

Table 1 Grades and rationales for Chile's 2018 Report Card

Indicator	Grade	Rationale
Overall Physical Activity	D-	On average, 20.2% of children and adolescents (weighted average) meet the PA guidelines. ²⁻⁴ 27.4% of children (9 to 11 years old) and 18.9% of adolescents meet the PA guidelines based on National data. ²⁻⁴ There is lack of information in 5 to 8 years old.
Organized Sport Participation	D-	Participation ranged from 14.4% to 26.3% among 5 to 17 year-olds. ^{2,5} Very large gender differences across all age groups were observed, especially between younger and older ages. ²
Active Play	INC	Lack of data to provide a grade for this indicator.
Active Transportation	F	The weighted average prevalence of active transportation to and from school was 15% (10% for children and 20.0% for adolescents) based on representative data from different cities and regions. ⁶⁻⁹
Sedentary Behaviors	C-	Prevalence of ≥ 2 h screen time per day ranged from 45% to 69% in adolescents. Data were extracted from self-report only and represented two large central regions. ^{10,11}
Physical Fitness	D	Based on 20-m shuttle run, girls achieved percentile 33 and boys percentile 44. However, results are limited for 13 to 15 year-olds. ¹²
Family and Peers	F	12.5% of families reported the participation in sporting clubs. ⁵ 86.7% of adults do not engage in leisure PA for 30 minutes for 3 or more times per week. ¹³
School Environment	D	12.8% to 33.0% of adolescents reported the participation in physical education for 3 or more days per week without gender differences. ^{3,4} 26.0% of students reported that they have positive reinforcement from teachers for being physically active. ¹⁴
Community and Environment	B	39.0 to 55.0% of adolescents reported good/very good availability of parks, green spaces, cycling infrastructure or sporting facilities. ⁶ About 75% of children and adolescents reported having a public space for recreation nearby. ⁵ Information was obtained at a national level mostly from adolescents.
Government	B-	Chile has a new PA national policy involving three ministries in the design (Sports, Education, and Health). ¹⁵ It has implemented a strategic plan with goals and funding in key areas including physical activity. However, there is poor dissemination and translation to stakeholders. Assessment plan yet to be implemented at a national level.

Abbreviations: INC, incomplete; PA, physical activity.

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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