The Commission on Ending Childhood Obesity of the World Health Organisation cites the following key behavioural messages required in early childhood environments:

- "increase daily active play"
- "increase daily consumption of clean, potable water"
- "increase daily consumption of fruit and vegetables"
- "decrease television viewing time and screen-based activities"

Now we are asking our children and youth to assemble to demand access to affordable, healthy food and opportunities to take part in safe and enjoyable physical activity. You can join us in this initiative, visit our link to see how you can make a difference!

#moveyourworld

Grade Definition

A We are succeeding with a large majority of children and youth (> 81% - 100%)

B We are succeeding with well over half of children and youth (> 61% - 80%)

C We are succeeding with about half of children and youth (> 41% - 60%)

D We are succeeding with less than half, but some children and youth (> 21% - 40%)

E We are succeeding with very few children and youth (> 0% - 20%)

Indicators that have not been fully evaluated, although may be promising

South African children are not eating enough fruit and vegetables. We need to find ways to help children have access to healthier, affordable food choices.

Under-nutrition in South African children is decreasing at a slow pace, but continues to be a concern with one in four children and youth (~40%) undernourished. Indicators that have not been fully evaluated, although may be promising.

Fast food intake continues to rise and the industry is growing at a rapid rate in South Africa. There are examples of legislation and interventions in other countries that help to ensure that fast food is not necessarily "unhealthy" food.

Promising trends for reduced stunting and obesity were shown, but there is still a need for external evaluation to measure the effectiveness of the programme.

Legislation controlling marketing of unhealthy foods to children continues to be delayed and advertising sugar-sweetened beverages in and around schools is still persistent.

Under- and overnutrition remain a significant challenge in young South African preschoolers, with nearly one in four one in four overweight or obese and one in five one in five underweight. These forms of malnutrition impact adversely on growth and development.
Today, we can communicate at the touch of a button and our actions and opinions are shaped and informed by social media like Facebook, Twitter, SnapChat and more. We are sitting more and moving less, gaining weight but we're still malnourished. More than one quarter of the world's population is under the age of 15 and less than 20% of children and youth do the recommended amount of physical activity globally. For the first time in history, there are more children who are overweight and obese compared to those who are under-nourished or stunted.

In this report, we look beyond whether or not South Africa's children and youth are meeting activity recommendations, and attempt to unpack factors that contribute to or stand in the way of making healthy choices easier. We want to share this information with the children and youth of South Africa, so that they can begin to move their world.

So how did we fare?

The good news is that our children are getting more physically active. We need to create a supportive environment to make physical activity safe and accessible for all children.

Better fine motor skills will encourage children to move more and participate in physical activity. But motor proficiency is also linked to academic performance. We need to give our children, especially our girls, more opportunities to throw, kick, catch, hop, skip and jump both at home and school.

One of the biggest threats to physical activity is screen time. South African children and youth spend more than two hours a day watching TV, as well as playing and working on computers and other devices.

Peers and family support

The more we support our children to be physically active, the more active they will want to be.

The community and the built environment

There is good evidence in South Africa that upgraded community parks have more visitors – both children and adults. With more facilities, a larger number of children can get more active.

If you build it... they will come.

New habits and behaviours

We need to provide compelling alternatives to encourage kids to take part in physical activity in a safe environment close to home.

Less than half of South African children and youth take part in organised sporting activities, so there is a need for supportive policies or corporate social investment programmes to increase opportunities for our children to take part in organised sport at all levels.

We need to provide compelling alternatives to encourage kids to take part in physical activity in a safe environment close to home.