

Finland's 2022 results in

Global Matrix 4.0 on physical activity for children and adolescents

Country rankings and grades by physical activity indicators and aggregated indicators



Overall Physical Activity	Organised Sports and	Active Play	Active Transportation	Sedentary Behaviour	Physical Fitness	Family and Peers	School	Community and Environment	Government	Behavioral average	Sources of influence	Overall average
1 Slovenia A-	1 Denmark A	1 Spain (Region of Murcia) B+	1 Denmark A-	1 Indonesia B	1 Slovenia A	1 Nepal A+	1 Hungary A+	1 Singapore A+	1 New Zealand A	1 Finland B-	1 Malaysia B-	1 Denmark B-
1 Finland A-	2 Spain B+	2 Ethiopia B	1 Japan A-	1 Montenegro B	2 Japan B	2 Montenegro A	2 Portugal A	1 Slovenia A+	1 South Korea A	1 Japan B-	1 Sweden B-	1 Finland B-
3 Croatia B-	2 Sweden B+	2 Montenegro B	3 Finland B+	1 Philippines B	2 Malaysia B	2 Spain (Extremadura) A	2 Slovenia A	1 Sweden A+	3 Finland A-	3 Denmark C+	3 Denmark B	1 Japan B-
3 Japan B-	4 Spain (Region of Murcia) B	2 Serbia B	3 Hong Kong B+	4 Spain (Basque Country) B-	4 Denmark B	4 Thailand B	4 Australia A	4 Australia A	3 Chile A-	3 Slovenia C+	3 Finland B	1 Slovenia B-
3 Slovakia B-	5 Australia B+	5 Denmark B-	3 South Korea B+	5 Ethiopia C+	4 South Africa B-	5 Slovenia B+	2 Vietnam A	4 Chinese Taipei A-	5 Chinese Taipei B+	3 Spain C+	3 France B	5 Czech Republic C-
3 South Africa B-	5 Czech Republic B-	5 Lithuania B-	5 Israel B	5 Sweden B	5 Botswana C-	5 Sweden B	5 Chinese Taipei A-	4 Denmark B-	3 Spain (Basque Country) C-	3 Portugal B	5 Montenegro C-	5 Montenegro C-
3 Spain B-	5 Estonia B-	5 Spain B-	6 Serbia B	5 Portugal C+	6 Estonia C-	7 France B	6 Ethiopia A-	6 Estonia B+	5 United Arab Emirates B+	3 Spain (Region of Murcia) C+	3 Singapore B	5 Singapore C-
3 United States B-	5 Germany B-	5 Mexico C-	8 Spain (Region of Murcia) B	5 Slovenia C-	6 Montenegro C-	7 Jersey B	6 Malaysia A-	6 Ireland B-	8 Estonia B	3 Zimbabwe C+	3 Slovenia B	5 South Korea C-
8 New Zealand C+	5 Hong Kong B-	8 Nepal C-	8 Zimbabwe B	9 Germany C	6 Spain (Extremadura) C-	7 Portugal B	6 Montenegro A-	9 Canada B	8 France B	9 Czech Republic C	3 South Korea B	5 Spain C-
8 Czech Republic C+	5 Japan B-	8 Wales C-	9 Czech Republic B-	9 Guernsey C	6 Sweden C	10 Czech Republic B-	6 United Arab Emirates A-	9 Czech Republic B	8 Greenland B	9 Guernsey C	10 Chinese Taipei B-	5 Spain (Basque Country) C-
8 Estonia C+	5 Lithuania B-	8 Zimbabwe C-	10 Ethiopia B-	9 Lebanon C	11 France C	10 Finland B-	11 Czech Republic B-	3 Finland B	8 Hungary B	9 Montenegro C	10 England B-	5 Sweden C-
8 Guernsey C+	5 New Zealand B-	12 Croatia C	10 Hungary C	11 Malaysia C	11 Lithuania C	10 Mexico B-	11 Denmark B-	9 France B	9 Serbia B	9 Montenegro C	10 Hong Kong B-	12 Estonia C
8 Zimbabwe C+	5 Scotland B-	12 Czech Republic C	10 India C	9 Nepal C	11 Poland C	10 Spain B-	11 England B-	9 Hong Kong B	8 Japan B	13 Colombia C	10 Hungary B-	12 France C
14 China C	5 Singapore B	12 France C	10 South Africa B-	9 Zimbabwe C	11 Portugal C	14 Australia C+	11 Japan B+	9 Japan B	8 Malaysia B	13 Croatia B	13 Japan B-	12 Guernsey C
