



# Results from the Mozambique 2016 Report Card on Physical Activity for Children and Adolescents



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## BACKGROUND

The first assessment to reproduce a Mozambican Report Card on Physical Activity for Children and Adolescents was done in 2014. At the time, the main findings include (1) a gap on physical activity behaviors between rural and urban areas and (2) a very fast changes, in urban centers, to both the built and social environments that promote inactivity and sedentarism with already observed health related consequences.

Associated with these changes there is a very fast a very fast changes in the epidemiological landscape with an important impact on public health which calls for a permanent surveillance. Thus, the two year gap since the last report card evaluation seems to be appropriate to encourage authorities and institutions to monitor and promote physical activity.

## AIM

To describe the results of the 2016 Mozambican Report Card on Physical Activity for Children and Adolescents, and evaluate changes observed since the release of the 2014 Report Card

## METHODS

Following the procedures adopted in 2014, comprehensive searches on new data related to indicators of PA were done. A committee composed of PA and sports specialists graded each indicator consistent with the process and methodology outlined by the Active Healthy Kids Canada Report Card model.

## RESULTS

Table 1: Summary of grades from the 2014 and 2016 Mozambican Report Card

INDICATOR	2014	2016
Overall Physical Activity Levels	B	C
Organized Sport Participation	F	F
Active Play	C	D
Active Transportation	B	C
Sedentary Behaviors	INC	INC
Family and Peers	INC	INC
School	C	D
Community and the built environment	F	F
Government	C	F

## CONCLUSION

The decline of the PA habits in urban centers reported in 2014 are accentuated and is influencing the rural areas in several ways. At present, there is no strategy or effective action from authorities to reverse this negative trend.



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