

Active Healthy Kids 2014 Report Card



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PLAY TIME: Ashley Tenaglia with Ethan, 3, and Zoey

Aussie kids score D- for activity

MICHELLE PAINE

AUSTRALIAN children have been given a D- for their level of physical activity, among the worst in the world.

The study found "sport was not enough", showing Australian children were more likely to play organised sport yet most received far below the minimum exercise needed for good health.

Only 19 per cent of children five to 17 in Australia and 15 per cent of 12 to 17-year-olds met the guideline of a least an hour of moderately vigorous activity every day.

Australians received B- for organised sport, D for active transport (riding or walking to school) and D- for sedentary behaviour (too much screen time).

Heart Foundation Tasmania chief executive Graeme Lynch said Australian children were among the world's worst, behind New Zealand, Mexico and England.

"If we don't start to reverse this trend this will drive up health problems, obesity, high blood pressure and heart disease," Mr Lynch said.

"We need to encourage kids to stay active in everyday life, to be social and play outside, do some household chores and limit hours of screen time."

Children aged 2 to 4 were more likely to receive the

minimum three hours a day of physical activity, at 72 per cent.

But only 26 per cent met the screen time guidelines of no more than an hour a day.

And 29 per cent of 5 to 17-year-olds and 20 per cent of 12 to 17-year-olds met the guideline of no more than two hours a day.

Margate mum Ashley Tenaglia takes Ethan, 3, and Zoey, 2, to play in almost any weather.

"We always go to the park, and a lot of the time we're the only ones there, even on a really beautiful day," Mrs Tenaglia said.

"I guess they're inside."

Grades

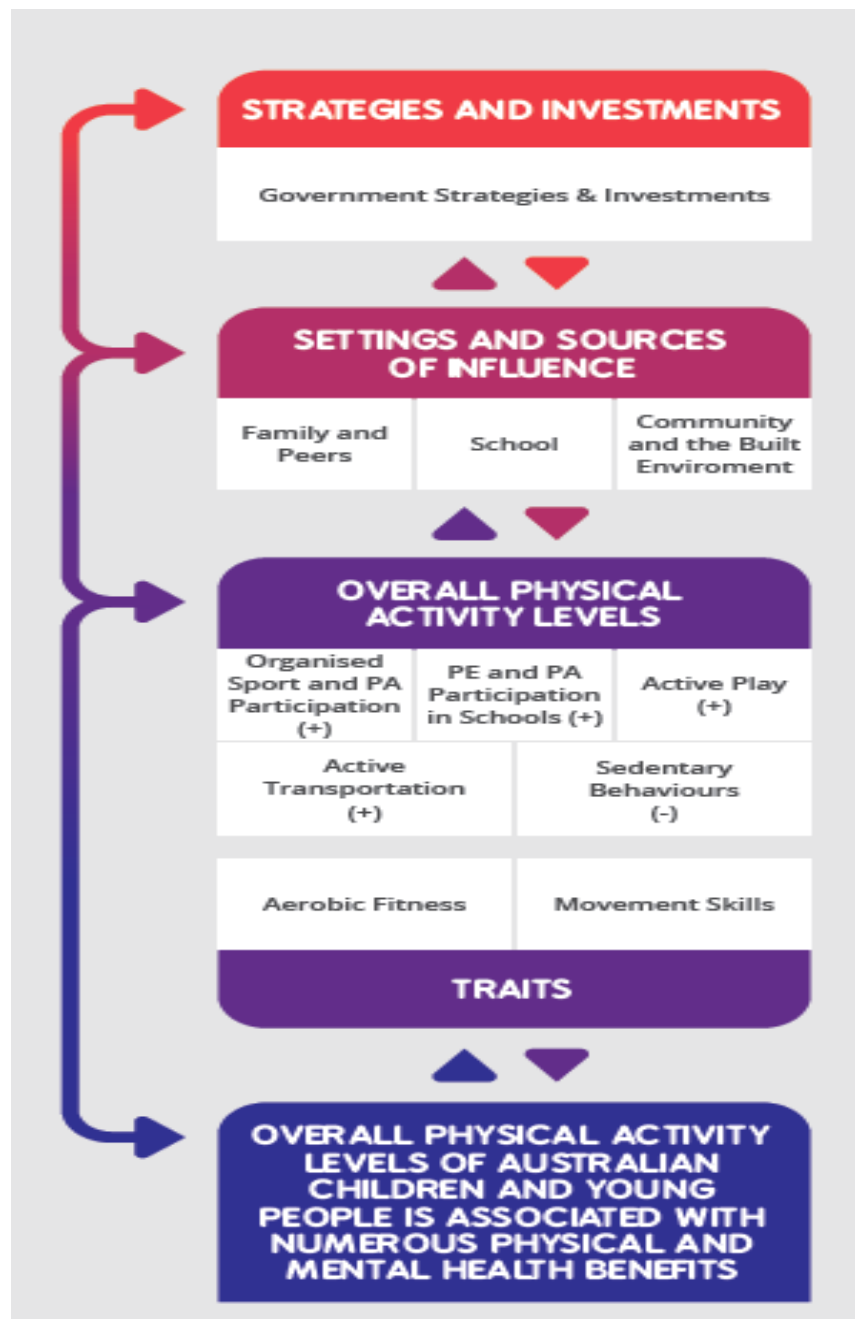
- A** = Australia is succeeding with a majority of children and young people (81-100%);
- B** = Australia is succeeding with well over half of children and young people (61-80%);
- C** = Australia is succeeding with about half of children and young people (41-60%);
- D** = Australia is succeeding with some but less than half of children and young people (21-40%);
- F** = Australia is succeeding with very few children and young people (0-20%)/

