Introduction

Research reveals worsening trends for physical activity (PA) and physical fitness in Lithuanian school-aged children. Lithuanian youth are among the least active in the context of other European countries. School-aged children’s physical fitness is constantly declining, with some aspects of physical fitness declining by as much as 50% during the last two decades, which can lead to earlier onset of health problems, decreased quality of life and increased financial burden on the society. The development of PA Report Cards, which are updated annually or bi-annually in many countries, is a good way to synthesize data. This is the first time it has been done in Lithuania and therefore, the aim of this paper is to present a brief summary of the results of the 2018 Report Card. Grades were based on the available national surveys, reports, peer-reviewed literature, and gray literature such as government and nongovernment reports and online content.

Methods

The 2018 Report Card included the 10 core PA indicators, which represents behaviors (Overall PA, Organized Sport and PA, Active Play, Active Transportation, and Sedentary Behaviors), settings and sources of social influences (Family and Peers, School and Community and Environment), strategies and investments (Government) and health related (physical fitness). Data from multiple sources were used to inform the grades in accordance with common benchmarks, and all grades were agreed upon within the national Report Card development team.

Relevant data from 2014 to 2018 was used. The Report Card data was mainly based on national representative sample surveys (WHO standardized Survey (Lithuanian COSI study); HBSC survey 2013/2014; WHO European Childhood Obesity Surveillance Initiative); national reports (Standardized questionnaire of Lithuanian Institute of Hygiene; Special report Eurobarometer on Sport and Physical Activity); nationally representative studies and smaller cross-sectional studies.

Results and Discussion

In Lithuania there is good nationally representative data for Overall PA, Organized Sport and PA, Sedentary Behaviors, Active Transportation and Physical Fitness. However, this data shows that there is a lot of space for improvement, because many children and adolescents still do not meet the recommendations for PA and sedentary behavior or have low physical fitness (Table 1). Family and Peers, School and Community and Environment are based mostly on smaller peer-reviewed cross-sectional studies, which indicates the need for for national level surveillance for these indicators. The indicator Active Play received a grade of incomplete, because data exists only for 6-9 year-old children, which shows the need for more research in other age groups.

Figure 1 — Lithuania’s 2018 Report Card cover.
implementation, policy evaluation and decisions about the future regarding PA are discussed at the governmental level, these issues are still episodic, lack consistency, and there is no clear policy for PA (promotion) in school-aged children (and society in general). National recommendations for increasing PA and reducing sedentary behavior are also still missing. Attention should be focused on strengthening physical fitness at the national level. Finally, municipality level strategies and actions to encourage schools, communities, families and neighborhoods to get more involved in exercise and PA are needed.

References