In Lebanon, efforts to promote physical activity in children and youth are essential components to foster mental health, well-being, and resilience during the economic and political crises.

# The 2022 Physical Activity Report Card for Lebanese Children and Youth: Encouraging Movement in Times of Hardship

### **INTRODUCTION**

Only 1 in 5 adolescents from 149 countries meets or exceeds the international guidelines for PA among children and youth<sup>1</sup>.

In the 2018 Lebanon Report Card, multiple PA indicators recommended by AHKGA had no grade due to lack of existent data (active play, family community and and peers, environment, and physical fitness)<sup>2</sup>.

#### **OBJECTIVE**

This report card presents an exhaustive synthesis of recent literature that targeted 10 AHKGA common PA indicators, in addition to 2 indicators (sleep and weight).



#### **METHODS**

Search: Peer reviewed, and gray literature published 2017 nationally since representative samples for ages 5 to 17 years.

**Screening:** 764 records. Full-Text Review: 28 records.

**Grading:** 12 indicators were adopted from AHKGA and graded according to the recommended rubric.

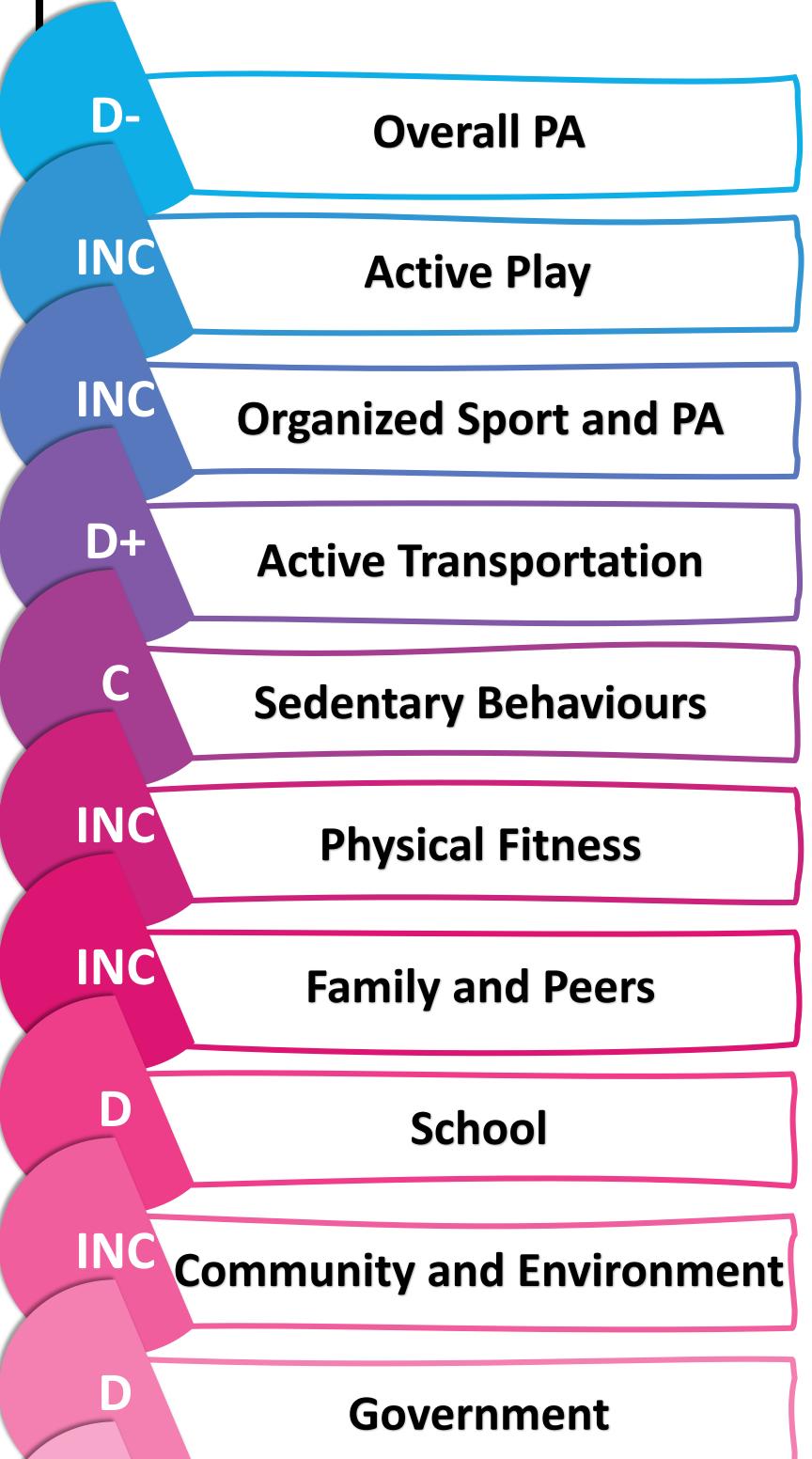
#### **DISCUSSION**

New data was extracted from only one nationally representative sample (ages 13-17 years) leading to a limited update of the indicators.

Our findings highlight the urgent need for stakeholders to take concrete relevant actions in prioritizing PA promotion at a national level especially targeting the education sector.

# **RESULTS**

**Grades of PA Indicators** 



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Grades are assigned '+' when there are current attempts to improve them, and are assigned a '-' when there is evidence that they are worse for some groups

Sleep

**Weight Status** 

- 80% to 100%
- 60% to 79%
- < 20%
- - 40% to 59%
- **INC** Incomplete, insufficient or inadequate information

to assign a grade

20% to 39%



Download the full 2018 report card