

# ACTIVE HEALTHY KIDS

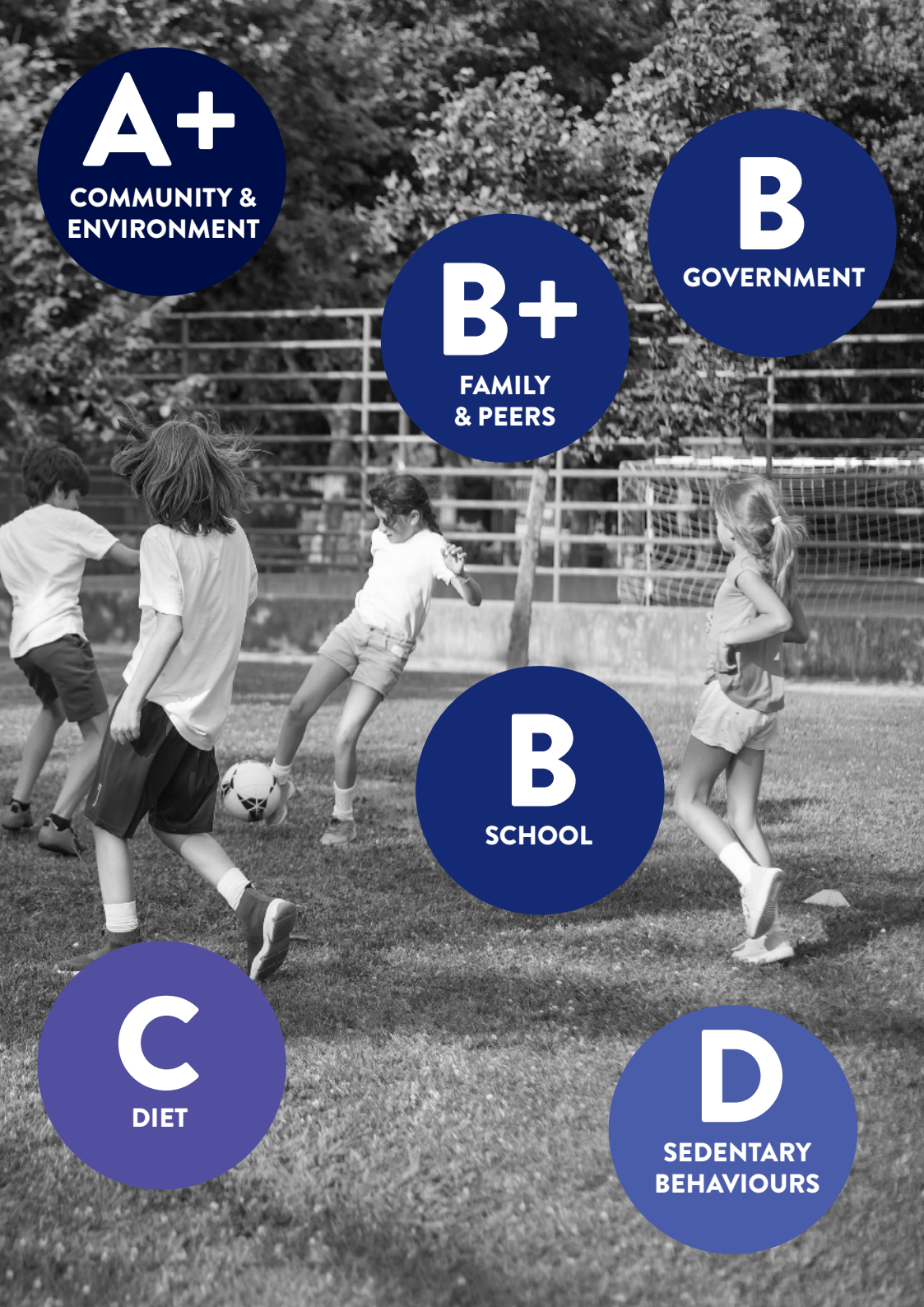
**SWEDEN REPORT CARD 2022**



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# PHYSICAL ACTIVITY FOR CHILDREN & ADOLESCENTS

**THE ACTIVE HEALTHY KIDS Swedish working group reviews and compiles the most recent, available literature for Swedish children and adolescents (6–17 years of age) and assign grades to 11 indicators of a healthy lifestyle. The grading system constitutes of grades from A-F, representing the percentage of children and adolescents meeting a defined benchmark. If there was no data or insufficient data for an indicator, it was marked as incomplete (INC). A plus (+) or minus (-) was assigned if an indicator was not clearly within a defined letter value. An \*\* denotes that a grade is based on device-measured data exclusively.**

