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## **The 2020 Kansas City Regional Report Card On Physical Activity For Children And Youth: A Regional Physical Activity Profile**

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# THE 2020 KANSAS CITY REGIONAL REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH: A REGIONAL PHYSICAL ACTIVITY PROFILE

On behalf of the Kansas City Physical Activity Plan Work Group:

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## BACKGROUND

The Physical Activity Alliance has made calls for regions and communities to develop physical activity plans specific to their communities and emphasized the need for surveillance and reporting of physical activity to enhance efforts to promote rates of physical activity. This report card characterizes current physical activity in children and youth in the Kansas City region, establishing a baseline for ongoing surveillance

## METHODS

Data were obtained through publicly available sources. Two types of grades, an overall indicator grade and a data quality grade, were assigned in nine physical activity indicators: 1) Overall Physical Activity; 2) Sedentary Behaviors; 3) Active Transportation; 4) Organized Sports Participation; 5) Active Play; 6) Physical Fitness; 7) Family and Peers; 8) School; and 9) Community and Built Environment. Grades were derived from the percentage of children or youth meeting indicator criteria (Table 1). Data sources, subject matter expert input, and discussion with the regional Kansas City Physical Activity Plan core workgroup informed indicator grades. Quality of the data sources was evaluated based on how closely sources aligned with indicator criteria and five standards of data quality: data available at the local level (i.e., Kansas City metro region or county-by-county; required criterion), collected at multiple time points (to track change over time), stratified samples, and publicly available (i.e., free and easily accessible via public websites).

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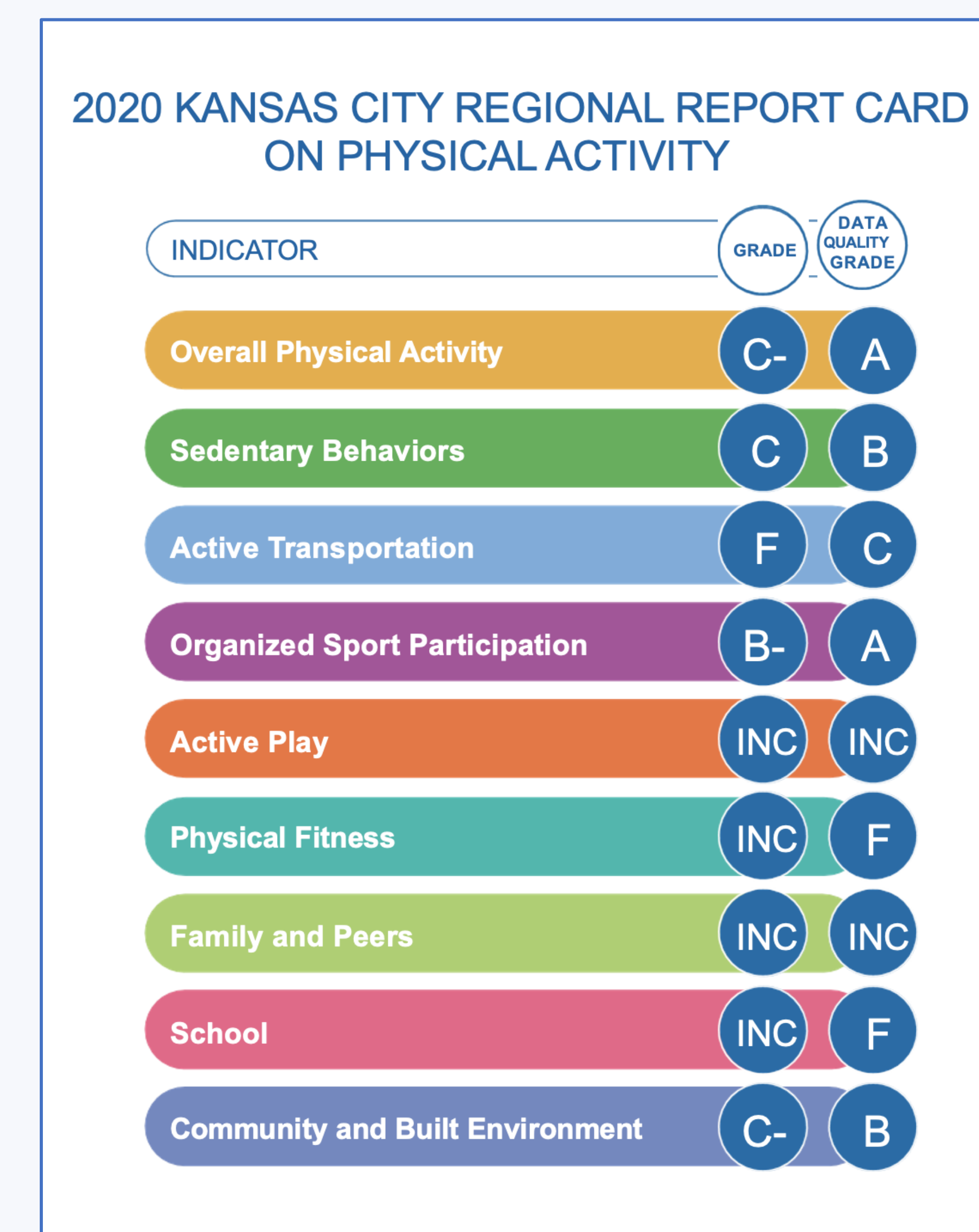
# CHILDREN’S MERCY KANSAS CITY COMMUNITY HEALTH ASSESSMENT PROVIDES HIGH QUALITY DATA IN REGIONAL PHYSICAL ACTIVITY INDICATORS



Table 1. Physical activity indicator grades

Grade	Interpretation	Percentage Meeting Criteria
A	We are succeeding with a large majority of children and youth (≥ 80%)	A+ = 94-100% A = 87-93% A- = 80-86%
B	We are succeeding with well over half of children and youth (60-79%)	B+ = 74-79% B = 67-73% B- = 60-66%
C	We are succeeding with about half of children and youth (40-59%)	C+ = 54-59% C = 47-53% C- = 40-46%
D	We are succeeding with less than half but some children and youth (20-39%)	D+ = 34-39% D = 27-33% D- = 20-26%
F	We are succeeding with very few children and youth (< 20%)	F = 0-19%
INC	Incomplete-insufficient or inadequate information to assign a grade	

## RESULTS



## DISCUSSION

Less than half of children and youth meet the primary indicator criterion for Overall Physical Activity. Compared to the U.S. Physical Activity report card, the Kansas City region performs worse in Active Transportation and Community and Built Environment indicators and better in Overall Physical Activity, Sedentary Behaviors, and Organized Sports Participation indicators. The 2019 Children’s Mercy Kansas City community health assessment provided high quality data in four indicators. Systematic surveillance of physical activity should be established in the region to monitor and improve efforts to increase regional physical activity.

