sochung Chung, Hyun Joo Kang, Joon Young Kim, Kwon-il Kim, Youngwon Kim, Mi-young Lee, Jung-Woo Oh, Hyon Park, Wook Song, Kyoungjune Yi, Yeon-Soo Kim*, Justin Jeon**

Report Cards: Past and Present

Success 1: 2022 Report Card grades improved from 2016 and 2018 Report Cards in terms of the number of indicators graded and the grades for three indicators (Overall Physical Activity, School, Government)

Success 2: Two indicators that were not graded previously due to insufficient data were given a grade (Family and Peers, Community and Environment)

Success 3: Sleep was a new indicator added to the evaluation for 2022 Report Card

Gap 1: Two indicators that were previously graded were not graded this round due to insufficient data (organized Sport and Physical Activity, Physical Fitness)

Gap 2: Active Play remained ungraded due to insufficient data and absence of measurement tools

Indicator	2016 Grades	2018 Grades	2022 Grade
Overall Physical Activity	D-	F	D-
Organized Sport & Physical Activity	C-	C	INC
Active Play	INC	INC	INC
Active Transportation	C+	B+	B+
Sedentary Behaviors	F	D	D
Physical Fitness	NA	D+	INC
Family and Peers	INC	INC	C-
School	D	D+	A
Community and Environment	INC	INC	B-
Government	C	D	A
Sleep	NA	NA	F

