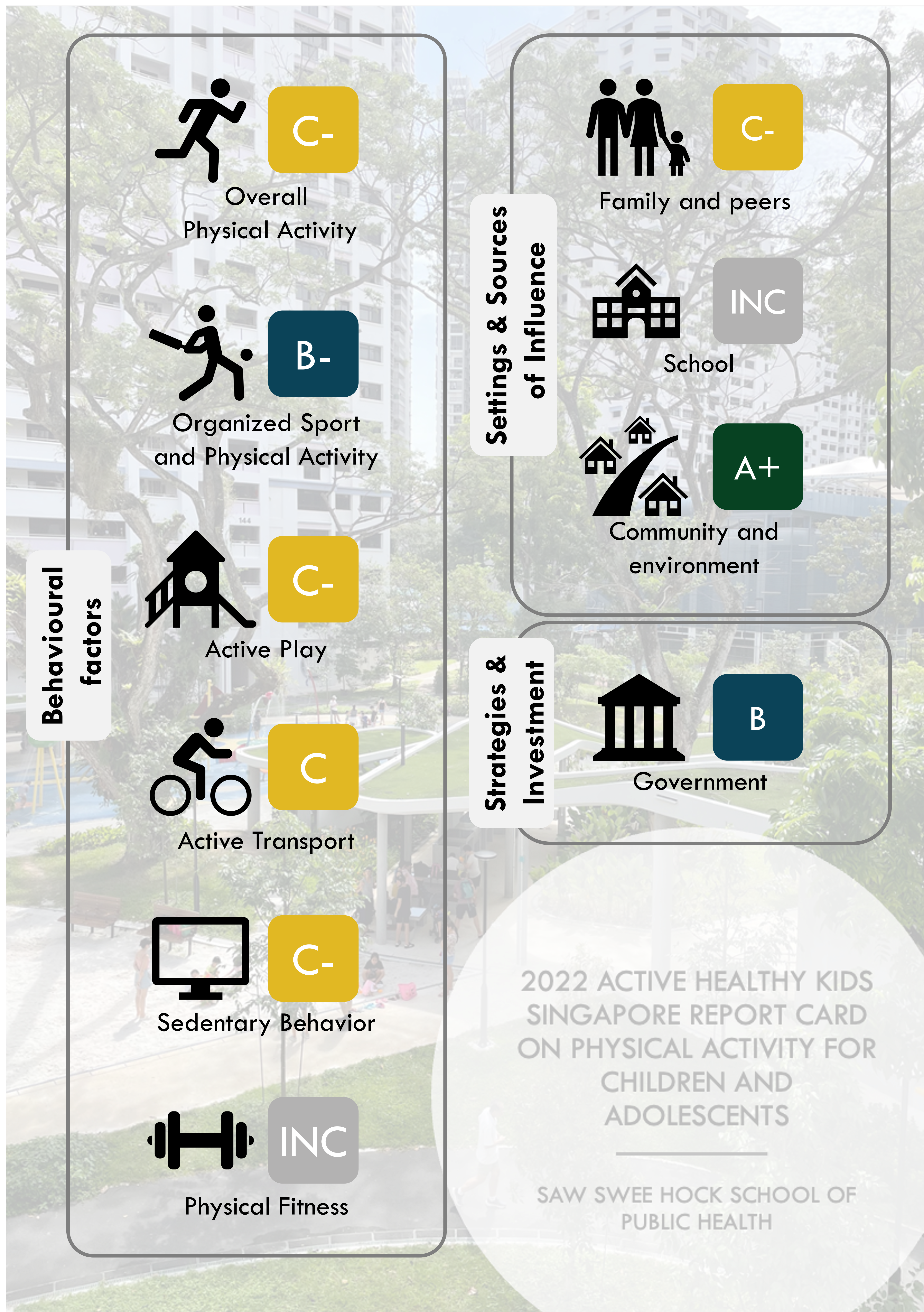


Singapore 2022 Report Card on Physical Activity in Children and Adolescents

Tay Z¹, Chen BZ¹, Kui KY¹, Padmapriya N^{1,2}, Choong MFF^{1,3}, Müller AM¹, Lee EL⁴, Troy E⁵, Müller-Riemenschneider F^{1,6}



CONCLUSION

Along with 56 countries, the Global Matrix 4.0 was applied in this first comprehensive evaluation of the physical activity landscape among children and adolescents in Singapore.

Contribution by stakeholders from both the government and non-government sectors has facilitated the process. Common limitations such as the lack of access to some available data and the lack of nationally representative data for certain indicators or age groups were faced by the Research Work Group.

Overall, with a supportive government, Singapore has fared well in organizing the community and the environment to support physical activity among the young. However, behavioral indicators were not optimal. As such, additional efforts are required to strengthen frequency and quality of surveillance efforts, as well as the development and evaluation of strategies to promote key behaviours.



Affiliations:

- ¹ Saw Swee Hock School of Public Health, National University of Singapore and National University Health System, Singapore
- ² Department of Obstetrics and Gynaecology, Yong Loo Lin School of Medicine, National University of Singapore, Singapore, Singapore.
- ³ Singapore Institute for Clinical Sciences, Agency for Science, Technology and Research, Singapore, Singapore.
- ⁴ Health Promotion Board, Singapore
- ⁵ Sport Singapore, Singapore
- ⁶ Yong Loo Lin School of Medicine, National University of Singapore, Singapore, Singapore.