Aussie kids score D- in physical activity



- Australian school children rank among the worst in the world for overall physical activity levels, narrowly avoiding a FAIL in a new national report card.
- Supported by the Heart Foundation, the inaugural Active Healthy Kids Australia Report Card on Physical Activity for Children and Youth has found 80% of 5-17 year olds are not meeting the Australian physical activity guidelines of at least 60 minutes of exercise each day.
- Using an international ranking tool developed in Canada, Australia's Report Card was measured against 14 other countries around the world.

Indicators



Aussie kids score D- in physical activity

Among the 12 grades assigned in the Report Card, key grades include:

D- for Overall Physical Activity Levels  fabtoons @ felus.net
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B- for Organised Sport and Physical Activity Participation

D for Active Transportation
(such as riding or walking to school)

D- for Sedentary Behaviors
(screen time)



Organised Sport participation B-

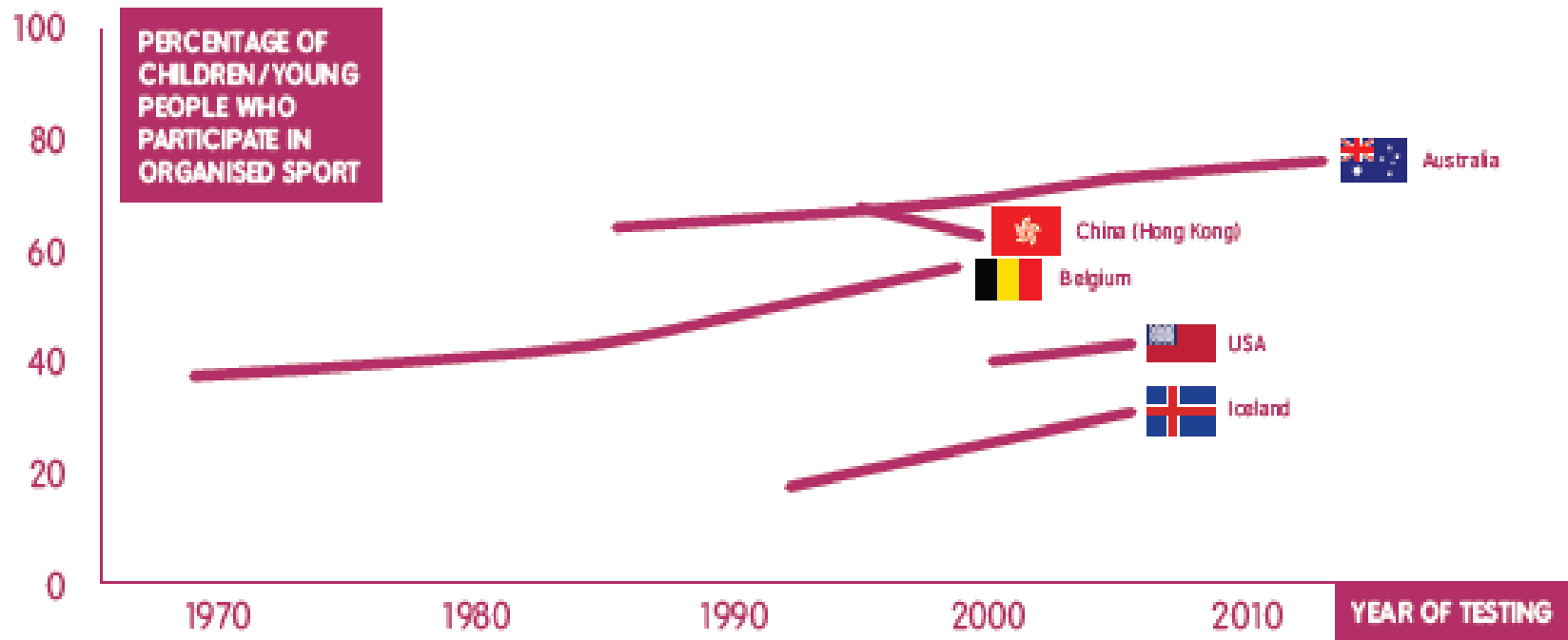
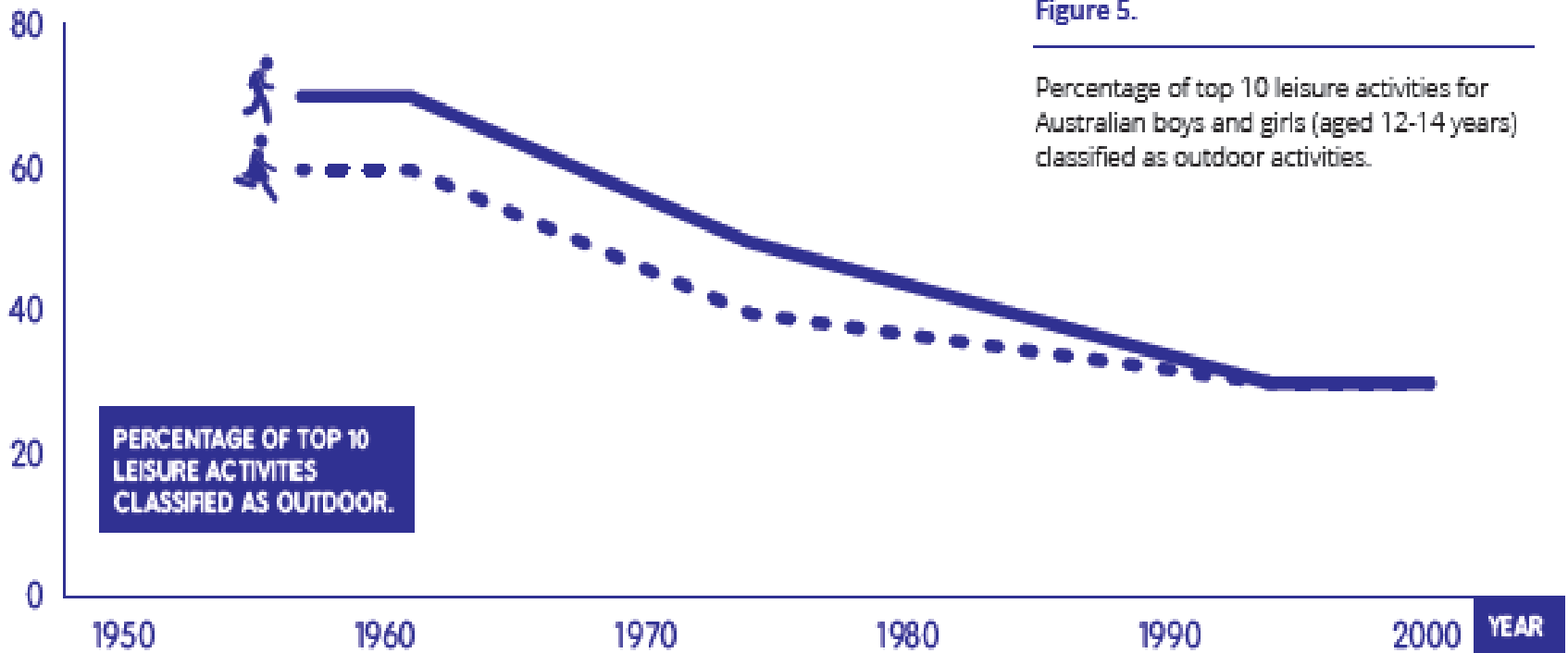


Figure 3.