14 India C	5 Spain (Basque Country) B-	12 Hungary C	10 Spain C	15 Botswana C-	15 Finland C-	14 Denmark C+	11 Jersey C+	9 Lithuania B	8 Philippines B	13 Ethiopia C-	10 Jersey B-	12 Hong Kong C
16 England C+	5 Zimbabwe B-	12 Slovenia C	16 England C+	15 Ireland C+	15 Spain C-	16 Canada C	11 Poland B-	9 Portugal B	8 Portugal B	13 Germany B	10 Montenegro B-	12 Hungary C
16 Montenegro C-	17 Canada C-	15 Botswana C-	16 Botswana C-	15 Japan C-	15 United States C-	16 Germany C	11 Serbia B	9 Spain B	8 Singapore B	13 Hong Kong C-	10 Spain (Extremadura) B-	12 Lithuania C
16 Singapore C-	17 Finland C+	15 China C-	16 Spain (Basque Country) C+	15 New Zealand C-	15 Wales C-	16 Lithuania C-	11 Uruguay B-	9 Spain (Extremadura) B	8 Sweden B	13 India C-	10 Thailand B-	12 Malaysia C
16 Ireland C-	17 Guernsey C-	15 Thailand C-	16 Spain (Extremadura) C+	15 Serbia C-	15 Australia D+	16 Spain (Region of Murcia) C	19 Brazil B	19 Colombia B-	8 Thailand B	13 Lithuania C-	10 Vietnam B-	12 New Zealand C
20 Argentina D-	17 Poland C-	15 Germany C-	20 Botswana C-	15 Singapore C-	19 Brazil D-	16 Vietnam C	19 Finland B	19 Croatia B-	20 Canada B-	13 Mexico C-	20 Australia C+	12 Poland C
20 Botswana D-	21 France C-	20 Brazil C-	15 Slovakia C-	19 Slovakia C-	19 Germany D-	21 Botswana C-	19 France B	19 Nepal B	20 Indonesia B-	20 Nepal C-	20 Canada C+	12 Portugal C
20 Chile D-	21 Ireland C	15 Slovakia C	20 China C-	15 South Africa C-	19 Slovakia D-	21 Brazil C-	19 Hong Kong B	19 Scotland B-	20 Slovakia B-	13 New Zealand C-	20 Czech Republic C-	12 Serbia C
20 Colombia D-	21 Mexico C	23 Portugal D+	23 Hong Kong D+	15 Vietnam C	23 Hong Kong D+	21 China C-	19 Slovakia B-	19 Slovakia B-	20 Vietnam B-	13 Poland C-	20 Estonia C-	12 Slovakia C
20 Lithuania D-	21 Montenegro D-	24 Estonia D	20 Nepal D	24 Argentina D-	24 Spain (Region of Murcia) D-	21 Estonia C-	19 Sweden B	19 South Korea B-	24 Colombia C+	13 Singapore C-	20 Germany C-	12 Zimbabwe C-
20 Nepal D-	21 Slovenia C	24 Hong Kong D	20 Singapore C	24 China D-	24 Thailand D-	21 Japan C-	25 Canada D-	25 Serbia C+	24 Slovakia C-	24 Guernsey C	20 Ireland C-	25 Australia C-
20 Serbia D-	21 United States C	26 Canada D-	20 Slovakia C	24 Chinese Taipei D-	26 Indonesia F	21 Poland C-	25 Croatia B-	26 Brazil C	24 Hong Kong C+	13 South Africa C-	20 Lithuania C-	25 Canada C-
20 Sweden D-	21 Wales C	27 Brazil F	20 Slovenia C	24 Colombia C	24 Argentina INC	21 Serbia C-	25 Germany B-	26 England C-	24 India C	13 South Korea C-	20 New Zealand C-	25 Chinese Taipei C-
28 Brazil D	28 Argentina C-	27 Chinese Taipei F	20 Sweden C	24 Croatia D+	24 Canada INC	21 Singapore C-	25 Guernsey B-	26 Montenegro C	24 Lithuania C+	13 Sweden C-	20 Philippines C-	25 Colombia C-
28 Canada D	28 Brazil C-	27 Indonesia F	20 Indonesia C	24 Denmark D+	24 Chile INC	21 Slovakia C-	25 Thailand B-	26 Nepal C	23 Ethiopia C	23 Argentina D-	20 Slovakia C-	25 Croatia C-
