Results

- 2 RC indicators were not graded:
  - Active Play
  - Family & Peer Support.
- Of the 7 remaining indicators:
  - 5 were assigned grade “D”; 1 was assigned grade “C” & another “B”. (see Table 1)

Overall physical activity levels, Grade “D”
- PA levels ranged between 12 and 34% (WHO PA guidelines). 1 12
- Parents and/or siblings assign children daily home chores that involve PA behaviours.

Organized sports participation, Grade “C”
- Based on 3 available documents obtained from the Ghana Education Service (GES) 13 15
- No systematic observation data on actual participation in organized sports was available.
- Systematic observation research on actual participation and surveillance is needed.

Active transportation, Grade “D”
- 36% of urban high school students walked or biked to school 12.
- No data on rural dwellers.
- More children rode bicycles or walked to/from school in the northern part of the country as compared to the middle and southern parts of the country.

Sedentary behaviour, Grade “B”
- Many children and youth in Ghana spent no more than 2 hours per day on screen time.
- This may due to limited access to devices that promote sedentary behavior.

School–infrastructure, policies and programs, Grade “D”
- Based on 2 available documents on requirements for PE and after-school sports programmes in Ghana 14 15
- One requirement for establishing a school is the provision of playing field and quality curriculum to promote physical activity participation.
- However, no measures in place to ensure quality or accountability.
- No national policies to guide the conduct of PE and sports in the country.

Community and the Built Environment - infrastructure, policies, programs, safety, Grade “D”
- One study on built environment, using a street level audit in Accra reported environmental barriers to outdoor physical activity 19
- absence of sidewalks, poor access to sidewalks or poor conditions of sidewalks.
- Agencies responsible for ensuring availability of safe community playground and built environment are disconnected, resulting in poor planning and surveillance.
- Data on infrastructure, policies and programs are nonexistent.
- Government – strategies, policies, investments: Grade “D”
- National policies and strategies for the promotion of PA amongst children and youth are nonexistent.
- Evidence on government investment in increasing PA levels of children and youth is lacking.
- No data on government investments in promoting PA amongst children and youth.

Discussions and Conclusions (cont.)

Active transportation
- Urban area sidewalks or bikeways unsafe 13.
- Active transportation (especially walking) may be more prevalent in rural areas.

Sedentary behaviours
- Many children and youth in Ghana spend no more than 2 hours per day on screen time.
- This may due to limited access to devices that promote sedentary behavior.
- There is a need for national guidelines on screen time and sitting time in Ghana.

Family and peers – infrastructure, support, parental/peer behaviours
- National data on this indicator is needed to explain how parents and peers influence childhood PA.

School – infrastructure, policies and programs
- School environment
- Surveillance on frequency, intensity, time and type of activity are needed on the teaching of PE. 13, 15

Community & the Built Environment - infrastructure, policies, programs, safety
- Barriers—absence of sidewalks, poor access to sidewalks or poor conditions of sidewalks.
- National school sports events are held bi-annually.
- Compliance with syllabus 12, 13 unknown.

Future Research
- There is a need for evidence on PA among children and youth.

This RC therefore makes a principal call for research in PA focused on children and youth in Ghana.