

# Kids on the Move

## ISRAEL 2022 ACTIVE HEALTHY KIDS REPORT CARD ON PHYSICAL ACTIVITY

Sharon Levi<sup>1,2</sup>, Riki Tesler<sup>3</sup>, Liri Endy-Findling<sup>1</sup>

<sup>1</sup> Efsharibari - National Program for Active & Healthy Living, Ministry of Health ~ <sup>2</sup> School of Public Health, University of Haifa ~ <sup>3</sup> Department of Health Systems Management, Faculty of Health Sciences, Ariel University

### Background

- Efsharibari - The Israel National Program for Active & Healthy Living promotes physical activity (PA) in Israel.
- Despite actions and investment of resources we see a decline in child and adolescent PA in Israel, along with increased sedentary behavior, screen time and obesity.
- Israel joined Global Matrix 4.0 for the first time; the 2022 Report Card on Physical Activity in Children and Adolescents provides a baseline assessment of child and adolescent PA in Israel.

### Methods

- In accordance with the Active Healthy Kids Global Alliance standardized protocol; current best available data was collated and evaluated for ten core PA indicators. Survey data, such as the Health Behavior of School-Aged Children, current policies and programs were reviewed.
- An expert consensus panel of stakeholders: government, academic, and health professionals, reviewed findings, allocated grades and made policy recommendations.
- A cost-benefit analysis of potential PA interventions was undertaken to support panel recommendations.

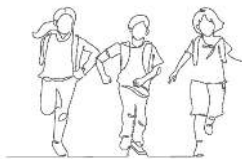
### Panel Recommendations

Develop dedicated and culturally adapted programs for unique populations and communities: Special Needs, Ultra-Orthodox Jewish, Bedouin

Determine an overall national policy for key agencies that promotes PA for children and youth: Municipalities, Ministry of Education, Ministry of Culture and Sports and Ministry of Health

Expand, implement and monitor additional PA in the classroom adding more integrated movement teaching

Promotion of multi-generational and family PA



### Israel Report Card 2022

Overall Physical Activity	D-
Organized Sport Participation	D
Active Transport	C-
Sedentary Behavior	C+
Family & Peers	D-
Schools	C+
Community & Built Environment	C-
Government	C
Active Play	INC
Physical Fitness	INC

Develop accessible, challenging and safe playgrounds for outdoor play in local authorities

Develop comprehensive infrastructure to promote walkability and active transport in local authorities



### Conclusions

- PA levels are low for children and adolescents in Israel in spite of positive policies in schools and government action.
- Efforts are needed to increase family and peer support for PA and to improve conditions in the community.
- The panel identified that there is a large Ultra-Orthodox Jewish population that is not adequately supervised by the Ministry of Education, therefore the findings are more severe and there are large social gaps.
- Emphasis should be placed on prioritizing investment for children who do not do PA as well as efforts to support improvements to the environment in weaker municipalities.
- In an assessment of cost-effective programming, integration of additional minutes of PA in school lessons was identified as good practice to increase PA in the school day; while increasing public gymnasiums and pools support leisure PA.
- Although awareness and programs have increased, the process inspired a renewed commitment to enhance PA specifically for children as well as the introduction of policies that encourage wide-ranging programming by more stakeholders.