



Collation of measures and Indicators

Indicator: Percentage of physically active children and adolescents

RICHE Code 22

Originating project - CEHAPE

Operational definition

Percentage of children who meet the moderate-to-vigorous physical activity guidelines, defined as 60 minutes or more of at least moderate intensity activity on five or more days a week.

Background

This indicator is part of a group of environmental indicators from the European Environment and Health Information System (ENHIS) and is derived from the Children's Environmental Health Action Plan for Europe (CEHAPE) regional priority goals.

The importance of physical activity is well established. It is a protective factor for health problem such as obesity, type II diabetes, and overweight and a range of chronic diseases. Levels of inactivity are high and physical inactivity is a major public health problem.

International minimum recommendations for health enhancing physical activity refer to 30 minutes a of moderate intensity activity for the general population and one hour a day for children. Moderate intensity is getting somewhat out of breath, but not necessarily sweating, typical examples being walking and cycling.

Technical criteria

The indicator uses HBSC survey data as a representative sample of the population of 13 and 15 year old adolescents in nations and Europe. The HBSC survey covers selected countries in the European region.

Data needed:

- Number of children attending schools
- Number of children reporting to be physically active for a total of 1 hour per day (can be achieved also in 2-3 bouts) for at least five days a week.

Data sources

Based on data availability from the Health behaviour in school-aged children (HBSC) study www.hbsc.org.

Data availability

HBSC surveys are carried out at four-year intervals. Data are collected in countries and regions participating in the survey through school-based surveys.

References

European Environment and Health Information System (ENHIS) (2007). Methodological Guidelines for a core and extended set of indicators. p 37.

http://www.osman.es/contenido/profesionales/guia_methodological_guidelines_indicators_enhis.pdf

Health Behaviour in School-aged children. www.hbsc.org