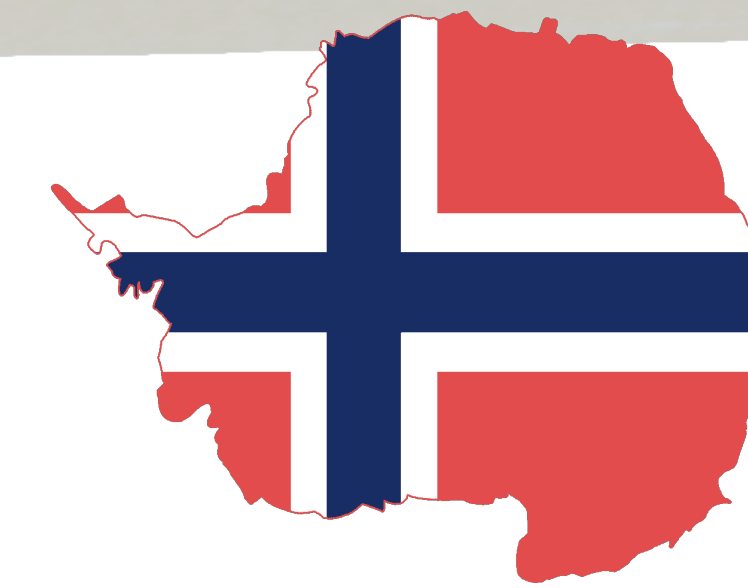


Getting in Shape: Government action on child & adolescent physical activity in Norway



RESEARCH QUESTION: What is the Norwegian government doing nationally to improve physical activity and nutrition in children and adolescents?



ABSTRACT

As physical activity (PA) and nutrition are factors associated with strong health outcomes, it is important to design effective policies to improve the activity level and nutritional intake among some of the nation's most vulnerable population groups: children and adolescents. This review identified the ways in which Norway's government is participating in current country-level interventions to improve physical activity and nutrition in its child and adolescent population. Two databases were searched for empirical studies that assessed the impact of various PA-related or nutrition-related country-level policies, programs, or initiatives where the beneficiaries were children and/or adolescents in Norway. Studies that met the inclusion criteria were qualitatively analysed. The searches identified 424 studies for review. Due to resource constraints, the first five eligible studies were included in this review. The analysis found three main types of government initiatives on PA and nutrition: national strategies, school-based programs, and daylight saving time. While three types of government initiatives on PA and nutrition were found, there have been limited changes in actual PA levels among this population. The government should use evidence-based policy making to design future initiatives aimed at reducing sedentary time, increasing PA, and improving nutritional habits in children and adolescents.

