

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

Physical Fitness (INC)

No data were available for any fitness component

Organized Sport & PA (F)

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

Family and Peers (INC)

22.2% and 27.8% of 3-13 years lacked friends or resources (sample not representative)

Active Play (INC)

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

School (D)

22% of 13-18 years participated in ≥ 3 sessions of weekly PE

Active Transportation (D)

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

Community & Environment (INC)

33-50% of 3-13 years limited by security or lack of open spaces (sample not representative)

Sedentary Behaviours (C-)

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

Government (C+)

3 governmental agencies & the Knowledge to Policy center working to implement PA obesity prevention programs in schools

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:

TOGETHER WE CAN
MAKE A DIFFERENCE



- 1) Implement more organized sport and PA programs
- 2) Enhance built environment to increase safety
- 3) Increase governmental support for school PA

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