

Results from Scotland's 2021 Report Card on Physical Activity and Health for Children and Youth*

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#PRE-PANDEMIC



Background

- Physical activity (PA) important for health
- Low levels of PA observed in children and youth
- Socio-economic inequalities shown in PA and health outcomes

Aims

- Grading PA and health indicators in children and youth in Scotland
- Exploring secular trends over past decade (2010-2020)
- Examining socio-economic inequalities

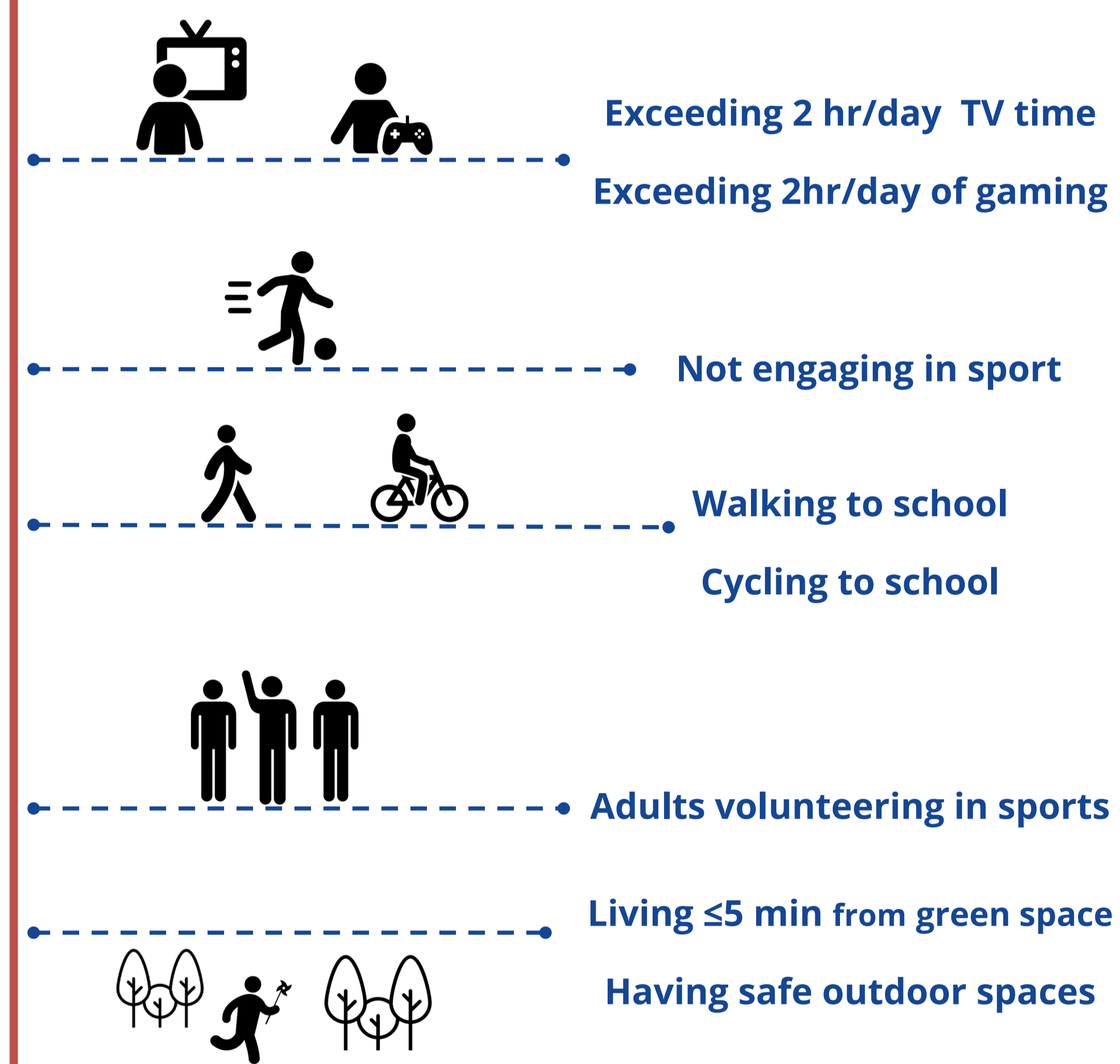
Methods

- Searching data:
 - ✓ Nationally representative
 - ✓ Free of major bias
 - ✓ Published in 2018-2020
- Grading using **Active Healthy Kids Global Alliance methodology**

Results

	2013 (2010–2013 data)	2016 (2014–2015 data)	2018 (2016–2017 data)	2021 (2018–2020 data)
Sedentary Behaviors	F	F	↑ D-	↓ F
Overall Physical Activity	F	F	F	INC
Organised Sport & Physical Activity	INC	INC	B	↓ B-
Active Play	INC	INC	D	INC
Active Transportation	C	C	C	↓ C-
Physical Fitness	-	-	INC	INC
Diet	D-	D-	↗ D	INC
Obesity	F	F	INC	INC
Family & Peers	D-	D-	↗ D	↓ D-
Community & Environment	B	B	↓ B-	B-
Government & Policy	B	B	↓ C	

C- Physical Activity
C+ Diet and obesity



Social Deprivation

← More → Less

Indicator	More	Less
Exceeding 2 hr/day TV time	74%	60%
Exceeding 2hr/day of gaming	61%	49%
Not engaging in sport	53%	18%
Walking to school	63%	51%
Cycling to school	1%	4%
Adults volunteering in sports	16%	33%
Living ≤5 min from green space	62%	67%
Having safe outdoor spaces	50%	72%

Discussion

- Grades for PA and health indicators have remained stable or slightly declined over the past decade.
 - ✗ Surveillance of many indicators remains limited or has worsened over the past decade.
- Favorable policies exist but more info is needed on evaluation and reporting.
- Socio-economic inequalities have been marked for many indicators.

Recommendations

- Improve national surveillance:
 - ✓ Revisit existing surveys (e.g., active play)
 - ✓ Introduce new monitoring (e.g., fitness)
- Focus on policy implementation, evaluation and reporting.
- Focus on monitoring and addressing health inequalities.



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