



Physical Activity Report Card of Children and Adolescents in Nepal 2022

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Background/Objectives

Physical activity among children and adolescents in Nepal was reported low (<40% in 2018).

To synthesize available evidence related to physical activity of children and adolescents (5 to 17 years) available after 2018 and identify the existing research gaps in Nepal.

Methods

- Formation of a research team
- Literature review (Ovid Medline, Embase, and PubMed Central databases)
- Synthesis of publicly available published and unpublished data (if available)
- Followed Global Matrix 4.0 indicators and benchmarks (AHKGA)
- 10 physical activity indicators

Results/Discussion

Altogether, Full-text review = 22 papers, Data extraction = 13 papers and 1 report.

Total sample size: N = 15,036. All the studies used subjective measurement.

Key messages

About 37% of children and adolescents in Nepal meet the physical activity recommendations.

Remarkably, 94% of children and adolescents, especially boys, perceived support from their family and peers to be physically active.

Table 1. Summary of Report Card Indicators and grades 2018 and 2022

Indicators	Grades 2018	Grades 2022
Overall physical activity	D +	D +
Organized sport and physical activity participation	INC	C -
Active play	INC	C +
Active transportation	A -	C
Sedentary behaviours	B +	C
Family and peers	A	A +
School	INC	C
Community and environment	C -	C
Government	INC	F
Physical fitness	INC	INC



2022 Report Card on Physical Activity for Children and Adolescents



Nepal



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Conclusions

No significant changes in overall physical activity.

Number of publications increased than in 2018, however, need to improve data quality and incorporate objective measurements.

Future directions

Need more representative, disaggregated and quality data of children and adolescents by age, sex, ethnicity, socioeconomic status and geography.

