

Metadata – Physical Activity in adults

Description	Proportion of the population aged 18 years and over who perform at least 150 minutes per week of at least moderate-intensity aerobic physical activity
Rationale	Lack of physical activity is one of the leading risk factors in terms of both morbidity and mortality for a series of chronic conditions, including cardiovascular diseases, cancer, and diabetes. Moreover, regular physical activity, when reaching a certain threshold, can have significant benefits for health. The World Health Organization (WHO) [1] recommends that adults aged 18-64 perform at least 150 minutes of moderate-intensity physical activity throughout the week.
Primary Data source	Sciensano, Belgian Health Interview Survey (HIS), 2018
Indicator source	Sciensano, Belgian Health Interview Survey (HIS), 2018 https://his.wiv-isp.be/fr/Documents%20partages/PA_FR_2018.pdf .
Periodicity	HIS: every 3-5 years
Calculation, technical definitions, and limitations	<p>To date there is no consensus on the method for estimating levels of physical activity based on self-reported surveys: the use of different instruments and of different cut-off points for classifying the levels of activity make it very difficult to compare results within and between countries.</p> <p>In the Belgian Health Interview Survey (HIS), in waves 2001 to 2013, physical activity was measured with the short version of the International Physical Activity Questionnaire (IPAQ).</p> <p>Since 2018, the EHIS-PAQ questionnaire is used as recommended by the European Health Interview Survey (EHIS) whereby time trend analysis is no longer possible, but international comparability is enhanced.</p> <p>The indicator “practicing at least 150 minutes per week of at least moderate-intensity aerobic physical activity (PA_1)” is constructed based on several questions. Participants are asked the number of days and the average time they spend practicing leisure physical activity (PA07, PA08) and cycling to travel (PA04, PA05). The total time reported for these 2 activities per week is computed and should reach the threshold of at least 150 minutes per week.</p> <p>The exact questions can be consulted in the face-to-face HIS questionnaire at https://his.wiv-isp.be/fr/SitePages/Questionnaires.aspx.</p>
International comparability	Availability and comparability: Following the change to the EHIS-PAQ questionnaire in 2018, comparison will be possible between European countries participating in the European Health Interview Survey (EHIS).

Metadata – Physical Activity in adolescents

Description	Proportion of adolescents 11-18 years old who perform at least 60 minutes of moderate- to vigorous-intensity physical activity per day
Rationale	Lack of physical activity is one of the leading risk factors in terms of both morbidity and mortality for a series of chronic conditions, including cardiovascular diseases, cancer, and diabetes. Moreover, regular physical activity, when reaching a certain threshold, can have significant benefits for health. The World Health Organization (WHO) [1] recommends that children and teenagers aged 5-17 perform at least 60 minutes of moderate- to vigorous-intensity physical activity per day.
Primary Data source	Health behavior in school-aged children (HBSC) surveys 2014, 2018. Two separated HBSC surveys are conducted in Belgium: HBSC in the French community (conducted by the Université libre de Bruxelles) HBSC in the Flemish community (conducted by the University of Ghent)
Indicator source	HBSC French community 2018 : https://sipes.esp.ulb.be/ and personal communication HBSC Flemish community 2018 : https://www.jongeren-en-gezondheid.ugent.be/ WHO international reports on the HBSC 2018
Periodicity	Every 4 years
Calculation, technical definitions, and limitations	<p>The HBSC surveys are filled by students between the 5th grade of primary to the 6th grade of secondary in the classroom. 2 distinct surveys are taking place in the French-speaking school system and in the Dutch-speaking school system. More information about the methodology of these surveys can be found on the respective website of these surveys (https://sipes.ulb.ac.be/, http://www.hbsc.org/membership/countries/belgium_fl.html).</p> <p>The indicator was constructed based on the question: “During the 7 last days, i.e. during one week, how many days were you physically active for a total of at least 60 minutes (one hour) per day?”. This question was preceded by an explanatory paragraph stating that: "Physical activity is any activity that makes your heart beat faster and sometimes makes you breathless. Physical activity can be a sport, a gym class, playing with friends, or even walking to school. Examples of physical activities are cycling, playing ball, walking the dog, climbing stairs, swimming, dancing, playing basketball, football, rollerblading or another sport". Eight response options ranging from "never" to "7 days" were offered to students. This question was derived from the PACE+ (Patient-Centered Assessment and Counseling for Exercise Plus Nutrition) measure, which has been tested for reliability and validity against accelerometer data.</p> <p>Students who were physically active for at least 60 minutes each day were considered to meet the WHO recommendations for physical activity.</p>
International comparability	Availability: Yes, the HBSC is realized across 50 countries and regions. Comparability: The HBSC international standard questionnaire enables the collection of common data across participating countries. These data allow cross-national comparisons.

1. Global recommendations on physical activity for health. Genève: WHO; 2010.