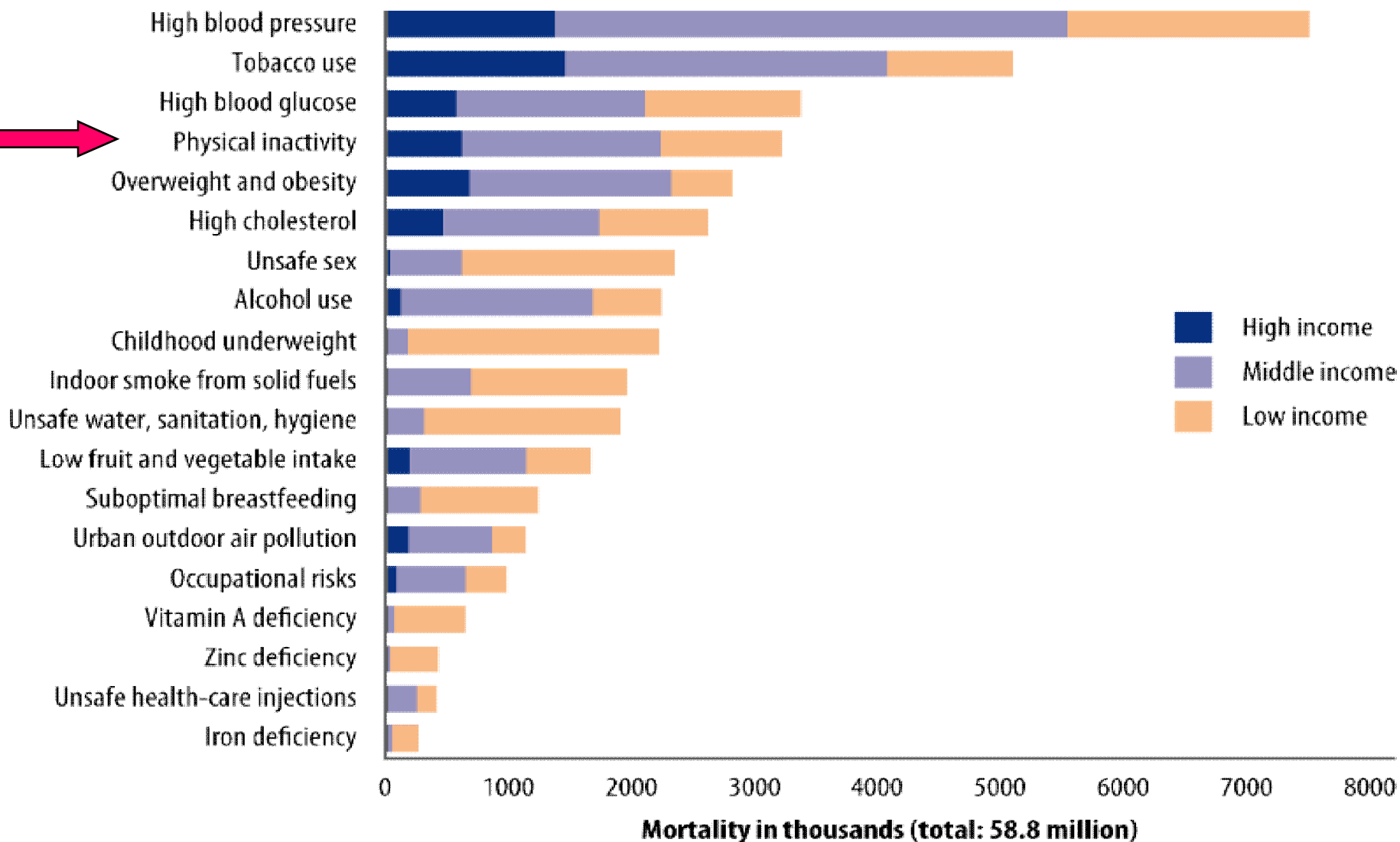


PHYSICAL INACTIVITY - 4TH LEADING RISK FACTOR FOR GLOBAL MORTALITY




Source: WHO's report on "Global health risks"

2013 NIGERIAN REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH

Physical activity promotion in children and youth is a thrust for the prevention and control of NCDs - related morbidity and mortality, but evidence are needed for effective interventions.

This is a summary of the results of the 2013 Nigerian report card on Physical Activity for Children and Youth



METHODS

A Technical committee consisting of 9, Nigerian researchers identified key literature (published and unpublished; reviewed the content and conducted the grade assignment process.