NOTE: % Successful

A A+ 94-100% A 87-93% A- 80-86%

B B+ 74-79% B 67-73% B- 60-66%

C C+ 54-59% C 47-53% C- 40-46%

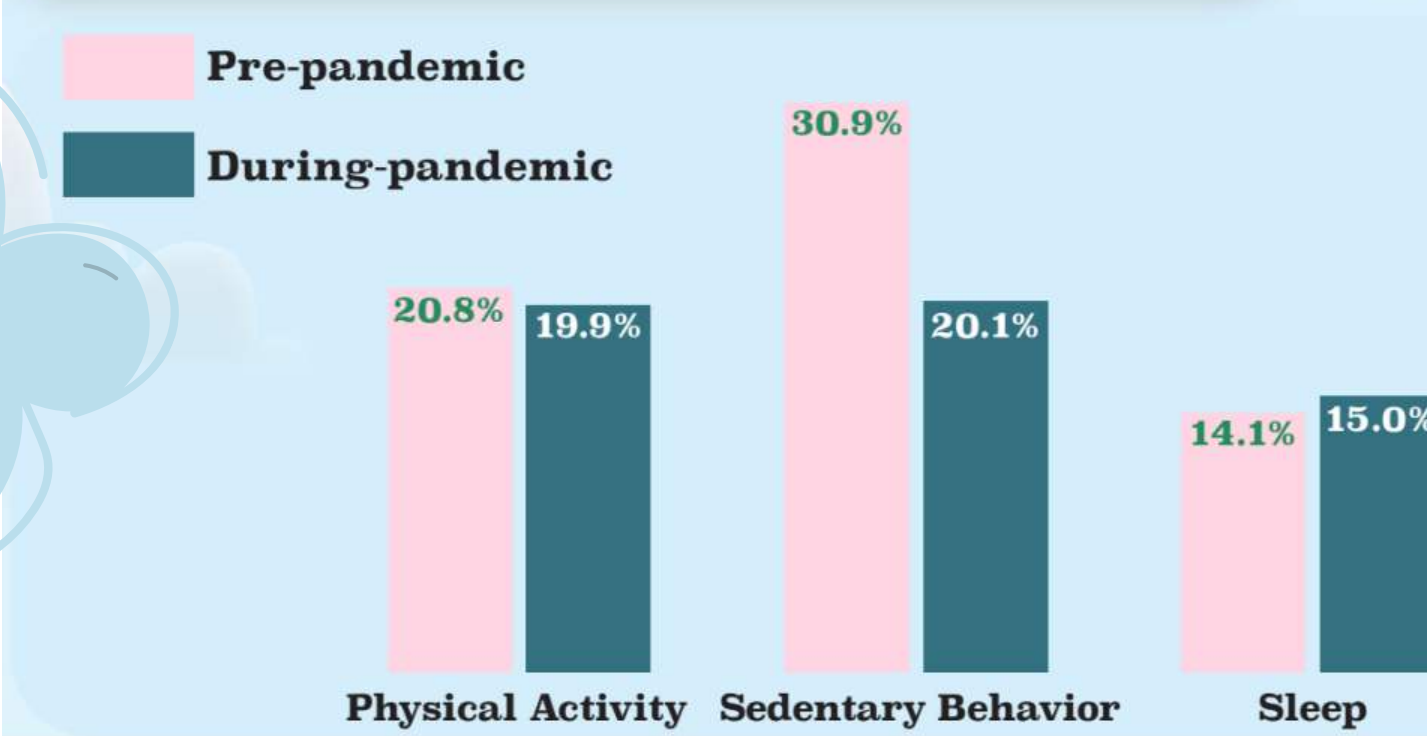
D D+ 34-39% D 27-33% D- 20-26%

F F 0-20%

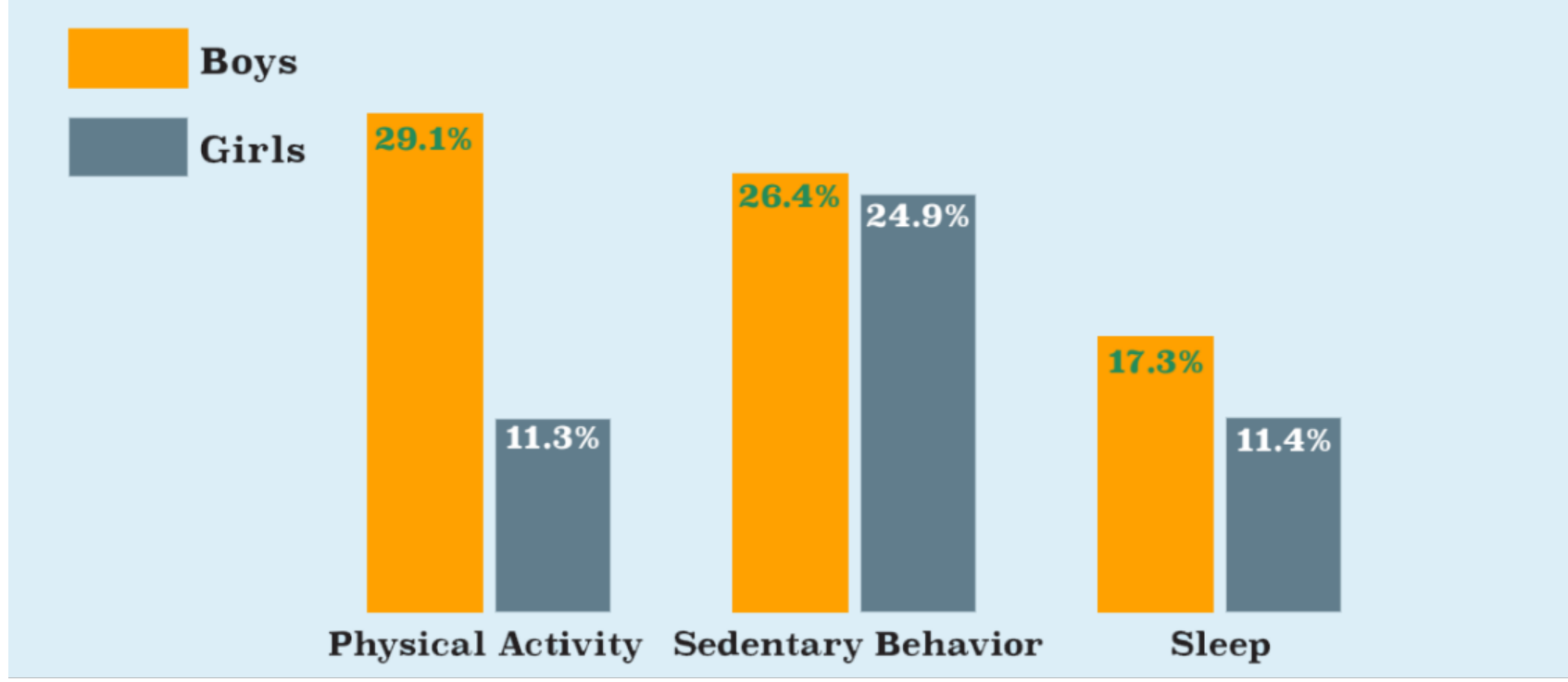
INC Incomplete-insufficient or inadequate information to assign a grade

