

# Results of the 2022 Philippine Report Card on Physical Activity for Children and Adolescents



## BACKGROUND:

- In the Philippines, about 30% of the population is children and adolescents.
- Surveillance data show an alarmingly high prevalence of insufficient physical activity (PA) among Filipino children and adolescents.
- The First PA Report Card from the Philippines presents a comprehensive summary of how the country is doing in promoting PA participation among children and adolescents, and in providing opportunities for them to be physically active.

## METHODS:

- Guided by the AHKGA standardized methodology
- Collation of national-level data on ten PA indicators and sources of influence through literature review and stakeholder consultations
- Proposal of letter grades from A to F per indicator, with a rating of INC for indicators with inadequate data
- Utilization of Ward et al (2021) scoring rubric for the Government indicator
- Cross-validation of proposed grades by team members and external reviewers

## RESULTS

### Overall Report

INDICATOR	GRADE
Overall PA	<b>F</b>
Organized Sport and PA	Inc
Active Play	Inc
Active Transport	<b>D</b>
Sedentary Behavior	<b>B</b>
Physical Fitness	Inc
Family and Peers	Inc
School	<b>C-</b>
Community and Environment	Inc
Government	<b>B</b>

### Overall PA



15.4% of Filipino adolescents (19.5% males, 11.2% females; 15.1% rural, 15.7% urban) were sufficiently active

### Active Transport



29.5% of Filipino schoolchildren (27.2% males; 31.5% females) walked or biked to school at least five days a week

### Sedentary Behavior



68.1% (68.4% males; 67.8% females) spent two hours or less per day sitting and watching TV, playing computer games, or talking with friends

### School



46.5% of Filipino students (44.6% males, 48.4% females) attended PE classes on three or more days each week

### Government



**Scope:** ■ Sports ■ Education ■ Environment



**Population:** ■ Student ■ Athlete ■ General ■ PWD



(+) Reporting, monitoring, and evaluation plans  
(-) Consolidated data on actual implementation

### INCOMPLETE

- Limited nationally representative data
- Existing Filipino studies are not sufficient to inform grades



The First Philippine Physical Activity Report Card highlights the need to strengthen the documentation, implementation, and evaluation of physical activity indicators among Filipino children and adolescents.

Jonathan Y. Cagas\*, Marla Frances T. Mallari, Beatriz A. Torre, Mary-Grace D.P. Kang, Yves Y. Palad, Roselle M. Guisihan, Isabela Aurellado, Chessa Sanchez-Pituk, John Guillier P. Realin, Marvin Luis C. Sabado, Marie Eloisa D. Ulanday, Jacqueline F. Baltasar, Mona Liza A. Maghanoy, Ralph Andrew A. Ramos, Revin Aaron B. Santos, Catherine M. Capio

\*University of the Philippines Diliman College of Human Kinetics

jycagas@up.edu.ph



This report card was produced in partnership with the Active Healthy Kids Global Alliance and the University of the Philippines Diliman College of Human Kinetics with support from Sun Life Philippines as part of its purpose of helping people live healthier lives.

This work was also funded by the UP System Enhanced Creative Work and Research Grant (ECWRG-2021-2-11R).