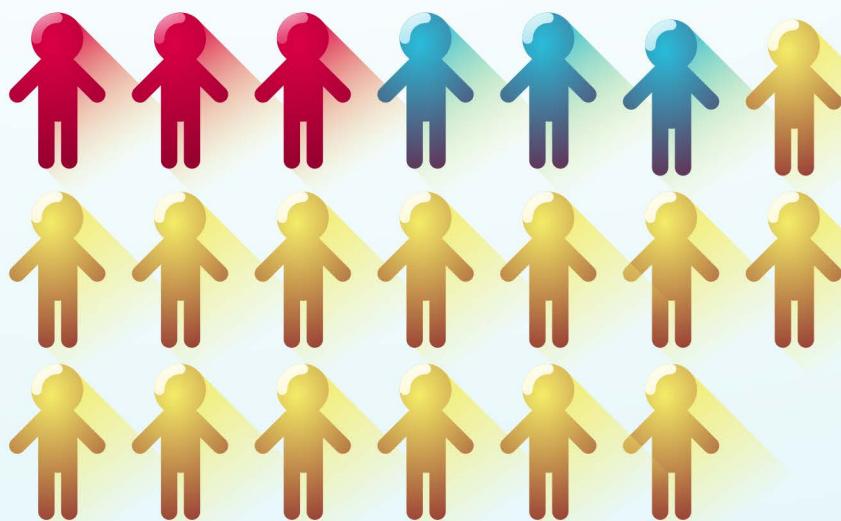


Childhood Obesity: **THE SIZE** of the problem.



**Official
Figures:**
3 in 20
children
have
obesity.

Reality:
At least
6 in 20
children
have
obesity.

See report card for
the full explanation.

Active Healthy Kids Scotland Report Card 2018

Download from www.activehealthykidsscotland.co.uk



About the 2018 Scottish Report Card

The 2018 Active Healthy Kids Scotland Report Card provides a comprehensive assessment of the physical activity and health of children and adolescents in Scotland. It synthesizes data from recent national surveys and assigns grades to 11 physical activity and health indicators. The grades are determined by the % of children and adolescents meeting an evidence-based recommendation, ranging from A+ (94%-100%) to F (<20). The grades are summarised below and the '2018 Active Healthy Kids Scotland Report Card 2018' provides a rationale for each grade. The 'Summary of Data Sources' provides detailed information on 1) the data sources used to grade the indicators 2) the data sources that were considered but were not used for grading and why 3) highlights gaps in Scottish data. These documents can be downloaded from our website www.activehealthykidsscotland.co.uk.

The Scottish grades have been compared to grades from 48 other countries in the 2018 International Active Healthy Kids Report Card www.activehealthykids.org, launched on the 27th November 2018.

The report card was produced by the University of Strathclyde (Prof John J Reilly; Dr Adrienne Hughes; Dr Farid Bardid; Avril Johnstone) and University of Aberdeen (Prof Geraldine McNeill). The draft grades were reviewed by key stakeholders from a wide range of sectors in Scotland.

Grades from the 2018 Active Healthy Kids Scotland Report Card

* For full explanation of and rationale for the grades see the '2018 Active Healthy Kids Scotland Report Card' <http://www.activehealthykidsscotland.co.uk/>



Indicator	Grade
Sedentary Behaviours	D-
Overall Physical Activity	F
Overall Sport and Physical Activity	B
Active Play	D
Active Transportation	C
Physical Fitness	INC
Diet	D
Obesity	INC
Family and Peers	D
Community and Environment	B-
Government	C