Results from the Danish 2016 Report Card on Physical Activity for Children and Youth

Larsen, Lisbeth Runge

Publication date:
2016

Document Version
Post-print: The final version of the article, which has been accepted, amended and reviewed by the publisher, but without the publisher's layout.

Link to publication

Citation for published version (APA):
Larsen, L. R. (2016). Results from the Danish 2016 Report Card on Physical Activity for Children and Youth.

General rights
Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

• Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
• You may not further distribute the material or use it for any profit-making activity or commercial gain
• You may freely distribute the URL identifying the publication in the public portal

Download policy
If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Download date: 06. mar., 2020
Results from the Danish 2016 Report Card on Physical Activity for Children and Youth

Larsen LR1, Troelsen J, Kirkegaard KL, Risiskjær S, Krølner R, Østergaard L, Kristensen PL6, Møller NC6, Christensen B4, Jensen J-O, Østergård C11, Skovgaard T11.

Background
The first Danish 2016 Report Card on physical activity for Children and Youth describes Denmark’s efforts in promoting and facilitating physical activity and physical activity opportunities for children and youth. The report card is designed to gather, evaluate and translate the research on physical activity to guide future practice and interventions, as well as policy and program development.

Methods
The Report Card relies primarily on a synthesis of the best available research and policy strategies identified by the Report Card Research Committee. The Report Card Research Committee consisted of a diverse selection of researchers and professional experts working within the area of physical activity, health behaviors and policy development - representing different scientific perspectives and methodological backgrounds. The Danish Health Authority participated as observer in the committee and helped identifying relevant data. Nine physical activity indicators were graded using the Active Healthy Kids Canada Report Card development process. Grades vary from A (highest) to F (lowest).

Results
Grades of the nine indicators vary in Denmark as shown in Table 1. The key findings are:

- Depending on the method for measuring physical activity, 13 to 41% of the 11 to 15-year-olds meet the recommendations for physical activity1,2.
- 83% of 7 to 15-year-olds in Denmark exercise or participate in organized sports or/and physical activity programs on a regular basis3.
- Approx. seven out of ten children and adolescents attending public schools actively commute (walking, cycling, skateboard, child scooter or rollerskates) to/from school.
- During waking hours school-aged children accumulate an average of 8.2 hours per day being sedentary, 64% of Danish 11 to 15-year-olds accumulate more than 2 hours of screen time per day on weekdays and 81% on weekends.
- Physical education lessons are compulsory from 1st to 9th grade (approx. 7 to approx. 15 year olds).
- The Education Act, updated in 2014, makes it compulsory for public schools to offer an average of 45 minutes of physical activity per school day.
- 81% of teachers who teach in physical education are specialists within the field.
- Among the 7 to 15-year-olds, 88% list their local community as one with suitable sport facilities, and 91% assess the local community as a good setting to be active.
- Physical exercise lessons are mandatory in the majority of secondary schools.
- Almost all municipalities have adopted a separate policy on sport related issues.
- Municipalities are in charge of about 85% of public expenditure with regards to sport and leisure time.

Table 1
Summary of the grades assigned to each indicator in the 2016 Danish Report Card on Physical Activity for Children and Youth.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Grades</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Physical Activity Levels</td>
<td>D+</td>
</tr>
<tr>
<td>Organized Sport Participation</td>
<td>A</td>
</tr>
<tr>
<td>Active Play</td>
<td>INC</td>
</tr>
<tr>
<td>Active Transportation</td>
<td>B</td>
</tr>
<tr>
<td>Sedentary Behaviors</td>
<td>INC</td>
</tr>
<tr>
<td>Family and Peers</td>
<td>INC</td>
</tr>
<tr>
<td>School</td>
<td>B</td>
</tr>
<tr>
<td>Community and the Built Environment</td>
<td>B+</td>
</tr>
<tr>
<td>Government strategies and investments</td>
<td>A-</td>
</tr>
</tbody>
</table>

Note. The grade for each indicator is based on the percentage of children and youth meeting a defined benchmark: A is 81% to 100%; B is 61% to 80%; C is 41% to 60%; D is 21% to 40%; E is 0% to 20%; INC is incomplete data.

Conclusion
The first Danish Report Card shows that Denmark performs very well on the strategic and political level, but that the impact on individual level is still sparse. This indicates an implementation gap between the governmental level and the individual level that need to be bridged to increase physical activity and decrease sedentary behavior in children. Furthermore, to monitor childhood physical activity levels, measurement and quantification of physical activity needs standardization.

3. Møller NC, Larsen LR, Troelsen J, Kirkegaard KL, Risiskjær S, Krølner R, Østergaard L, Kristensen PL. A is 81% to 100%; B is 61% to 80%; C is 41% to 60%; D is 21% to 40%; F is 0% to 20%; INC is incomplete data.

