

Results from Ghana's 2018 Report Card on Physical Activity for Children and Youth



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Introduction

The purpose of this presentation is to summarize the results from the Ghana's 2018 Report Card on physical activity for children.

Methods

Experts from various sectors related to physical activity were identified and formed the Working Group that gathered data and information. Grades were based on the best available evidence. The data were aggregated and consolidated following a harmonized process (Tremblay, et. al 2016)¹.

Results

All 10 indicators were assigned a grade as shown in the table of grades below. It is clear that research gaps, policy and monitoring issues remain to be addressed to better inform the grades.

Conclusions

Expert observations reveal that the proportion of Ghanaian children who achieve the World Health Organization recommended amount of physical activity² is low.

Table of Grades

Indicator	Grade
Overall Physical Activity	C
Organized Sport and Physical Activity Participation	C+
Active Play	B-
Active Transportation	C+
Sedentary Behaviours	INC
Physical Fitness	INC
Family and Peers	F
School	D
Community and Environment	D+
Government	D



References

1. Tremblay MS, Barnes JD, Gonzalez SA, et al. Global Matrix 2.0: Report card grades on the physical activity of children and youth comparing 38 countries. *J Phys Act Health*. 2016;13(Suppl 2):S343-S366.
2. World Health Organization. (2010). *Global recommendations on physical activity for health*. WHO Library, Geneva. Retrieved from: http://www.who.int/dietphysicalactivity/factsheet_recommendations/en.