Existing and New Challenges: Gender and COVID-19 Pandemic

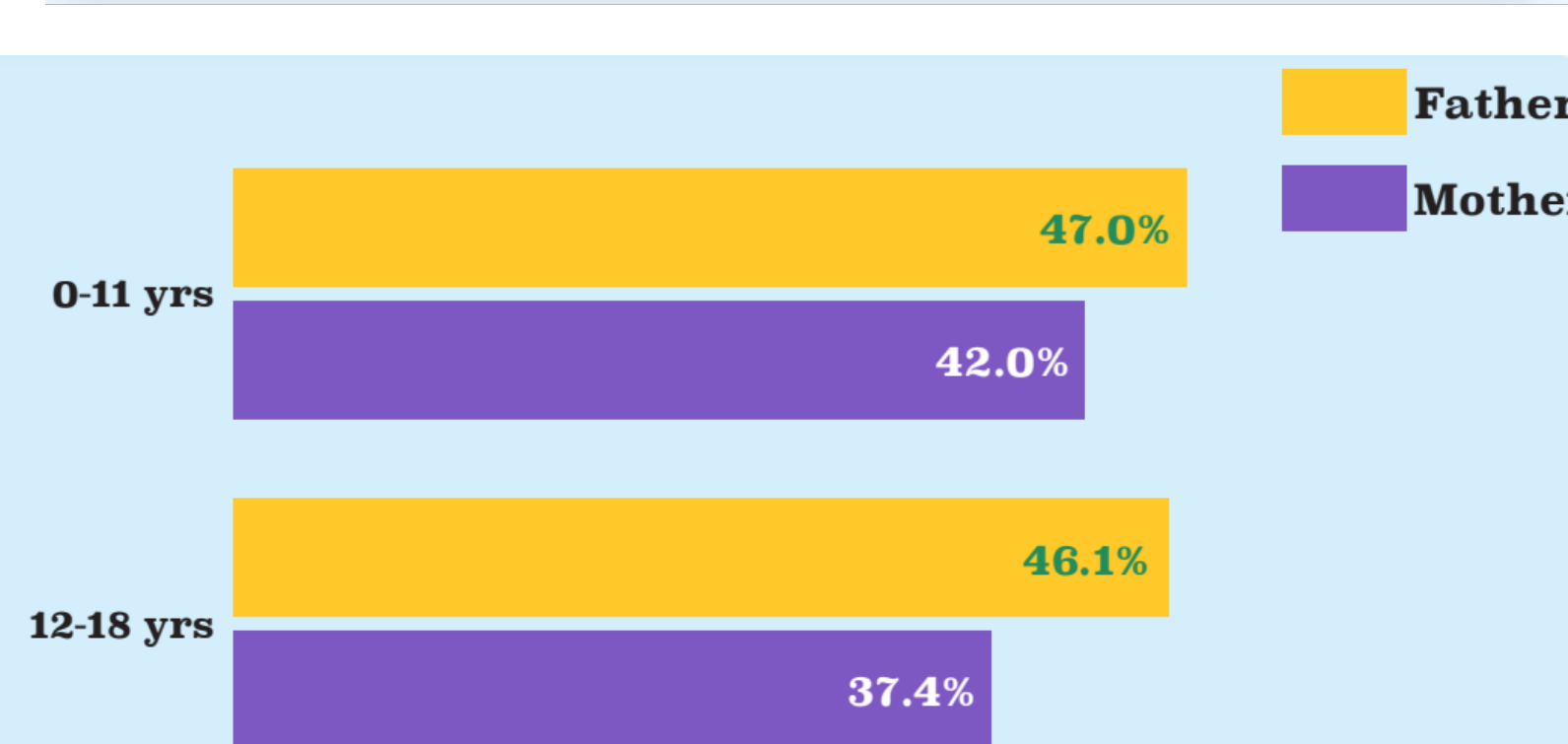
How COVID-19 Pandemic Impacted Behaviors?*



