



Global Matrix 4.0 on physical activity for children and adolescents

HOW DOES SCOTLAND STACK UP?

Like most of the 57 countries participating in the Global Matrix 4.0 Scotland only had access to pre-pandemic data. A more complete picture of the impact of COVID-19 pandemic on physical activity and health of Scottish children will be available in the next Active Healthy Kids Scotland Report Card, towards the end of 2023/early 2024 www.activehealthykidsscotland.co.uk

The Scottish Report Card team graded the common AHKGA physical activity indicators, plus diet and obesity. We graded these using recent, nationally representative, surveys which had unbiased data .



Overall Physical Activity: INCOMPLETE (global average is D)

Could not be graded, but typically low (e.g. in adolescents taking part in the Health Behaviours of School Age Children Survey only 13-18% met the international physical activity guideline at the time).

Organized Sport and Physical Activity: B- (global average is C-)

This grade is a pass overall but was much worse for more deprived kids (18% engaged regularly) than less deprived kids (53% engaged regularly).

Active Play: INC (global average in C-)

Active play is vital to healthy levels of physical activity, and is the subject of a lot of Scottish policy, but levels of active play were not monitored in the years prior to the COVID-19 pandemic.

Active Transportation: C- (global average is C-)

40-46% of Scottish children and adolescents typically use active modes of transportation to school. Active commuting by bike is much less common in more deprived than less deprived kids.

Sedentary Behaviour: F (global average is D+)

Scottish kids are among the most sedentary in the world, and more deprived kids are even more sedentary than less deprived kids.

Physical Fitness: INCOMPLETE (global average is C-)

No recent or large scale fitness surveys were available; thus, the grade for this indicator is Incomplete (INC).

Family and Peers: D- (global average is C-)

Family and peers typically have low physical activity, high screen time, high levels of overweight and obesity, and diets which do not meet international guidelines; all worse in the more socio-economically deprived. Adult volunteering in sport and physical activity is also less common among the more deprived.

Diet (INC) and Obesity (INC) :

Insufficient data to grade these for the 2021 card, but diets typically fail to meet guidelines and childhood obesity very common from an early age, much more so in the more deprived.

Community and Environment: B- (global average is C+)

Local physical environments are accessible and safe for physical activity, but less so in more deprived areas .

Government: C for physical activity, C+ for Diet (global average is C)

We have good written policies (though no policy on screen time), but policy implementation is limited.

HOW TO IMPROVE THE SITUATION?

Despite good policies on physical activity & health things did not improve in the decade prior to COVID-19, and socioeconomic inequalities got worse <https://doi.org/10.1016/j.jesf.2022.07.002> -we lack policy implementation. We need policy on screen time. Physical activity should be promoted early in life and often. Physical activity, screen time, fitness and obesity probably all got worse during the COVID-19 pandemic, and so we need extra effort on recovery of child physical activity as part of COVID recovery.

Learn more at www.activehealthykids.org and www.activehealthykidsscotland.co.uk



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