



# Report Card for Healthy Active Children – Mozambique

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## Introduction

Mozambique is an African country with a GDP/per capita of \$510 and a Human Development Index of 0.327. Domestic agriculture, fishing and forestry occupies 73% of the economic activity while Industry is only 4.4%. Living in such a non-industrialized country, Mozambican children and adolescents have historically been very active. Survival activities and active outdoor games create a relatively high energy expenditure among children and adolescents in both rural and urban areas, in comparison with their peers in the developed world. However, the last two decades have seen the growth of urbanization in Mozambique which, associated with modern technology, is generating sedentary habits that have not been observed before.

A Report Card on physical activity has never been done in Mozambique. Due to the relevance of physical activity to the health of Mozambican children, particularly given the raise in sedentary behaviors, it is considered useful to begin a systematic evaluation of the factors that affect physical activity behaviors in Mozambican children and young people.

## Objectives

The purpose of this poster is to describe the procedures and results of the first Mozambican Report Card for Physical Activity in Children and Adolescents.

## Materials & Methods

An 8-member committee was set up in order to prepare the Report Card. The team included researchers, post graduate students and senior staff members from the Ministry of Education, the Ministry of Sport and Non-Government Organizations (NGO) in the field of sport and physical activity, all of whom are professionals involved in physical activity and sport.

The Mozambique Report Card followed the development procedures developed by Active Healthy Kids - Canada. Searches were made in databases, websites and official reports, and direct contacts took place with governmental institutions and NGOs. Due to the general lack of information available, a questionnaire based on the evaluation topics was distributed among the research group members. On the basis of the few documents available as well as the group member questionnaires an evaluation table was drafted and distributed to all members for final comments and decision. Grades were assigned to each indicator based on the proportion of children and adolescents that were meeting a specified benchmark or guideline.



## Results

Indicator	Grades
OVERALL PHYSICAL ACTIVITY LEVELS	B
ORGANIZED SPORT PARTICIPATION	F
ACTIVE PLAY	C
ACTIVE TRANSPORTATION	B
SEDENTARY BEHAVIOURS	INC
FAMILY AND PEERS	INC
SCHOOL	C
COMMUNITY AND THE BUILT ENVIRONMENT	F
GOVERNMENT	C

**Figure 1: Report Card Grades for Healthy Active Children from Mozambique 2014**

## Discussion & Conclusions

Although there is a serious limitation on the information available, it is evident that physical activity behaviors of children and adolescents are positively influenced by the rural environment, mainly due to survival activities, outdoor play and the absence of motorized transport. At the same time, children and adolescents residing in the cities are experiencing a decline in their active habits due to rapid urbanization with no planning to favor active transport and play. Considering that urban populations will increase exponentially in the coming years, it seems likely that habits of physical activity will decline. The need for a public policy, particularly on the level of urban planning, becomes very clear.