

# Results From Chile's 2016 Report Card on Physical Activity for Children and Youth.

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## Abstract

**Background:** The 2016 Chilean Report Card on Physical Activity for Children and Youth is a review of the evidence across indicators of behaviors, settings, and sources of influence associated with physical activity (PA) of Chilean children and youth.

**Methods:** A Research Work Group reviewed available evidence from publications, surveys, government documents and datasets to assign a grade for 11 indicators for PA behavior based on the percentage of compliance for defined benchmarks. Grades were defined as follows: *A*, 81% to 100% of children accomplishing a given benchmark; *B*, 61% to 80%; *C*, 41% to 60%; *D*, 21% to 40%; *F*, 0% to 20%; *INC*, incomplete data available to assign score.

**Results:** Grades assigned were for i) 'Behaviors that contribute to overall PA levels': Overall PA, *F*; Organized Sport Participation, *D*; Active Play, *INC*; and Active Transportation, *C*; ii) 'Factors associated with cardiometabolic risk': Sedentary Behavior, *D*; Overweight and Obesity, *F*; Fitness, *F*; and iii) 'Factors that influence PA': Family and Peers, *D*; School, *D*; Community and Built Environment, *C*; Government Strategies and Investments, *C*.

**Conclusions:** Chile faces a major challenge as most PA indicators scored low. There were clear research and information gaps that need to be filled with the implementation of consistent and regular data collection methods.