

The French monitoring and evaluation system for Physical Activity

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PA Surveillance (1)

- **Three National Agencies provide data on global PA**
 - National Institute for Prevention and Health Education (Inpes)
 - Knowledge, attitudes and behavior surveys on diet and PA
 - Nutrition / Health Barometers (95/96, 97/98, 2000, 2002, 2005, 2008)
 - French Food Safety Agency (Afssa)
 - Food and nutrient safety
 - INCA-1 (1998) and INCA-2 (2006/2007)
 - National Institute for Health Surveillance (InVS)
 - **Usen = Nutritional surveillance and epidemiology unit**
 - food/nutrient intakes, nutritional status, PA
 - ENNS (2006/2007)
- **Data on sport activities are provided by the French Institute for statistics, the Ministry of sports, ...**



PA Surveillance

- **KAB barometers – Inpes**
 - Representative national sample of 12-75-y-old subjects
 - Random two degrees sample
 - Interviews by telephone
 - [<http://www.inpes.sante.fr/Barometres/BS2005/ouvrage/presentation.asp>]
- **INCA – Afssa (Individual and National survey on dietary intakes)**
 - Representative national sample of 3-79-y-old subjects
 - Quota methods in 1998 ; random three-degrees sample in 2006/07
 - Personal interview at home
 - [<http://www.afssa.fr/index.htm>]
- **ENNS – InVS (National Nutrition & Health Survey)**
 - Representative national sample of 3-74-y-old subjects
 - Random three-degrees sample
 - Personal interview at home by dieticians
 - [<http://www.invs.sante.fr/surveillance/nutrition07/default.htm>]



Physical activity levels in French adults

Survey	years	age	Quest.	Sample size	IPAQ categories (%)		
					High	Mod	Low
Barom.	2005	15-74	Ipaq/tel	8,708	46	33	21
ENNS	06/07	18-74	Ipaq/home	3,115	26	37	37
INCA-2	06/07	18-79	Ipaq/home	2,624	45	55	
Barom.	2008	15-74	Gpaq/tel	3,847	43	24	33



Physical activity in 15-17-y-old French children

	IPAQ categories (%)		
	High	Moderate	Low
Boys			
Barom. 2005	56	32	12
ENNS	42	36	22
INCA-2	63		37
Girls			
Barom. 2005	41	50	9
ENNS	19	46	35
INCA-2	24		76



Proportion of subjects who have exercised or played sports during the last year

Survey	year	age	Sample size	%
Insee	1967	≥ 14	5,895	39
Sofres	1979	≥ 18	~ 1,000	30
Insee	1983	≥ 18	7,380	43
Insep	1985	≥ 12	~ 3,000	73
Insee	1987	≥ 14	10,878	48
Credoc	1994	14 - 65	~ 1,000	68
BVA	1997	≥ 15	~ 1,000	44
Insep-MJS	2000	≥ 15	6,526	61
Insee-MJS	2003	≥ 15	5,626	71



Physical activity in French children ENNS

Ages	Methods	boys %	girls %
11-14	Weekly duration of moderate PA ≥ 300 min (60min x 5d) (YRBS)	21	7
3-10	Never playing outside on weekend	11	16
	Walking / bike riding to school	40	39
	Belonging to sport team	67	68



Conclusion

- **Improve PA surveillance**
 - Need of coordination between Countries
 - Need of standardized recommendations and definitions (threshold)
 - Need of standardized instructions for data cleaning
 - Need of specific and validated survey-instruments for children
- **Promote research**
 - Validation of interview methods and questionnaires, especially in children
 - Relation between PA and health in the short / long term
- **Promote simple assessment of PA for surveillance**