



2018 Nepal Report Card on Physical Activity for Children and Youth



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About Report Card

What is Report Card?

The Report Card is:

- a synthesis of the most recently available published and/or unpublished data related to the physical activity of children and youth (5-17 years) in a country
- an evidence-based communications and advocacy tool for concerned stakeholders who affect physical activity opportunities for children and youth

Who are involved?

The Active Healthy Kids Global Alliance (AHKGA) (www.activehealthykids.org) is a network of researchers, health professionals and stakeholders who are working together to advance physical activity in children and youth from around the world. In Nepal, for the first time, a team of researchers and students initiated and executed the task with the guidance of mentor from the AHKGA.

When was it started?

The AHKGA was established in 2014, following the success of the world's first Global Summit on the Physical Activity of Children in Toronto (Global Matrix 1.0). The 2018 Global Matrix 3.0 on Physical Activity for Children and Youth which includes 49 participating countries from 6 continents and will be launched at 'Movement to Move' event in Adelaide, Australia on November 26, 2018.

Why is it for?

Nepal's 2018 Report Card has summarized the available evidence on physical activity of children and youth in Nepal that provides a comprehensive evaluation of physical activity and sedentary behavior among children and youth on 10 indicators. We hope that Nepal's 2018 Report Card will be a very useful information and advocacy tool. Report Card summarizes the most up-to-date evidence available, identifies gaps in research and enables international comparisons. It could also encourage the movement to promote physical activity, help to develop nation's physical activity guidelines and to monitor progress and successes.

Grading

Table 1: Grading rubric, Report Card 2018(Ref. AHKGA Grading Scheme 2018)

	A+	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	F	INC
%	100-94	93-87	86-80	79-74	73-67	66-60	59-54	53-47	46-40	39-34	33-27	26-20	<20	Insufficient/ not available

Table 2: Summary of Report Card Indicators and Grades of Nepal

Indicators	Grades
Overall Physical Activity	D+
Organized Sport and Physical Activity Participation	INC
Active Play	INC
Active Transportation	A-
Sedentary Behaviors	B+
Family and Peers	A
School	INC
Community and Environment	C-
Government	INC
Physical Fitness	INC

(Ref. of indicators: AHKGA Indicators Definitions and Benchmarks 2018)

Note: References (data) used for grading of the indicators will be available in full version of Nepal's 2018 Report Card/ journal article on physical activity for children and youth.

Conclusions

Overall physical activity (PA) of Nepalese children was found to be low; however, it is important to note that this is based on a small number of studies with small sample size; thus, its generalizability is largely limited. In addition, Nepal lacks data on 5 out of 10 Report Card indicators. This evidence gap undeniably highlights the need of developing and collecting nationally representative data using robust methods by incorporating a wide range of variables and objective measurements. With rapidly changing socio-political contexts of Nepal, it is timely for local, state and federal governments to develop short- and long-term plans to encourage children and youth for active and healthy living.