

S09-5: Physical Activity and Physical Education Monitoring: A Reflection

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Purpose: To reflect on global progress in monitoring physical activity (PA) and physical education (PE).

Methods: A non-systematic desk review was conducted to identify key international surveillance systems related to PA, PE, school-based PA, and fitness. This informative review aimed to highlight the current landscape of PA and PE monitoring.

Results: In recent decades, the monitoring of PA and PE has gained priority in public health due to the growing burden of non-communicable diseases (NCDs). The review underscores a significant expansion of collaborative networks from the mid-1900s through 2023, aimed at improving PA and PE surveillance globally. Numerous tools and questionnaires were identified for assessing PA levels and school-based PA across diverse settings. Global systems like the Global Observatory for Physical Activity (GoPA!) and the Global Observatory for Physical Education (GoPE!) have emerged, alongside regional and national systems, for tracking PA and PE progress. The GoPA! and GoPE! Observatories have produced key advocacy tools for the field. Initiatives and programmes such as the Active Healthy Kids Global Alliance report cards have further contributed by evaluating PA behaviours and activity levels among children and adolescents worldwide. These efforts illustrate the impact of epidemiological research and surveillance to informing policymakers and foster dissemination of data and progress over the years to increase PA across the lifespan.

Conclusions: Monitoring PA and PE is crucial for informing public health policies aimed at reducing physical inactivity and NCDs. Various approaches exist for tracking PA and PE across populations, with GoPA! and GoPE! standing out for their progress over the years and their role in advancing global data-driven action. Continued efforts to refine and expand these monitoring systems are essential for driving evidence-based policy and intervention strategies.

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