Grades were assigned to ten physical activity indicators based on existing grading systems from international report cards



METHODS

The ten indicators are:

Overall physical activity level

Organized sport and physical activity participation

Active play and leisure

Active transportation

Sedentary behaviours (screen based and non-screen based)

Overweight and Obesity

Physical activity in School Settings

Family and Peers

Community and Built environment

Government Policy



RESULTS

- Indicators on the report cards were graded: Overall Physical Activity Levels, C; Organized Sport and Physical Activity Participation, INCOMPLETE; Active Play and Leisure, C -
- Active Transportation, B; Sedentary Behaviours (Screen-based Sedentary Behaviour: F; Non Screen-based Sedentary Behaviour: D); Overweight and Obesity, B;
- Physical Activity in School setting, INCOMPLETE; Family and Peers, INCOMPLETE; Community and Built Environment, INCOMPLETE, and Government Policies, INCOMPLETE

CONCLUSIONS

- Physical activity levels are comparatively low and Sedentary behaviour is high among Nigerian children and youth
- The development of national guidelines on physical activity and sedentary behaviours can inform policy and practice on healthy living among Nigerian children and youth.
- Lack/None existence of effective policies
- Need for more research, advocacy and the development of national guideline on Physical activity levels and Sedentary behaviour for Nigerian children youth.
- Key words: Child Health, Non-communicable disease, Health promotion, Advocacy, Policy

DESCRIPTION OF THE GRADES

GRADES	DESCRIPTION
A enhancing	Majority of Nigerian children and youth are engaging in health activities (80%)
B health enhancing	Over half of Nigerian children and youth are engaging in activities (60% - 79%)
C enhancing	About half of Nigerian children and youth are engaging in health activities (40%-59%)
D health	Less than half of Nigerian Children and Youth are engaging in enhancing activities (20%- 39%)
F health enhancing	Very few Nigerian children and youth are engaging in activities (20%)
INC	Incomplete data (There is insufficient data for grading)

DISCUSSION:

OVERALL PHYSICAL ACTIVITY LEVEL: C

Between 30.3% - 74.6% of children and youth (aged 5-18 years) partake in Physical activity daily

Only 47.3% (58.4% boys, 29.0% girls) of children and youth aged 5- 19 years participate in moderate to vigorous physical activity (MVPA) on 3 or more days per week.

Only 49.9%-59% of young University Students engage in MVPA for 30 mins for at least 5 days a week

Grade C was assigned



ORGANISED SPORT AND PHYSICAL ACTIVITY PARTICIPATION : INC

- Grade of incomplete was assigned; as there is no sufficient evidence on the frequency of participation in organized Sport and Physical activity done out of – and after – school periods

ACTIVE PLAY AND LEISURE : C-

- 41% of Children and Youth aged 10-19 years reported involvement in one or more active play during leisure.
- Most Children and Youth spend between 12.5% and 70% of their time during active play on playing soccer (football) basketball and running.
- 40.8% adolescents engage in active play for 5-6 times per week in their spare time during after school periods, and in the evenings on weekends. C Minus was given because of inability to assess the duration of active play and leisure from the available data in Nigeria.

ACTIVE TRANSPORTATION: B

The most common mode of transportation among Nigerian Children and Youth.

80% of 5-13 years old in rural areas spend a lot of time to walk to school each day

90.4% of 6-14 years old in Semi-Urban spend 30 minutes to walk to/ from school everyday

52.4% of 12-19 years spend an average of 25 minutes to walk to school each day

Urban (Lagos) 46.4% of School Children 5-13 years frequently walk to school every day

Rating =B



SEDENTARY BEHAVIOURS (SCREENED-BASED SEDENTARY BEHAVIOUR F AND NON-SCREEN BASED SEDENTARY BEHAVIOUR D)

35% to 90.9% of children and youth aged 6-18 years in rural and urban areas spend over 3 hours on screen daily.

Television viewing (90.7%) and playing video games (60.3%) are the most common sedentary behaviour of Nigerian children and youth

International recommendations suggest that school-aged children and youth should accumulate no more than 2 hours of recreational screen time per day

Rating = F




In Urban areas 49% - 55% of Children and youth spend about 27 minutes (one way) in passive commuting (car and motorcycles to school)

While 95% of 11-19 years old report on average of 3 hours and 5 minutes daily on Sedentary activities like chatting and playing board games

OVERWEIGHT AND OBESITY B.

1.8% -15.5% of children and youth aged 5-24 were overweight
0.2% -4.3% were obese
ating B.



GRADES ACCORDING TO PHYSICAL ACTIVITY INDICATOR IN THE 2013 NIGERIAN REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH

Indicator	Grades
Overall physical activity level	C
Organized Sport and Physical Activity Participation	INC
Active Play and Leisure	C-
Active Transportation	B
Sedentary Behaviours	
Screen-based Sedentary behaviour	F
Non-screen-based Sedentary behaviour	D
Overweight and Obesity	B
Family and Peers	INC
Community and Built Environment	INC
Physical Activity in school setting	INC
Government Policy	INC