INTRODUCTION

Physical Activity (PA) is associated with several benefits to children’s health and tends to track from childhood to adulthood. International research suggests that children and young people with physical disabilities often have lower levels of fitness, strength, motor skills and psycho-social wellbeing than their peers without disabilities and experience limited opportunities to participate in PA.

There is a need to evaluate and translate the research on PA to guide future interventions, as well as policy and program development related to children with physical disabilities. One way to address this knowledge translation is to use the Report Card method.

The primary purposes of the project are to provide a Report Card presenting the best available evidence on facilitators, barriers and knowledge on how Denmark is performing in providing opportunities for PA for children and youth with a chronic condition or disability, and to evaluate their PA behaviors.

ACTIVITIES UNDERTAKEN

The Report Card relies primarily on a synthesis of the best available national research and policy strategies identified by the Report Card Research Committee consisting of a wide presentation of researchers and experts within PA health behaviors and policy development.

The work is coordinated by Research and Innovation Centre for Human Movement and Learning situated at the University of Southern Denmark and the University College Lillebaelt. Nine PA indicators will be graded using the Active Healthy Kids Canada Report Card development process.

RESULTS

Strategies and investments, setting and sources of influence and daily behaviors are described by nine indicators related to PA in Danish children and youth with a chronic condition or disability (figure 1). The nine indicators are:

1) Overall physical activity
2) Organized sport participation
3) Active play
4) Active transportation
5) Sedentary behaviors
6) Family and peers
7) School
8) Community and the built environment
9) Government strategies and investments

The grades will range from A (highest grade) to F (lowest grade), benchmarking the percentage of children meeting the guidelines (Table 1). The accumulated grades describe the PA behavior of Danish children and youth with a chronic condition or disability, and the strategies, investments and intentions from the government to create good facilities and promote PA for the target group.

CONCLUSION

The nine indicators of the Report Card+ are as follows:

- Strategies & Investments
  - Government Strategies and Investments

- Settings & Sources of Influence
  - Family & Peers
  - School
  - Community & the Built Environment

- Daily behaviors that contribute to overall physical activity
  - Physical Activity
  - Organized Sport Participation
  - Active Play
  - Active Transportation
  - Sedentary Behaviours

A child’s overall physical activity is linked to physical and mental health, maintenance of a healthy body weight, academic performance, motor skill development and physical literacy, among other benefits.

REFERENCES


TABLE 1 - GRADES

<table>
<thead>
<tr>
<th>Grade</th>
<th>Benchmark</th>
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<tbody>
<tr>
<td>A</td>
<td>We are succeeding with 81% – 100%</td>
</tr>
<tr>
<td>B</td>
<td>We are succeeding with 61% – 80%</td>
</tr>
<tr>
<td>C</td>
<td>We are succeeding with 41%–60%</td>
</tr>
<tr>
<td>D</td>
<td>We are succeeding with 21% – 40%</td>
</tr>
<tr>
<td>F</td>
<td>We are succeeding with 0% – 20%</td>
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</tbody>
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Table 1: The grades from A-F. When necessary, a “+” or “-” was included if any disparities pushed the grades to the upper or lower limits of the benchmark.