



# The 2022 Hungarian Report Card on Physical Activity for Children and Youth



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The aim of this report card is present the current state and determinants of physical activity and health in Hungarian children and youth aged from 7 to 17 years old. High number of subject Hungarian data collection results were used to assess and determine the grades using the international method as follows:

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

- A** **A+ 94-100%** **A 87-93%** **A- 80-86%**  
We are succeeding with a large majority of children and youth.
- B** **B+ 74-79%** **B 67-73%** **B- 60-66%**  
We are succeeding with well over half of children and youth.
- C** **C+ 54-59%** **C 47-53%** **C- 40-46%**  
We are succeeding with about half but some children and youth.
- D** **D+ 34-39%** **D 27-33%** **D- 20-26%**  
We are succeeding with less than half but some children and youth.
- F** **F 0-20%**  
We are succeeding with very few children and youth.
- nc** **Incomplete - insufficient or inadequate information to assign a grade**

Table 1. Grades According to Physical Activity Indicator in the 2022 Hungarian Report Card on Physical Activity for Children and Youth

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

The grades illustrate the state of physical activity and sedentary behaviours in Hungarian children and youth. The results of the report card can provide an insight and possibilities to policy makers of promoting physical activity and health status of new generations.

### Next steps:

This is the first contribution of Hungary to the Global Matrix initiatives by a Report card on physical activity and sedentary behaviours for children and youth. Our research team are planning to publish our data in collaboration with V4 countries. In the near future, we would like to develop an online survey according to the missing data in order to have comparable data with other countries as well as to meet the benchmark. We should raise funding and we are also seeking partners (researchers or organizations) to support our effort to be able to join GM5.0 in the future. Please contact the Active Healthy Kids Hungarian Group report card leader, Dr. Istvan Soos (soos.istvan@tf.hu).

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## Physical Activity, Health Behaviours and Outcomes

### 1 Overall Physical Activity F



19.9% of 11 to 16 year-olds accumulated at least 60 minutes of moderate-to vigorous -intensity physical activity per day on average according to an online observational study during COVID 19 (Kovacs et al. 2021).

### 2 Organized Sport and Physical Activity C-



The participation in organized sport was reported in 40% of 7 to 17-year-olds according to a cross-sectional self-reported survey (Szmodis et al. 2017).

### 3 Active Play C



50.4% of 11 to 16 year-olds accumulated the playing outside more than 2 hours per day recommendation based on the observational online survey during COVID 19 (Kovacs et al. 2021).

### 4 Active Transportation B-



62.1% of 12-18 year-olds used active transportation (walking or cycling) to get to and from places according to a free-time diary data collection (Soos et al 2014).

### 5 Sedentary Behaviors D



28.9% of 11 to 16 year-olds met the 2-hour or less screen time recommendation on weekdays and 32.7% on weekends according to an online observational study during COVID 19 (Kovacs et al. 2021).

### 6 Physical Fitness MC



Insufficient comparable type of data is available. In Hungary, NETFIT (National Unified Student Fitness Test) is employed to test fitness, which applies a criterion-oriented evaluation system. The available data are not comparable to Tomkinson et al.'s (2018) normative values.

## Settings and Influences on Physical Activity and Health

### 7 Family and Peers D+



61.1% of mothers and 51.9% of fathers reported inactive. 34.1% of fathers and 33.8% of mothers do sports, either occasionally 1-2 occasions per week (19.8% and 23.8% respectively), and regularly 3

or more times per week (14.3% and 10% respectively). On average 34% of parents meet the Global Recommendation of physical activity and health (Herpaine et al. 2017).

### 8 School A+



The relatively high PA level may have been influenced by the daily PE lessons in school (5 times 45 minutes per week) These mandatory lessons are part of a programme which was

gradually introduced from 2012 in all Hungarian schools.

The National Curriculum, as part of the Public Education Act, has ten areas. One of the ten areas is the development of PE and health promotion. This includes recommendations for extracurricular physical activity as well as school sports programmes. PE to be taught daily (5 weekdays at school) by a PE specialist in Hungary is mandatory by the Public Education Act (Barsiné et al. 2022).

### 9 Community and the Built Environment MC



Insufficient data is available to be able to decide a grade.

### 10 Government B-



Health, education and sports sectors are heavily involved in national policies and action plans to promote physical activity. Furthermore, transport, environment and urban planning are also involved with one or two

policies. Nine national policies or action plans in 6 sectors (health, education, sports, transport, environment, urban planning) are involved in physical activity promotion and 56% of these policies with evaluation processes are completed (Physical activity factsheets for Hungary by WHO, 2021)