Author Affiliations
1. Center for Human Movement and Learning, Research and Development, University College London, London, United Kingdom
2. Research Unit for Active Living, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, 5230 Odense M, Denmark
3. Sports Confederation of Denmark, Brønderup, 2605 Århus, Denmark
4. National Institute of Public Health, Copenhagen, Denmark
5. Research Unit for Active Living, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, 5230 Odense M, Denmark
6. Region of Southern Denmark, International Collaboration, Dänholm 12, 7100 Vejle, Denmark
7. Danish School Sport - Sydhøjten, Mæhlum broadcasting, 3000 Copenhagen S, Denmark
8. VIA University College, Faculty of Education and Social Studies, Ceresbyen 24, 8000 Aarhus C, Denmark
9. Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, 5230 Odense M, Denmark
10. Department of Applied Health Sciences, University College, Nyelandsvej 27-29, 2300 Copenhagen S, Denmark
11. Center for Human Movement and Learning, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, 5230 Odense M, Denmark
12. VIA University College, Faculty of Education and Social Studies, Ceresbyen 24, 8000 Aarhus C, Denmark
13. Department of Applied Health Sciences, University College, Nyelandsvej 27-29, 2300 Copenhagen S, Denmark
14. National Institute of Public Health, Copenhagen, Denmark
15. Research Unit for Active Living, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, 5230 Odense M, Denmark
16. Region of Southern Denmark, International Collaboration, Dänholm 12, 7100 Vejle, Denmark
17. Danish School Sport - Sydhøjten, Mæhlum broadcasting, 3000 Copenhagen S, Denmark
18. VIA University College, Faculty of Education and Social Studies, Ceresbyen 24, 8000 Aarhus C, Denmark
19. Department of Applied Health Sciences, University College, Nyelandsvej 27-29, 2300 Copenhagen S, Denmark
20. National Institute of Public Health, Copenhagen, Denmark
21. Research Unit for Active Living, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, 5230 Odense M, Denmark
22. Region of Southern Denmark, International Collaboration, Dänholm 12, 7100 Vejle, Denmark
23. Danish School Sport - Sydhøjten, Mæhlum broadcasting, 3000 Copenhagen S, Denmark
24. VIA University College, Faculty of Education and Social Studies, Ceresbyen 24, 8000 Aarhus C, Denmark
25. Department of Applied Health Sciences, University College, Nyelandsvej 27-29, 2300 Copenhagen S, Denmark
26. National Institute of Public Health, Copenhagen, Denmark
27. Research Unit for Active Living, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, 5230 Odense M, Denmark
28. Region of Southern Denmark, International Collaboration, Dänholm 12, 7100 Vejle, Denmark
29. Danish School Sport - Sydhøjten, Mæhlum broadcasting, 3000 Copenhagen S, Denmark
30. VIA University College, Faculty of Education and Social Studies, Ceresbyen 24, 8000 Aarhus C, Denmark
31. Department of Applied Health Sciences, University College, Nyelandsvej 27-29, 2300 Copenhagen S, Denmark
32. National Institute of Public Health, Copenhagen, Denmark
33. Research Unit for Active Living, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, 5230 Odense M, Denmark
34. Region of Southern Denmark, International Collaboration, Dänholm 12, 7100 Vejle, Denmark
35. Danish School Sport - Sydhøjten, Mæhlum broadcasting, 3000 Copenhagen S, Denmark
36. VIA University College, Faculty of Education and Social Studies, Ceresbyen 24, 8000 Aarhus C, Denmark
37. Department of Applied Health Sciences, University College, Nyelandsvej 27-29, 2300 Copenhagen S, Denmark
38. National Institute of Public Health, Copenhagen, Denmark
39. Research Unit for Active Living, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, 5230 Odense M, Denmark
40. Region of Southern Denmark, International Collaboration, Dänholm 12, 7100 Vejle, Denmark
41. Danish School Sport - Sydhøjten, Mæhlum broadcasting, 3000 Copenhagen S, Denmark
42. VIA University College, Faculty of Education and Social Studies, Ceresbyen 24, 8000 Aarhus C, Denmark
43. Department of Applied Health Sciences, University College, Nyelandsvej 27-29, 2300 Copenhagen S, Denmark
44. National Institute of Public Health, Copenhagen, Denmark
45. Research Unit for Active Living, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, 5230 Odense M, Denmark
46. Region of Southern Denmark, International Collaboration, Dänholm 12, 7100 Vejle, Denmark
47. Danish School Sport - Sydhøjten, Mæhlum broadcasting, 3000 Copenhagen S, Denmark
48. VIA University College, Faculty of Education and Social Studies, Ceresbyen 24, 8000 Aarhus C, Denmark
49. Department of Applied Health Sciences, University College, Nyelandsvej 27-29, 2300 Copenhagen S, Denmark
50. National Institute of Public Health, Copenhagen, Denmark
51. Research Unit for Active Living, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, 5230 Odense M, Denmark
52. Region of Southern Denmark, International Collaboration, Dänholm 12, 7100 Vejle, Denmark
53. Danish School Sport - Sydhøjten, Mæhlum broadcasting, 3000 Copenhagen S, Denmark
54. VIA University College, Faculty of Education and Social Studies, Ceresbyen 24, 8000 Aarhus C, Denmark
55. Department of Applied Health Sciences, University College, Nyelandsvej 27-29, 2300 Copenhagen S, Denmark