28 Denmark D+	28 Chile C-	27 Thailand F	30 Canada C-	24 England D+	24 China INC	21 South Africa C-	25 Wales B-	26 Poland C-	23 Israel C	23 Australia D-	20 Spain C-	25 England C-
28 Mexico D	28 Croatia C-	24 Lithuania C-	INC Chinese Taipei C-	24 Lithuania D+	24 Chinese Taipei INC	21 South Korea C-	31 Australia C-	26 United States C-	23 Jersey C	23 Botswana D-	20 United Arab Emirates C-	25 Ethiopia C-
28 Spain (Region of Murcia) D	28 Ethiopia C-	INC Australia INC	INC Croatia INC	24 Spain (Region of Murcia) D+	24 Colombia INC	32 Croatia D+	31 Estonia C-	26 Vietnam C	23 Mexico C	23 China D-	20 Uruguay C-	25 Germany C-
28 Thailand D	28 Hungary C-	INC Chile INC	INC Guernsey C-	24 Uruguay D+	24 Croatia INC	32 Hungary D+	31 Israel INC	26 Wales C	23 Montenegro C	23 England D-	33 Brazil C	25 India C-
34 Australia D-	28 Nepal C-	INC Colombia INC	INC Israel D	34 Brazil D	24 Czech Republic INC	32 Ireland D+	31 Lithuania C-	34 Argentina C-	23 Poland C	23 Estonia C	33 Chile C	25 Ireland C-
34 France D-	28 Portugal C-	INC England INC	INC Poland C-	34 Czech Republic D	24 England INC	32 Wales D-	31 New Zealand C-	34 Ethiopia C-	23 Scotland C	23 France D-	33 Colombia C	25 Jersey C-
34 Greenland D-	28 Serbia C-	INC Greenland INC	INC Scotland C-	34 Hong Kong D	24 Ethiopia INC	36 Chile D	31 Spain (Extremadura) C-	34 Israel C-	23 South Africa C	23 Hungary C	33 Croatia C	25 Mexico C-
34 Israel D	28 Slovakia C-	INC Guernsey INC	INC Wales C-	34 Hungary D	24 Greenland INC	36 Guernsey D	31 Spain (Region of Murcia) C-	34 Thailand C-	23 Spain C	23 Ireland D-	33 Greenland C	25 Nepal C-
34 Lebanon D-	38 Botswana B+	INC India INC	INC Australia D+	34 Jersey D	24 Guernsey INC	36 New Zealand D	38 Chile C	34 Uruguay C	23 Uruguay C	23 Israel D-	33 Guernsey C	25 Philippines C-
34 Malaysia D-	38 Colombia D+	INC Ireland INC	INC Poland D-	34 Poland D	24 Hungary INC	39 Chinese Taipei D	38 India C	34 Zimbabwe C-	23 Wales C	23 Lebanon C	33 Nepal C	25 South Africa C-
34 South Korea D-	38 Spain (Extremadura) D+	INC Israel INC	INC France D-	34 South Korea D	24 India INC	39 Israel D-	38 Nepal D-	40 Chile D+	40 Australia C-	23 Philippines D-	33 Poland C	25 Spain (Extremadura) C-
34 Germany D-	38 Thailand D+	INC Japan INC	INC Lebanon D-	34 Japan D	24 Ireland INC	39 Scotland D-	38 Zimbabwe C	40 Greenland D-	40 Spain (Extremadura) C-	23 Portugal D-	33 Serbia C	25 Spain (Region of Murcia) C-
34 Portugal D-	42 England D	INC Jersey INC	INC Montenegro D	34 Spain (Extremadura) D	24 Israel INC	39 United Arab Emirates D	42 Botswana C	40 Indonesia C-	42 Argentina D-	23 Scotland D-	33 Wales C	25 Vietnam C-
34 Hong Kong D-	42 Greenland D	INC Lebanon INC	INC Vietnam D-	34 Sweden D	24 Jersey INC	43 Ethiopia F	42 Ireland C-	40 Spain (Region of Murcia) D-	42 Brazil D-	23 United States D-	43 Ethiopia C-	43 Argentina D-
44 Chinese Taipei F	42 Israel D	INC Malaysia INC	INC Chile D	34 United States D	24 Lebanon INC	43 Indonesia F	42 Philippines C-	44 India D	42 Croatia D+	44 Brazil D	43 India C-	43 Botswana D-
