

【Practice Article】

The “Active Healthy Kids Report Card” for Promotion of Physical Activity in Children and Youth

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Abstract

It is important to consolidate existing evidence, facilitate international comparisons and encourage more evidence-informed physical activity and health policies for the promotion of physical activity in children and youth. It is also essential that researchers share their information with not only other researchers but also teachers, coaches, policymakers, and the wider public. The “Active Healthy Kids Report Card” is structured with 9 common indicators which identify the state of physical activity in children and youth in each country and factors influencing their physical activity. Since the first “Active Healthy Kids Canada Report Card” was released in 2005, it has been reporting on 15 countries, including low, middle and high income countries, forming the “Active Healthy Kids Global Alliance” (www.activehealthykids.org). An international report card will be released on >40 countries with broad geographic and income variation at the 6th International Congress on Physical Activity and Public Health in 2016 in Bangkok. The “Active Healthy Kids Japan Report Card” is now being developed by a working group. This paper summarizes the contents of The “Active Healthy Kids Report Card,” the processes used to develop the card, and the results of an international comparison among 15 countries.

Key words: physical activity, children and youth, behavior, environmental factor

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