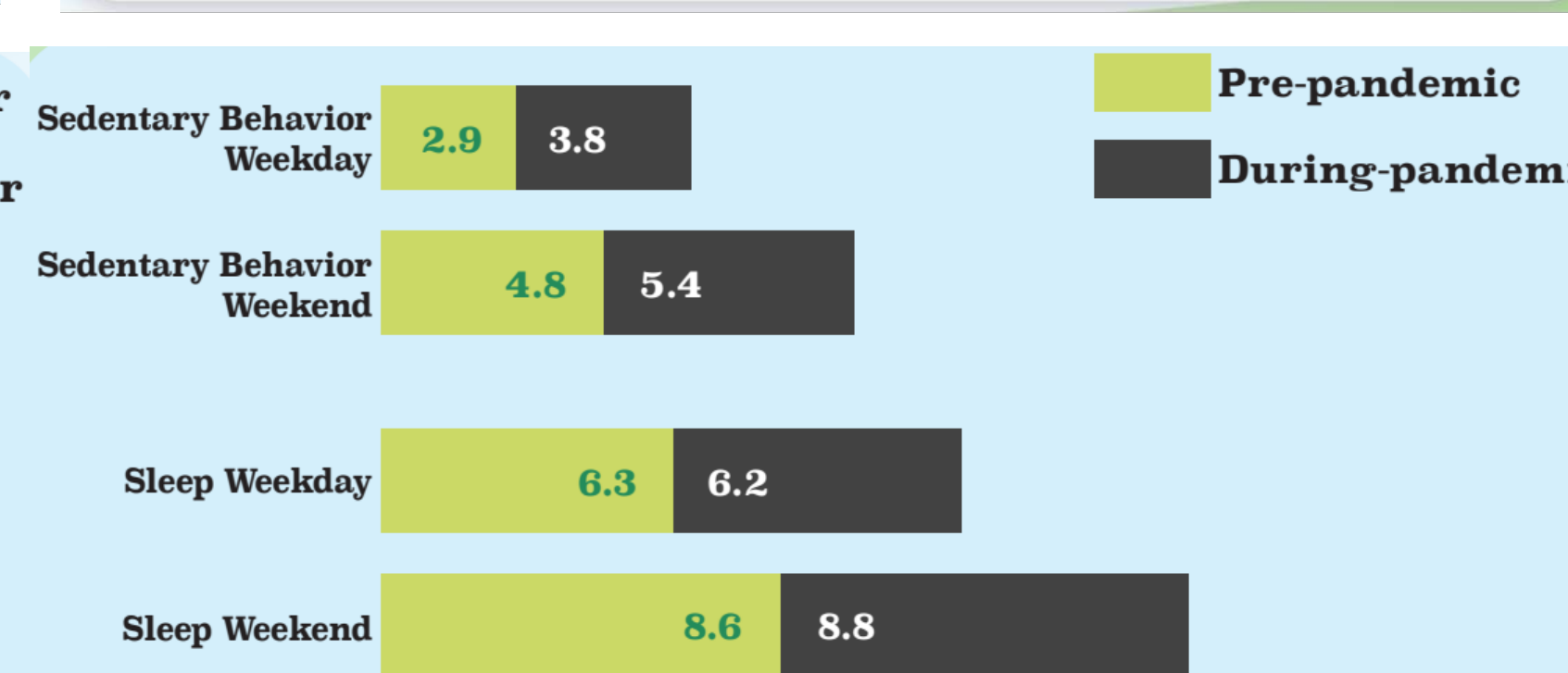
Gender Differences in Behavioral Indicators*



Gender Differences in Parental Modelling of Physical Activity+



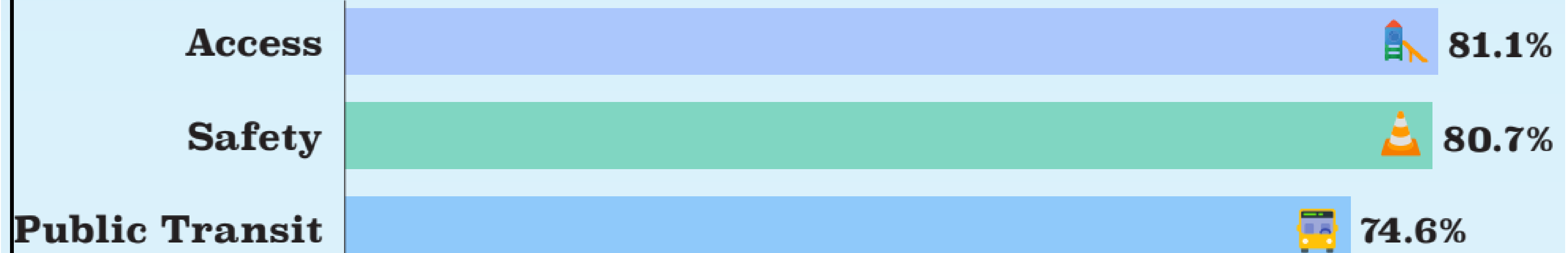
Weekday/Weekend Differences in Sedentary Behavior and Sleep (Hr/day)



NOTE: % met benchmarks*+

Environment as a Double-edged Sword

The built environment that is conducive to physical activity



Factors related to climate change that are detrimental to physical activity



NOTE: % satisfaction

Improvement but with Limitations in School and Government

The "A" grade received for School in 2022 Report Card is a significant improvement from 2016 (D) and 2018 (D+) Report Cards. However, the change is likely due to the use of the standardized tool that evaluates school-based policies based on quantification

Notwithstanding the high grade received, the quality of the implementation and evaluation of policies and programs is largely unknown

The "A" grade received for Government in 2022 Report Card is a significant improvement from 2016 (C) and 2018 (D) Report Cards. However, the improvement may likely driven by the use of a different evaluation tool and the quality of the implementation and evaluation of policies and programs is unknown

*+Benchmarks used for Behavioral Indicators
*Physical Activity: ≥ 60 minutes of moderate-to vigorous-intensity physical activity (MVPA) for at least 4 days/week
*Sedentary Behavior: ≤ 2 hours/day for recreational screen time
*Sleep: 9-11 hours/day for ≤ 13-year-old; 8-10 hours/day for 14-18-year-olds
+Parental Modelling of Physical Activity: ≥ 150 minutes of MVPA per week

*kys0101@snu.ac.kr , **jjeon@yonsei.ac.kr

This research was supported by the Yonsei Signature Research Cluster Program of 2022-22-0010