School

Indicator	Grade	Rational
School -infrastructure policies and programs	C-	PE: optional in all government Junior and Senior secondary schools: approximately 33% of the 13-17 year olds take part in PE. All students in most private schools take part in PE.There are 1,138 schools (primary and secondary) in Botswana, of which 99% are government owned. PE is taught by trained PE teachers. No data on school facilities and equipment that support PA. Most private schools provide good facilities and equipment that support the teaching of PE and gov. schools to a fesser extent. This indicator was graded based on expert opinion.
Community and Environment	INC	Playgrounds/parks have mushroomed in recent years in urban cities. Involvement of non-government organizations and private companies provide funding for sport development among children and youth.
Government	C	The 2011 National Health Policy advocates for promotion of PA, particularly in young people. The 2010 National Youth Policy strategy advocates for improvement and access to recreation, sport and creative arts programmes and facilities. Policies exist BUT No documentation of implementation and evaluation of these policies, to measure the level of their success or failure. Government Funds all schools sporting activities, including PE and both BISA and BOPSSA organized sport organizations.

Discussion

Overall PA, Organised Sport Participation, Physical Fitness, and Family and Peers - INC due to insufficient data.

A grade C- School indicator, grade D- Active Play: based on expert opinion and subjective observation.

Active Transportation and Sedentary Behaviours grades were based on one study (Guthold et al., 2010).

PF: a couple of out-dated studies on muscular strength (7, 9); NO data on other aspects of PF except for one study (5) which reports overweight/obesity of Botswana children at 20%.

Data paucity in PA and its influencing indicators among Botswana school-aged children and youth.

Conclusion

Botswana's 2018 Report Card was derived from the literature obtained and expert opinion & observations.

Great need for a comprehensive national survey on the PA of school-aged children and Youth in Botswana.

Botswana's 2018 Report Card has provided the status or non-status of PA among Botswana children and youth, giving direction to the way forward.

References

1.World Health Organization. Global Recommendations on Physical Activity for Health; WHO: Geneva, Switzerland, 2010.
2. Onyewadume IU, Onyewadume M, Tladi DM, Dhaliwal H. Children's physical activity survey in major Botswana towns and cities: Implications for child development. In UNICEF Thari ya Bana - Reflections on Children in Botswana. 2012.
3. Botswana - Global School-based Student Health Survey. 2005.
4. Guthold R, Cowan MJ, Autenrieth CS, Kann L, Riley LM. Physical activity and sedentary behavior among schoolchildren: a 34-country comparison. J Pediatr. 2010; 157(1):43-49.e1. doi: 10.1016/j.jpeds.2010.01.019. Epub 2010 Mar 20.
5. Wrotniak BH, Malete L, Maruapula SD, Jackson J, Shaibu S, Ratcliffe S, Stetler N, Compher C. Association between socioeconomic status indicators and obesity in adolescent students in Botswana, an African country in rapid nutrition transition. Pediatric Obesity, International Association for the Study of Obesity. 2012. doi: 10.1111/j.2047–6310.2011.00023.x
6. Onyewadume IU. Fitness of Black African Early Adolescents with and Without Mild Mental Retardation. Adapt Phys Educ Q. 2006; 23(3); 277-292.
7. Botswana Non-Communicable Diseases risk factor surveillance. 2014.
Corlett JT. Strength Development of Tswana Children. Human Biol: 1988; 60(4); 569-577.

Abbreviations

BISA:
Botswana Integrated Sports Associations;

BNSC:
Botswana National Sports Commission;

BOPSSA:
Botswana Primary School Sport Association;

GSHS:
Global School-based Student Health Survey;

Authors

Dawn M. Tladi
Malebogo Monnaatsie
Sheila Shaibu
Gaonyadiwe Sinombe
George G. Mokone
Lesego Gabaitiri
Leapetswe Malete
Omphile Hubona

Introduction

Physical inactivity is now the 4th leading risk factor of mortality globally.

However, very little is known about physical activity (PA) among school going-age Botswana children.

PE in Botswana government schools is offered as an optional subject.

Most private schools in Botswana have mandatory PE in their curricula.

There is a glaring absence of data on the amount of moderate-to vigorous -intensity PA (MVPA; ≥ 60 minutes/day) among children and youth in Botswana.

Purpose

Search & interrogate the literature on the PA of Batswana children and youth of school going age

Create a Report Card on PA

Grades were based on the best available evidence.

Methods

A panel of 8 academic scholars

Literature search from several research databases such as PubMed, Africa Journals Online, and Africa Wide (EBSCO host)

Ten core PA indicators:

Overall PA,
Organized Sport Participation
Active Play
Active Transportation
Sedentary Behaviors
Physical Fitness
Family and Peers
School
Community and Environment
Government.

Data synthesis

Published peer-reviewed articles, grey literature, information from relevant websites of stakeholders

Policy reports from the World Health Organization, Botswana's Ministry of Youth, Sport and Culture and Ministry of Health and Wellness.

Expert and subjective information from the panel members

Grading Scheme √

A+ 94% - 100%
A Succeeding with a large majority of children and youth (87% - 93%)
A- 80% - 86%
B+ 74% - 79%
B Succeeding with well over half of children and youth (67% – 73%)
B- 60% - 66%
C+ 54% - 59%
C Succeeding with about half of children and youth (47% – 53%)
C- 40% - 46%
D+ 34% - 39%
D Succeeding with < than half but some children and youth (27%-33%)
D- 20% - 26%
F Succeeding with very few children and youth (< 20%)

INC = Incomplete—insufficient or inadequate information to assign a grad

Results

Indicator	Grade	Rational
Overall Physical Activity	INC	11.7% of the 13-15 year olds were reported to be physically active for at least 60 min per day (GSHS, 2005). literature is outdated with no recent documentation of the current status among the children and youth age group.
Organized Sport Participation	INC	Existance of Annual BOPSSA and BISA competitions. Exixtance of BNSC: Out of school sport development programs which involve in and out of school sports for children and youth.
Active Play	D-	Grad based on expert opinion. Approximately 20% of the children play actively, mostly children living in rural areas. No empirical evidence is available that addresses active play, let alone the specifics of active play (e.g., frequency, duration, type).
Active Transportation	C	49% of 13-15 year olds report to engage in active modes of transport (Guthold et al., 2010).
Sedentary Behaviours	B-	34.5% of 13-15 year olds spend 3 hours or more per day sitting (Guthold et al., 2010). Suggesting that approximately 65.5% of 13-15 year olds sit for less than 3 hours. No study addressed screen time data but the amount of time spent sitting or engaging in sedentary activities.
Physical Fitness	INC	Insufficient data to accurately grade this indicator.
Family and Peers	INC	STEPS survey of 2014 revealed that 57.3% of adults are not engaging in vigorous-intensity PA, BUT no data on children & youth.