

2016 NIGERIAN REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH

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BACKGROUND

The 2016 Nigerian Report Card on Physical Activity for Children and Youth was produced as a follow-up to the maiden edition published in the year 2013. The report card will be used as a guide for Nigeria's preparedness towards achieving the 2030 World Health Organisation (WHO) Global Targets on Non-Communicable diseases recommendation for member countries through promotion of physical activity; and serve as a reference for comparing similar documents by the global community.

AIM

To document the results of the 2016 Nigerian Report Card on Physical Activity in Children and Youth, compare the results with 2013 Nigerian report card, provide updated evidence on the current situation with the indicators, programmes, policy and investments on physical activity in Nigeria.

METHODS

The Nigerian Physical Activity Research Working Group conducted a comprehensive literature search on data related to indicators of Physical Activity. After the individual literature search, results from all the members were collated. Grades were assigned to the 10 physical activity indicators using the benchmark of the 2013 Nigerian Report Card. A consensus was reached from the contributions from all the members of the working group in producing the report card.

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RESULTS

Table 1: Summary of grades from the 2013 and 2016 Nigerian Report Card.

INDICATOR	2013	2016
Overall Physical Activity Levels	C	D
Organized Sport and Physical Activity Participation	INC	INC
Active Play and Leisure	C-	C
Active Transportation	B	B
Sedentary Behaviors:		
- Screen-Based	F	F
- Non-Screen Based	D	D
Overweight and Obesity	B ⁺	A
Family and Peers	INC	INC
Community and the Built Environment	INC	INC
Physical Activity in Schools	INC	C-
Government, Non-Governmental Organisations and Private Sector (Strategies and Investments) / Policy	INC	B

Note: The grade for each indicator is based on the percentage of children and youth meeting a defined benchmark: A is 81%–100%; B is 61%–80%; C is 41%–60%; D is 21%–40%; F is 0%–20%; INC is incomplete data.

CONCLUSIONS

Generally, the overall physical activity levels of Nigerian children based on new evidence seems to have declined compared to what was recorded in the 2013 Nigerian report card. However, there seems to be a slight improvement in active play and leisure. Most Nigerian children and youth still have high sedentary behaviours, low overweight and obesity similar to the report of 2013 but with a gradable physical activity in school settings which was previously graded as incomplete. Research gaps are identified in the area of collection of nationally representative data for all the physical activity indicators. An important gap is the area of government investment with funding of research and development of national guidelines.

Conflict of Interest: None declared.