Time trends in the percentage of children and young people who participate in organised sport.

Active Play – Outdoor Leisure Activities INC



Active Transport to and from School - D

PERCENTAGE OF CHILDREN/YOUNG PEOPLE WHO USE ACTIVE TRANSPORT TO AND/OR FROM SCHOOL

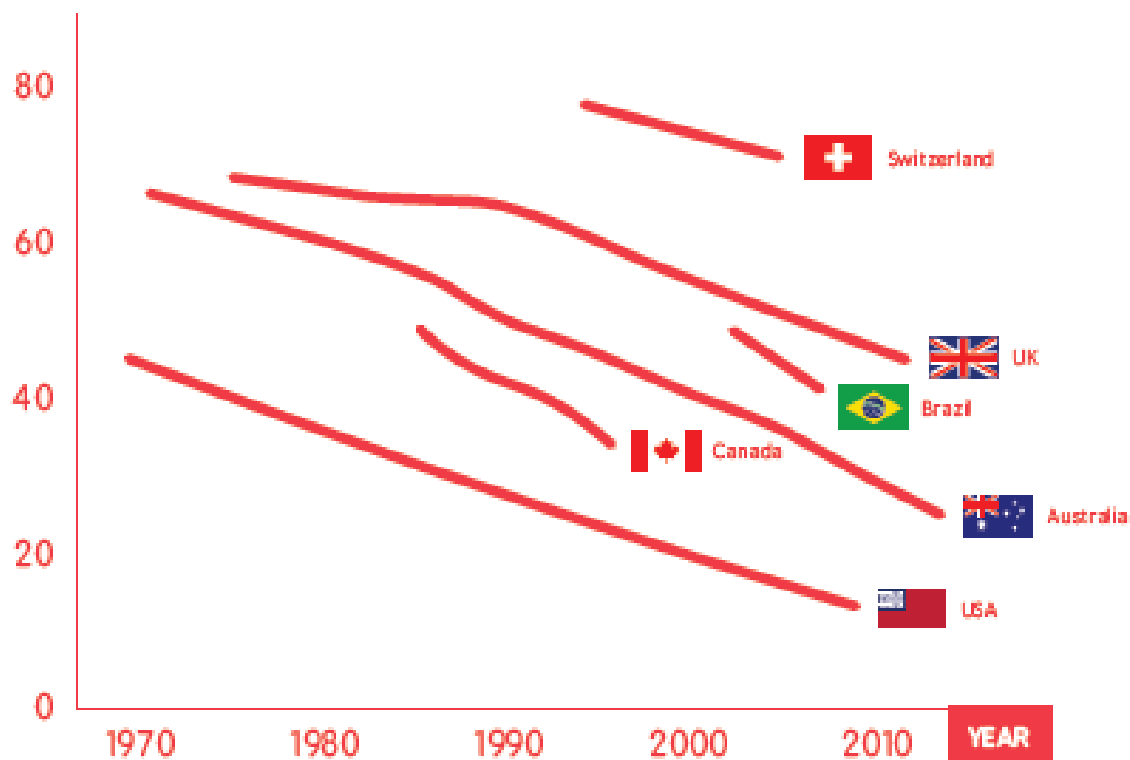


Figure 6.

Time trends in the percentage of children and young people who use active transport to and/or from school.

