

2022 INDIA REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN & ADOLESCENTS










INTRODUCTION TO THE 2022 INDIA REPORT CARD





The 2022 India Report Card on Physical Activity for Children and Adolescents is the third comprehensive assessment of physical activity and sedentary behaviour among children and adolescents aged 5 to 17 years in India. The Report Card initiative is part of the Global Matrix 4.0 initiative led by the Active Healthy Kids Global Alliance – a network of researchers, health professionals, and stakeholders working together to advance active living among children and adolescents. A total of 57 countries across 6 continents are part of the Global Matrix 4.0 initiative which synthesizes and evaluates evidence on 10 indicators of active living.

The India Report Card is an independently developed, evidence-based scientific report that assesses physical activity, sedentary behaviour, and multiple contextual factors that impact these behaviours in Indian children and adolescents. Social and environmental contexts play a critical role in access to physical activity opportunities, infrastructure, programming and resources. Moreover, social support, and physical literacy play a key role in promoting an active lifestyle. Thus, investigating the contexts in which physical activity (or inactivity) occurs is necessary for designing effective policy and program interventions. The Report Card synthesizes current evidence on key contexts such as schools, neighbourhood built environment, government strategies and investments, as well as family and peer support.

In addition to being a source of current evidence on active living among Indian children and adolescents, the Report Card aims to identify gaps in research and policy, and raise awareness to advocate action in tackling the pandemic of physical inactivity in India. We hope that the Report Card garners the attention of families, educators, policymakers, researchers, clinicians, and more importantly, children and adolescents, to address the current challenges for active living in India.

SUMMARY OF REPORT CARD INDICATORS AND GRADES

INDICATOR	GRADE
 <p>Overall Physical Activity The proportion (%) of children and youth who meet the global physical activity guidelines which recommend accumulating at least 60 minutes of moderate- to vigorous-intensity physical activity per day on average. When an average cannot be estimated, the % of children and youth meeting the guidelines on at least 4 days a week.</p>	C*
 <p>Organized Sport Participation The proportion (%) of children and youth who participate in organized sport and/or physical activity programs.</p>	INC
 <p>Active Play The proportion (%) of children and youth who engage in unstructured or unorganized active play at any intensity for more than 2 hours per day, or, the % of children and youth who report being outdoors for more than 2 hours per day.</p>	INC
 <p>Active Transportation The proportion (%) of children and youth who walk or bike to different destinations (e.g. home, school, park, friend's house).</p>	B-
 <p>Sedentary Behaviour The proportion (%) of children and youth who meet the Canadian Sedentary Behaviour Guidelines, which recommend no more than 2 hours of recreational screen time per day.</p>	D
 <p>Family and Peers The proportion (%) of parents or guardians who facilitate physical activity and sport opportunities for children (i.e., coaching, driving, volunteering, paying for membership fees and equipment), meet the global physical activity guidelines for adults, and are physically active with their children. The % of children and youth with friends or peers who encourage and support them to be physically active.</p>	INC
 <p>School – Infrastructure, Policies and Programs The proportion (%) of schools with active school policies; physical education (PE) taught by a PE specialist; offered the mandated amount of PE by the state/country; offering physical activity opportunities to the majority of students; providing regular access to facilities and equipment which support physical activity (i.e., gymnasium, playgrounds, sporting fields, bike racks, etc.). The % of parents/guardians reporting that children have access to physical activity opportunities at school in addition to PE.</p>	C

	Community and the Built Environment The proportion (%) of children, youth, or parents/guardians who perceive their community as supportive for promoting physical activity. The % of communities reporting physical activity policies and infrastructure (e.g. sidewalks, trails, bike lanes). The % of children or parents/guardians who report having facilities, programs, parks and playgrounds; living in a safe neighbourhood where they can be physically active; and well-maintained activity facilities in the community that are safe to use.	D
	Government – Strategies, Policies and Investments Demonstrated leadership, investments, and evidence of implementation of physical activity strategies targeting children and youth (e.g. policy agenda, policy formation, policy implementation, policy evaluation and decisions about the future).	C+
	Physical Fitness The proportion (%) of children and youth performing well in several fitness tests and exercise regimens meant to test physical fitness, including: cardio respiratory endurance, muscular strength, muscular endurance, flexibility, explosive strength, and body composition.	INC
	Yoga The proportion (%) of children and youth who practice any form of yoga (e.g. hatha, ashtanga) daily at home or school.	D-*

RECOMMENDATIONS

RECOMMENDATION 1: Investing in active living research and policy

In order to improve physical activity among children and adolescents, investments towards active living research and policy are critical. Multiple sectors (e.g. health, education, transportation, and urban planning) need to work together in developing a funding agenda to drive active living research across various indicators noted in the Report Card, and to enable policy implementation.

