Results from Chile’s 2018 Report Card on Physical Activity for Children and Youth


Introduction

Chile’s first Report Card (RC) on Physical Activity for Children and Youth released in 2016 graded with an F overall physical activity (PA), as only 3 out of 10 children and 2 out of 10 youth performed at least 60 minutes of moderate-to vigorous-intensity PA per day.1 Most indicators received very low grades, except for Community and Environment, and Government Strategies and Investments. In the present study, we aimed to summarize the results of the Chile’s second RC for 13 PA-related indicators.

Methods

The 2018 Chile’s RC (Figure 1) included the 10 core PA indicators that are common to the Global Matrix 3.0: Overall Physical Activity, Organized Sport Participation, Active Play, Active Transportation, Sedentary Behaviors, Physical Fitness, Family and Peers, School, Community and Environment, and Government. Additionally, we have included 3 additional indicators: Sleep, Inclusion, and Overweight and obesity. Each of these 13 indicators contributes to one of these three categories: a) Behaviors that contribute to overall PA levels, b) Factors associated with cardiometabolic risk, and c) Factors that influence PA.

The 2018 Chile’s RC was developed by a Scientific (SC) and an Advisory committees (AC) consisting of academics and civil servants from all areas represented in the current RC. Members of the SC performed a systematic search of the literature and available data sources, while the AC facilitated access to relevant national surveys that may have included some of the indicators of the RC and provided feedback on the grades.

The 2018 Chile’s RC summarized data from the different sources to inform the 13 indicator grades based on a standardised grading system (grades ranged from A to F) agreed by the Active Healthy Kids Global Alliance. The data sources included nationally representative surveys, published scientific articles and official technical reports available or released from 2016.

Results and Discussion

Overall PA was graded with a D-, given that 20.2% of children and youth (9-18 years old) meet the PA guidelines. In line with the 2016 RC, the highest grades were observed for two of the factors that externally influence PA: Community and environment (B) and Government Strategies and Investments (B-) (Table 1). By contrast, individual behaviors scored grades ranging from F (Active Transportation) to C- (Sedentary Behaviors). Moreover, in 3 out of 13 indicators we assigned an INCOMPLETE (Active Play, Sleep and Inclusion) as there were not enough data.

The strengths of our analysis include the use of a variety of large, nationally representative data sources and ad-hoc analysis of existing datasets. However, it is noteworthy to mention that data...
were obtained from self-reported measurements, which are subject to bias. In addition, most sources were based on the adolescent population; therefore, children might not be well-represented in our analysis and outcomes must be interpreted with caution.

**Conclusion**

Overall, Chile’s grades remained low compared with the first RC. On the positive side, Chile is advancing in environmental and policy aspects. Attention should be paid to promote active transportation and support families and peers to promote PA. Our findings indicate that the implementation of new strategies should be developed through collaboration between different sectors to maximize effective investments in increasing PA and decreasing sedentary time among children and young people in Chile.

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**References**