## **Community & Environment A+**

99% of 0- to 15-year-olds living in urban areas (minimum 30 000 inhabitants) have access to greenspace within 300 meters of their home. 99% and 91% of 12–18-year-olds report feeling safe or quite safe outside where they live during the daytime and night-time, respectively.

## **Government B**

The government has updated the public health policy (2018) and included a new objective: *A society that promotes increased physical activity and healthy eating for all.* National guidelines on physical activity and sedentary behaviour were launched in 2021. Governmental agencies for transportation and urban planning have policies addressing active transportation. Other government coordination mechanisms supporting physical activity among children, are the National Cycling Council and the National network for coordinating the Outdoor Recreation Policy.

## **Family & Peers B+**

On average 74% of parents to 4–17-year-olds reported participating in physical activity (i.e., brisk walk, cycling, exercise) at least 30–60 min per day during leisure time.

## **School B**

The Swedish Education Act includes after school childcare and emphasizes the promotion of a healthy lifestyle. The school subject physical education and health (PEH) has learning objectives and knowledge requirements. 73% of PEH teachers in compulsory schools, and 78% in upper secondary schools are PE specialists. The minimum PEH time is 102 min/week in compulsory school grade 1–9. About 60% of school children has access to an outdoor playground with the recommended area of at least 30/sqm per student.

## **Diet C**

An average of 43% (11–18 years old) reached the food-based recommendations regarding intake of fish, sweet drinks, added sugars, as well as fruit and vegetables.

## **Sedentary Behaviours D**

The proportion of children and adolescents (11–17 years old) in Sweden meeting the screen time recommendation<sup>1</sup> less than 2 hours per day, varied considerably between weekdays (12–32%) and weekends (6–16%). Another study with a wider age range (7–17 years), not separating weekdays and weekend days showed that between 33–77% had less than 2 hours of screen time.

<sup>1</sup>In accordance with the recommendations applied in the global matrix 4.0 ([www.activehealthykids.org](http://www.activehealthykids.org))

## Physical Fitness C+

One study found that 13- to 14-year-old boys and girls in Sweden are above the 90th and 70th percentile, respectively on average, for cardiorespiratory fitness. Older data is showing a range in physical fitness on average from the 15th to 80th percentile in children and adolescents aged 10–16 years. The grading had more emphasis on recent data. However, this data must be interpreted with caution due to methodological reasons.

## Overall Physical Activity D+\*\*

Approximately 37% of children and adolescents (8–17-year-old) in Sweden meet the physical activity recommendation ( $\geq 60$  min MVPA/day, on average), and a larger proportion of boys than girls reached the recommendation.

## Organized Sport & Physical Activity B+

On average, approximately 75% of children and adolescents participate in organized sport and physical activities  $\geq 2$  times/week. Participation differs based on sex, age, and household income.

## Active Transportation C

48% and 57% of 6–15-year-olds use active transportation to and from school in the winter and summer months, respectively.

## Active Play INC

Currently, in Sweden there is insufficient data on non-organised forms of play and recreation for children and adolescents, therefore a grade of incomplete was assigned.

## CONCLUSIONS & FUTURE STEPS

The basis of the 2022 report card has been improved as it includes device-measured physical activity data from the nationally representative Riksmaten adolescents survey (11–18 years). Furthermore, we have included the Pep-study which is an annual nationally representative survey that was initiated in 2018 and provides continuous surveillance of Swedish children and adolescents' physical activity, screen time, and diet. Through this annual survey, in the future we will have the opportunity to add questions regarding active play to fill this knowledge gap in Sweden. It is also important to highlight that in 2021 Sweden released new guidelines for physical activity and sedentary behaviour.

This third report card confirms that there have been no improvements in the levels of Swedish children and adolescents' physical activity and sedentary behaviour. Thus, this clearly demonstrates that action on the family, community, school, and governmental levels are needed.

### Contributing partners

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