RECOMMENDATION 2: Developing a national physical activity strategy for children and adolescents

While there is some indication that school boards and private organizations are implementing physical activity programs, there is no national-level strategy to promote physical activity among children and adolescents. A national strategy would make physical activity a priority among schools, communities, cities and states, provide relevant resources to support a culture of active living, and help guide investments, policies, and programs across the country.

RECOMMENDATION 3: Minimizing gender-based inequities in physical activity

Reiterating evidence from the 2018 India Report Card, current findings continue to show significant differences in physical

activity opportunities and access between boys and girls. Cultural and social norms, as well as perceptions of safety, limit girls' participation in physical activity. To counter this inequity, both national and local policies and programs need to encourage equal participation from girls in exercise and sport through dedicated initiatives which address existing barriers.

RECOMMENDATION 4: Prioritizing active transportation to improve activity levels while mitigating climate change impacts

At the local jurisdictional-level, significant steps could be taken to enable children and adolescents to walk and bike to schools. As a fast-growing nation, there is a surge of urban development in India, which provides an incredible opportunity to design new developments. New developments can promote safe walking and biking, and minimize the reliance on fossil fuels – a necessary step to intersect active living policy with climate change adaptation. Such an approach will also curtail air pollution (a major barrier to active living), as Indian cities have some of the highest levels of air pollution in the world.

RECOMMENDATION 5: Enabling equitable access to physical activity through schools

Schools should be the primary venue to promote equitable access to physical activity. For instance, although rural children accumulate more physical activity via active transportation, they may not have the same infrastructure access in comparison to urban centres. Schools can minimize this inequity by providing equitable access and infrastructure to both urban and rural children and adolescents.

REPORT CARD DEVELOPMENT

The 2022 India Report Card was led by Active Healthy Kids India, a non-profit organization dedicated to the promotion of active living among Indian children and youth (www.activehealthykidsindia.com). The India Report Card team, which consists of experts in India and Canada, systematically collected and appraised current evidence on 10 indicators of active living (Overall Physical Activity, Organized Sport Participation, Active Play, Active Transportation, Sedentary Behaviour, Physical Fitness, Family and Peers, School, Community and the Built Environment, Government Strategies, Policies and Investments). Specific to India, an 11th indicator (Yoga) was added in 2018 given its cultural significance. The active living indicators were assessed against parameters provided by Active Healthy Kids Global Alliance, and standardized grades were assigned based on the benchmarks provided in the table below. Both peer-reviewed literature, primary data sources, and grey literature were appraised. Nationally representative data were given higher weightage, followed by published data, unpublished data, and grey literature. For more detail on the methods and grading scheme, please consult the 2022 India Report Card Long-Form.

GRADING RUBRIC

GRADE	BENCHMARK	DEFINITION
A+	94 - 100%	We are succeeding with a large majority of children and adolescents
A	87 - 93%	
A-	80 - 86%	
B+	74 - 79%	We are succeeding with well over half of children and adolescents
B	67 - 73%	
B-	60 - 66%	
C+	54 - 59%	We are succeeding with about half of children and adolescents
C	47 - 53%	
C-	40 - 46%	
D+	34 - 39%	We are succeeding with less than half, but some, children and adolescents
D	27 - 33%	
D-	20 - 26%	
F	<20%	We are succeeding with very few children and adolescents
INC	Incomplete—insufficient or inadequate information to assign a grade	

Are you part of a physical activity initiative in India? Get involved with the Active Healthy Kids India! Contact activehealthykidsindia@gmail.com for more information.



2022 RESEARCH WORKING GROUP

REPORT CARD LEADER:

Jasmin Bhawra, PhD
School of Occupational and Public Health,
Toronto Metropolitan University,
Toronto, Ontario, Canada

REPORT CARD CO-LEADER:

Tarun Reddy Katapally, PhD, MBBS
School of Health Studies,
Western University,
London, Ontario, Canada

WORKING GROUP MEMBERS:

Anuradha Khadilkar, MBBS, MD
Hirabai Cowasji Jehangir Medical Research Institute,
Pune, Maharashtra, India

Krishnaveni Ghattu V, PhD, MBBS
Epidemiology Research Unit,
CSI Holdsworth Memorial Hospital,
Mysuru, Karnataka, India

Kumaran Kalyanaraman, DM, MSc, MBBS
MRC Lifecourse Epidemiology Unit,
University of Southampton,
Southampton, United Kingdom

ACKNOWLEDGEMENTS

The 2022 India Report Card is funded by the Canada Research Chairs Program. Dr. Anuradha Khadilkar's team in Pune, India was instrumental in obtaining primary data to evaluate several indicators of active living. The Report Card team acknowledges DEPTH Lab trainees, Prasanna Kannan and Eric Kwabia, for their contributions to the literature search and data analysis, and Dr. Nour Hammami for her support with data analysis. A special thanks to Nadine Elsahli for her role in the design and assembly of the Report Card.