

Results from France's 2018 Report Card on Physical Activity for Children and Youth

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Purpose

The purpose of this poster is to summarize the results of the 2018 France's Report Card on Physical Activity (PA) for Children and Youth.

Methods

Available evidence was synthesized for 10 PA indicators. Data from two recent French national surveys (2,3) were used to inform the Overall Physical Activity indicator, and the other indicators were informed by national statistics, reports, and scientific studies. The French Report Card group discussed and assigned grades from A+ (excellent) to F (failing) to each PA indicator.

Results



Overall Physical Activity (PA)



- High level of PA:
- 7-10 year olds (yo): 24% (2)
 - 11-14 yo: 38% (2)
 - 15-17 yo: 24% (2)
 - 6-17 yo: 23% (3)



Organized Sport & Physical Activity



- Children and youth enrolled in sports federations in 2016 (4):
- 0-9 yo: 33%
 - 10-14 yo: 60%
 - 15-19 yo: 34%



Active Play



- Among 6-10 yo (3):
- Play outside every school day of the week: 38% (boys), 39% (girls)
 - Play outside every day on day with reduced or no school time: 32% (boys), 33% (girls)



Active Transportation



- 44% of 3-10 yo and 43% of the 11-14 year-olds use active transportation to go to school (2)
- 41% of 6-10 yo reported using active transportation to go to school (3)



Sedentary Behaviours



- Spend less than 2h in front of a screen daily (3):
- 6-10 yo: 35%
 - 11-14 yo: 17%
 - 15-17 yo: 8%
- Children and youth spend 3h to 4h daily in front of a screen (2,3)



Physical Fitness



- Representative data among French adolescents (10-14.9 yo) (5):
- Cardiorespiratory fitness: 68th percentile
 - Flexibility: 58th percentile



Family & Peers



- 46% of fathers and 42% of the mothers engage regularly in PA (7)
- 46% of adolescents (11-18 yo) report that at least one of their parents "is regularly active" (8)



School



- 6-10 yo (primary school): 2h15 minutes of weekly physical education (PE) (9)
- 11-14 yo (middle school): 4h of PE weekly the first year, then 3 h weekly for the next 3 years
- 15-17 yo (high school): 2h of PE weekly



Community & Environment



- 60 territorial communities are enrolled in the "Cycling Cities and Territories Club" (10). Among these, 26% of the roadway is equipped with cycling path (10).



Government



- Importance of PA is acknowledged by the government, but it is more translated into campaigns and local actions than into national initiatives. However, financial help is available to support disadvantaged families to pay for registrations in sports clubs.

Conclusion

This study shows that PA levels of children in France are still very concerning. The majority of French children are spending too much time in front of screens, and only a small proportion are meeting PA guidelines.

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