METHODS

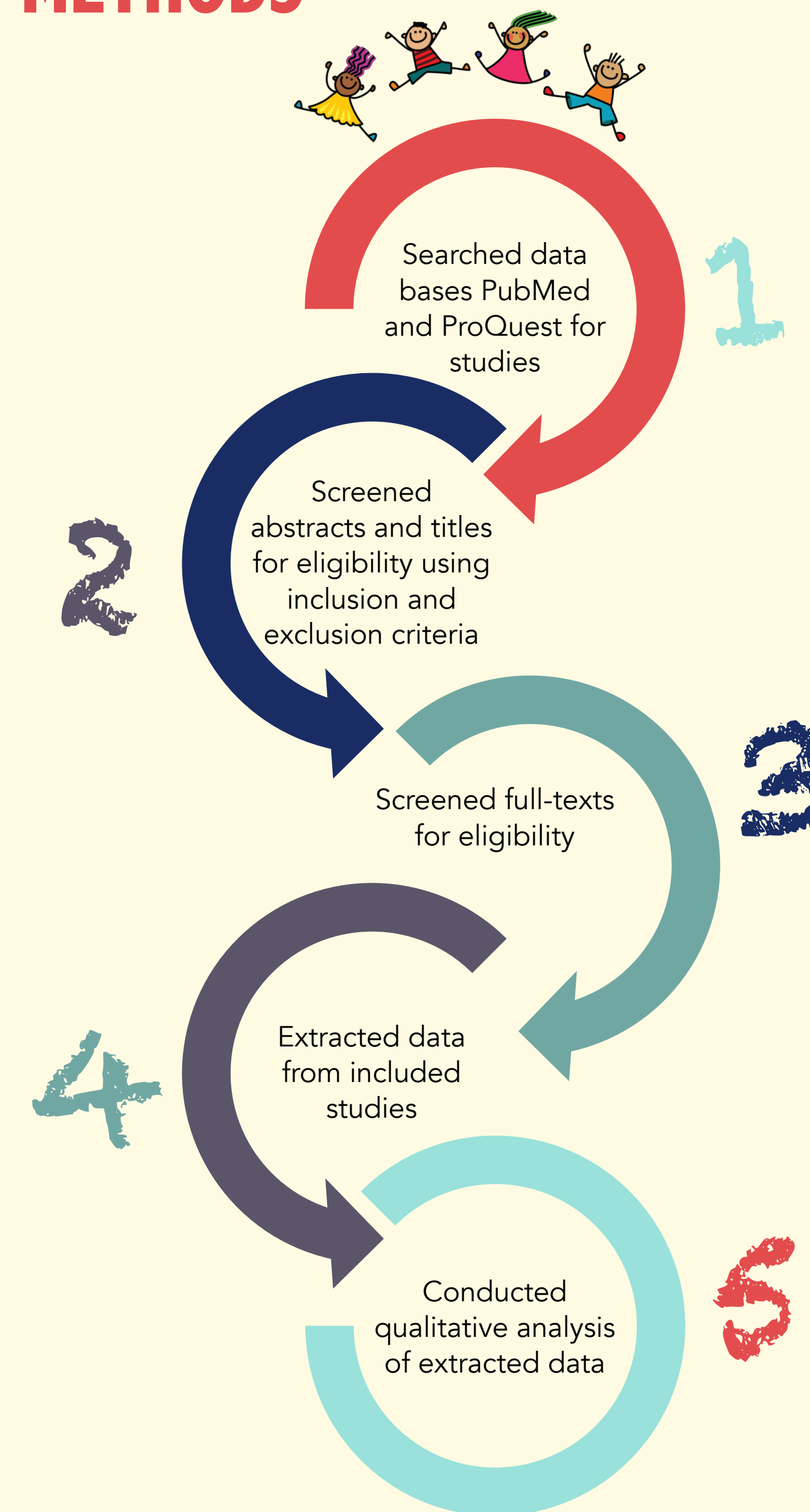


Figure 1. Systematic review methods used in this project.

RESULTS¹⁻⁵

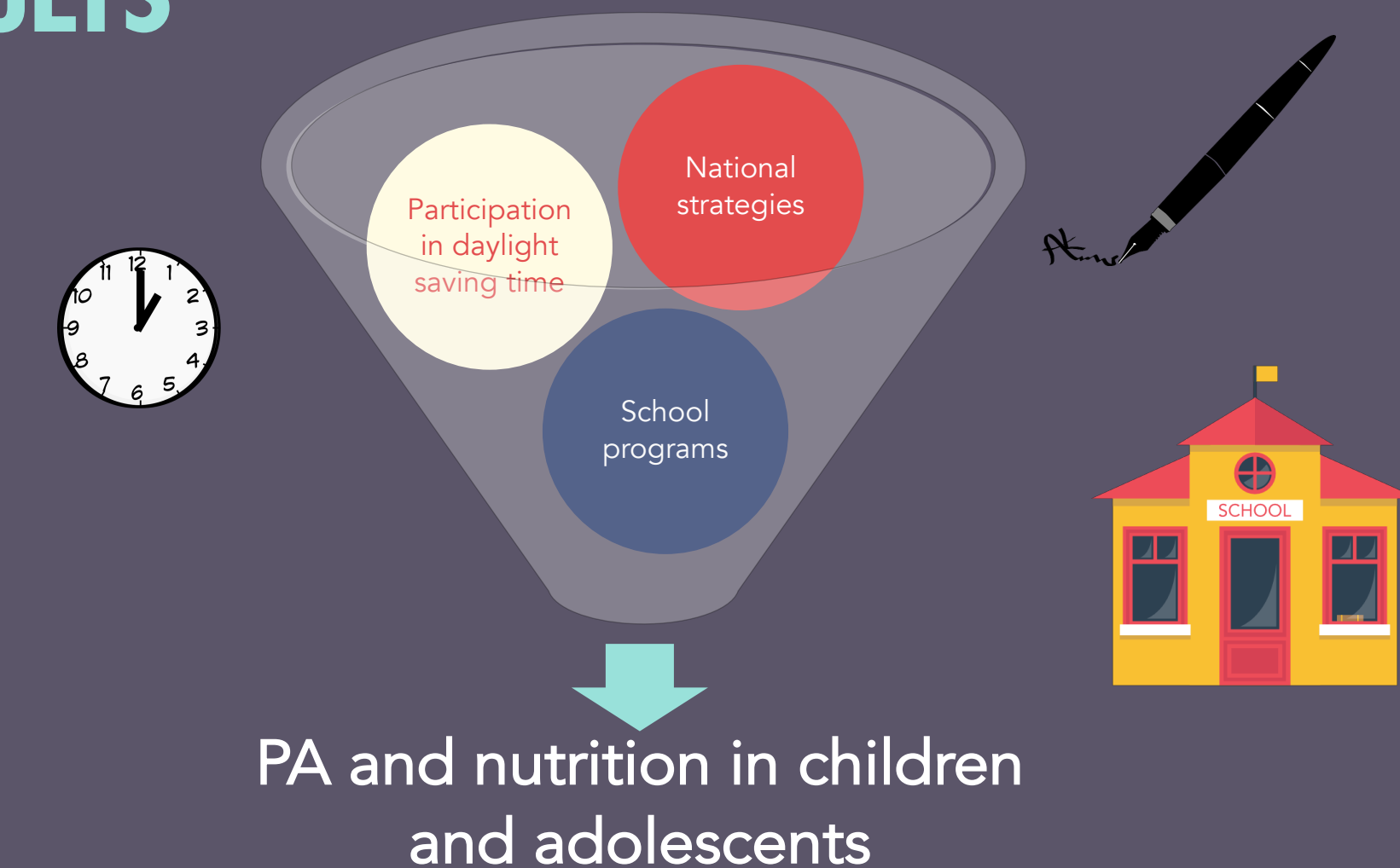


Figure 2. Three types of national government interventions aimed at increasing PA and nutrition in children and adolescents.

IMPLICATIONS^{6,7}

- Despite government interventions, actual PA levels show little to no improvements in this target group
- The government should use evidence-based policy making to design and evaluate future initiatives aimed at reducing sedentary time, increasing PA levels, and improving nutritional habits.
- Example interventions can include components of active school transport and sports and exercise activities.