44 Ethiopia F	45 Chinese Taipei D-	INC New Zealand INC	INC Ireland D-	45 Australia D-	24 Mexico INC	43 Argentina INC	42 Spain D	44 Mexico D	42 Czech Republic INC	44 Canada D	43 Israel C-	43 Brazil D-
44 Hungary F	45 South Africa D-	INC Philippines INC	INC Jersey D-	45 Chile D-	24 Nepal INC	43 Colombia INC	46 Colombia D+	44 South Africa D	42 Serbia D-	44 Chile D	43 Mexico C-	43 Chile D-
44 Indonesia F	47 China D	INC Poland INC	INC Lithuania D-	45 Estonia D-	24 New Zealand INC	43 England INC	46 Mexico D-	47 China D	44 Botswana D-	47 China D	43 Scotland C-	43 Greenland D-
44 Jersey F	47 Indonesia F	INC Scotland INC	INC New Zealand D-	45 France D-	24 Philippines INC	43 Greenland INC	48 China D	47 China D	47 Lebanon D	44 Vietnam D	43 Spain (Region of Murcia) C-	43 Israel D-
44 Philippines F	47 Uruguay F	INC South Africa INC	INC Philippines D-	45 India D-	24 Scotland INC	43 Hong Kong INC	48 Lebanon D	47 Guernsey INC	47 Slovenia INC	44 Wales D	49 Argentina D-	43 Scotland D-
44 Spain (Extremadura) F	INC India INC	INC South Korea INC	INC South Korea INC	45 Mexico D-	24 Serbia INC	43 India INC	50 South Africa D-	47 Hungary INC	47 Spain (Region of Murcia) D	50 Chinese Taipei D-	49 South Africa D-	43 Thailand D-
44 Uruguay F	INC Jersey INC	INC Spain (Basque Country) INC	INC Malaysia D-	45 United Arab Emirates D-	** Singapore INC	43 Lebanon INC	50 United States D-	INC Jersey INC	47 Zimbabwe D-	50 United States D-	49 United Arab Emirates D-	43 United Arab Emirates D-
44 Vietnam F	INC Lebanon INC	INC Spain (Extremadura) INC	INC Portugal D-	52 Canada F	INC South Korea INC	43 Malaysia INC	52 Indonesia F	INC Lebanon INC	52 Botswana D-	50 Indonesia D-	49 Zimbabwe D-	43 United States D-
44 Wales F	INC Malaysia INC	INC Sweden INC	INC United States D-	52 Scotland F	INC Spain (Basque Country) INC	43 Philippines INC	INC Argentina INC	INC Malaysia INC	53 Nepal F	50 Jersey D-	53 Botswana D-	43 Uruguay D-
44 United Arab Emirates F	INC Philippines INC	INC United Arab Emirates INC	INC United Arab Emirates F	52 Thailand F	INC United Arab Emirates INC	43 Spain (Basque Country) INC	INC Greenland INC	INC New Zealand INC	INC England INC	50 Spain (Extremadura) D-	53 China D	43 Wales D-
INC Poland INC	INC South Korea INC	INC United States INC	INC Argentina INC	52 Wales F	INC Uruguay INC	43 United States INC	INC Scotland INC	INC Philippines INC	INC Germany INC	50 Thailand D-	53 Indonesia D	55 China D-
INC Scotland INC	INC United Arab Emirates INC	INC Uruguay INC	INC Greenland INC	INC Finland INC	INC Vietnam INC	43 Uruguay INC	INC Singapore INC	INC Spain (Basque Country) INC	INC Spain (Basque Country) INC	50 Uruguay D-	53 Lebanon D-	55 Lebanon D-
INC Spain (Basque Country) INC	INC Vietnam INC	INC Vietnam INC	INC Spain (Extremadura) INC	INC Greenland INC	INC Zimbabwe INC	43 Zimbabwe INC	INC Spain (Basque Country) INC	INC United Arab Emirates INC	INC United States INC	57 United Arab Emirates F	INC Spain (Basque Country) INC	55 Indonesia D-



Graded B- to A+



Graded C- to C+



Graded F to D+



Graded INC

