Results from the First Lebanon Physical Activity Report Card (2018)

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Purpose
Summarize the current status of physical activity (PA), associated behaviours and health outcomes in Lebanese children and youth

Methods
Comprehensive review of scientific and governmental publications (< Jan 2018) to identify any publications that met the parameters set by “Global Matrix 3.0”

Results

Overall PA
D
54% of 5-17 years & 12.2% of 13-17 years accumulated 60 minutes of MVPA/day

Organized Sport & PA
F
4.5% participated in a sports event/competition organized by Ministry of Youth & Sports

Active Play
INC
33.9-48.8% of 5-10 years engaged in afterschool PA (sample not representative)

Active Transportation
D
36.8% of 13-18 years reported walking or biking to school

Sedentary Behaviours
C-
52.4% of 13-17 years spent <2 hours per day on screen time activities

Conclusions
Efforts tackling PA behaviors for children and youth in Lebanon may not be enough. Need for multi-level PA support with nationally representative evidence.

Future strategies:
1. Implement more organized sport and PA programs
2. Enhance built environment to increase safety
3. Increase governmental support for school PA

References

Related factors among Lebanese Adolescents: An Explanation for Gender and Socioeconomic Differences. Epidemiology (Sunnyvale) 7: 300. doi:10.4172/2161-1165.1000300.