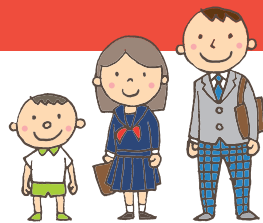


Physical Activity for Children and Youth



The purpose of this report card is to show the current state and determinants of physical activity and health in Japanese children and adolescents under 18 years old. Nationally representative Japanese data were used: this is a national report card. Grades were determined using the international method as follows.

The card grades are determined by the percentage of Japanese children and adolescents meeting the benchmark for each indicator.



A+ 94-100% **A 87-93%** **A- 80-86%**

We are succeeding with a large majority of children and youth



B+ 74-79% **B 67-73%** **B- 60-66%**

We are succeeding with well over half of children and youth



C+ 54-59% **C 47-53%** **C- 40-46%**

We are succeeding with about half of children and youth



D+ 34-39% **D 27-33%** **D- 20-26%**

We are succeeding with less than half but some children and youth



F 0-20%

We are succeeding with very few children and youth



Incomplete—insufficient or inadequate information to assign a grade

Table 1. Grades According to Physical Activity Indicator in the 2018 Japan Report Card on Physical Activity for Children and Youth

Indicator	Grades
1. Overall Physical Activity	INC
2. Organized Sport Participation	B-
3. Active Play	INC
4. Active Transportation	A-
5. Sedentary Behaviors	C-
6. Physical Fitness	A
7. Weight Status	A
8. Family and Peers	C-
9. School	B+
10. Community and the Built Environment	B-
11. Government Strategies and Investments	B

The grades illustrate the state of physical activity in Japanese children and adolescents. The report card can be utilized as information to support policy development in physical activity for children and adolescents, families, schools, local communities and the country as a whole.

Methodology and Detailed Findings

The detailed methodology and detailed findings of this report card (data and references etc.) are available on our website (www.activekids.jp). An academic publication based on the 2018 Japan Report Card on Physical Activity for Children and Youth is published in the Journal of Exercise Science & Fitness.



Next Steps

This is the second version of the Japan Report Card on Physical Activity for Children and Youth. We are planning to publish it subsequently to monitor changes to each grade, in 2020, and after the Tokyo 2020 Olympic and Paralympic Games. To do so, we need further funding and are seeking partnerships with individuals or organizations who might consider providing financial or other support. Please contact the Active Healthy Kids Japan Group (active.healthy.kids.japan@gmail.com) for further information.

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Physical Activity for Children and Youth



Physical Activity, Health Behaviours and Outcomes

1 Overall Physical Activity



There are no representative Japanese data for physical activity in under 15-year-olds. The National Health and Nutrition Examination Survey reported step counts for 15-19 year olds. In males, the data showed a marked decrease for several years. On the other hand, the trend in females generally continues to be flat. However, data haven't been reported since 2012.

INC

2 Organized Sport Participation



Participation in sport was reported for 64% of 6-to 17-year-olds by the Report of Survey on Physical Strength and Athletic Performance of Japan Sports Agency (2017).

B⁻
60-66%

3 Active Play



There are no representative Japanese data for active and outdoor play. There are no Japanese government recommendations for active and outdoor play.

INC

4 Active Transportation



The Report of National Survey on Physical Fitness, Athletic Performance and Exercise Habits of the Japan Sports Agency (2018) reported that 89% of grade 5 Japanese primary school children and 82% of second year in junior high school children regularly commuted actively (walking or cycling) to school.

A⁻
80-86%

5 Sedentary Behaviours



The Report of National Survey on Physical Fitness, Athletic Performance and Exercise Habits of the Japan Sports Agency (2018) reported that 51% of grade 5 Japanese primary school students and 62% of second year in junior high school students spent more than 2 hours per day watching TV and/or DVDs, using portable electronic devices having game functions, smartphones, PCs etc. after school on weekdays and on weekends.

C⁻
40-46%

6 Physical Fitness



We evaluated the cardiorespiratory endurance of children and youth according to twenty-meters shuttle run (speed (km/h) at the last complete stage) percentiles by age and sex in children and youth aged 9-17 years per Tomkinson et al. (2017). The mean value corresponded to the 90th percentile (2017).

A
87-93%

7 Weight Status



The School Health Survey data (2018) by the Ministry of Education, Culture, Sports, Science and Technology (MEXT) reported that 8.22% of 6-17 year old Japanese boys and girls were obese. Overall, however, the levels are high compared to the 1980s. On the other hand, the percentage of underweight children was 2.26%.

A
87-93%

Settings and Influences on Physical Activity and Health

8 Family and Peers



In fifth grade Japanese primary school students, the reported percentage of participation in sport or exercise with a guardian once or more per week was 31% (2018). 58% of 5th grade primary school students and 47% of 2nd year junior high school students reported that their guardians encourage them often or sometimes to exercise or do sports. The National Health and National Survey (2017)

reported that daily step counts were 7,769 for males aged 20 to 64 years old, and 6,770 for females, respectively. The prevalence of obesity (BMI $\geq 25.0 \text{ kg/m}^2$) and underweight in Japanese adults was 34%. Participation in sport twice or more a week, 30min or more per time over 1 year was reported by 21%.

C⁻
40-46%

9 School



The Japanese government sets primary school, junior high school, and high school curricula including the content of physical education classes and the number of physical education (PE) classes provided. All schools have recess time in primary school, junior high school, and high school. However, PE in primary schools isn't taught by specialized course teachers who have studied PE (only 5% in primary schools). The Ministry of Education, Culture, Sports, Science and Technology produces guidelines for school infrastructure and equipment for PE or active play in primary schools, junior high schools, and high schools, such as the area of the school playground and the existence of a gymnasium and relevant equipment according to education guidelines (eg, sports mat, horizontal bars, hurdles, etc). Although health education classes past the 3rd grade use text books, there are no specialized physical education text books for practical exercise and sports in Japanese primary schools.

B⁺
74-79%

10 Community and the Built Environment



Health Japan 21 (second term) by the Ministry of Health, Labour and Welfare reported that the number of local governments which addressed the need to improve the physical environment where residents can easily exercise and be physically active stood at 64% prefectures (30/47 prefectures).

B⁻
60-66%

11 Government Strategies and Investments



There are many relevant laws and ordinances such as the Basic Act on Sport, the Health Promotion Law, the Basic Act on Food Education, and so on. There are also strategies and policies in place like the Sport Basic Plan and Health Japan 21 (second term). Physical activity guidelines exist for preschool children, adults, and the elderly. However, national physical activity guidelines for children and adolescents (6-17 years) have not been established.

B
67-73%