Sedentary Behaviours D-

PERCENTAGE OF HOMES WITH TVS IN CHILDREN'S BEDROOMS

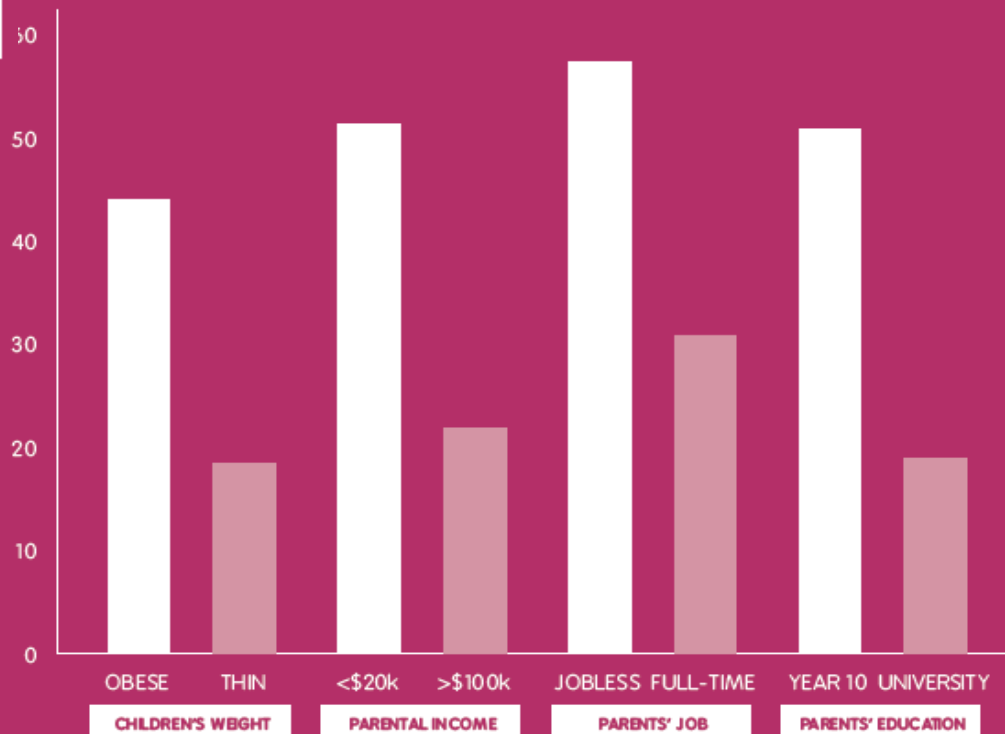


Figure 7.

Percentage of homes with televisions in children's bedrooms according to specific individual and family attributes.

Family & Peers - C

SPOT THE DIFFERENCE

(1) Number of children per family (3.5 vs. 1.9).



(2) Likelihood of births occurring outside of marriage (4.8% vs. 34%).



(3) Age that mothers were/are likely to have their first child (early 20s vs. early 30s).



(4) Likelihood that mothers (with dependent children) were/are in paid work (43%* vs. 63%).



Figure 8.

'Spot the Difference'. A family from the 1960s compared to a family of today.
 (1) Number of children per family; (2) Likelihood of births occurring outside of marriage; (3) Age that mothers are likely to have their first child; (4) Likelihood that mothers (with dependent children) were/are in paid work.

* Data only available for 1980s not 1960s.

Aerobic Fitness INC



Figure 10.

Geographical differences in the distance (in metres) the average young person from 2010 would finish behind the average young person from 1975 in a long distance run (1 609 metres or 1-mile).

Table 1: Global matrix presented in rank order by grade

Grade	Overall Physical Activity	Organized Sport Participation	Active Play	Active Transport	Sedentary Behaviors	Family & Peers	School	Community & Built Environment	Government Strategies & Investments
A+									
A									
A-							England	Australia	
B+								Canada	
B	Mozambique New Zealand	New Zealand	New Zealand	Finland Mozambique Nigeria	Ghana Kenya		Finland	England Finland Ireland Scotland	Colombia Finland Scotland South Africa
B-		Australia		Mexico			Australia New Zealand	USA	
C+	Mexico	Canada					Canada		Australia
C	Kenya Nigeria	Finland Ghana Kenya South Africa	Kenya Mozambique	England Kenya Scotland South Africa	New Zealand	Australia Canada Finland Kenya New Zealand	Kenya Mozambique	New Zealand	Canada Kenya Mexico Mozambique
C-	England	England Ireland USA	Nigeria	New Zealand	Ireland		Ireland USA		
D+									
D	Colombia Ghana Finland South Africa	Colombia Mexico	Finland	Australia Canada Ghana Ireland	Colombia Finland Mexico USA		Colombia Ghana Mexico South Africa	Ghana South Africa	Ghana
D-	Australia Canada Ireland USA				Australia	Scotland			
F	Scotland	Mozambique		USA	Canada Nigeria Scotland South Africa			Mexico Mozambique	
INC		Nigeria Scotland	Australia Canada Colombia England Ghana Ireland Mexico Scotland South Africa USA	Colombia	England Mozambique	Colombia England Ghana Ireland Mexico Mozambique Nigeria South Africa USA	Nigeria	Colombia Kenya Nigeria	England Ireland New Zealand USA Nigeria

Full Report

Full copies of the Report Card can be
downloaded at

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