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

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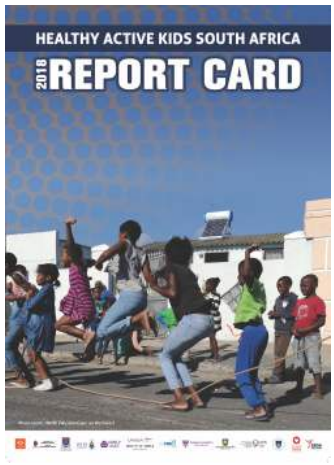

Introduction and methods

The 2018 Report Card for South Africa (SA) presents the latest available evidence relating to physical activity (PA) of SA school-aged children. A review was conducted using PubMed, Africa Journals Online, and Africa Wide (EBSCOhost) from 01/01/2016-12/03/2018. Articles reporting on specified indicators related to SA children between the ages of 5-18 years were included for review.

Results

Indicator	Rationale
Overall Physical Activity **C**	No new evidence suggesting that overall PA levels are improving (or deteriorating). Regional data indicate that between 48% - 51.7% are meeting the 1 hour of MVPA per day recommendation (56.6±23.4 – 64.9±25.5 min).[1,2] Studies that used self-report measures reported higher compliance: 69%;[3] that children and adolescents were "moderately active",[3,4] and children achieving 60 minutes of MVPA on an average of 3.5 days per week.[5]
Organised Sport Participation **D**	No apparent changes in levels of participation, and no evidence of new interventions/strategies/policies to improve participation.
Active Play **INC**	Active play does appear to be taking place despite some challenges (including safety, captured under the community/environment indicator).
Active Transportation **C**	There is no evidence to suggest that active transportation has improved, and a high percentage (63%) of children and adolescents walk to school, but not necessarily by choice.[6] Many (81%) walk to school without adult supervision in low-income settings, and safety remains a concern.[7,8]
Sedentary Behaviours **INC**	No evidence to suggest that screen time use is decreasing. Children are spending an average of 3.3 hours using screens per day, with only 34% of children meeting the screen time guideline of <2 hours per day.[1,2]
Physical Fitness **INC**	There is a paucity of data reporting on national levels of fitness and overweight/obesity in children and adolescents.
Family and Peers **C-**	There is very little data on the proportion of parents or peers supporting PA, but recent evidence supports previous findings.
School **D-**	The proportion of children participating in school physical education is still sub-optimal. In ISCOLE, South Africa was the country (out of 12) with the greatest proportion of learners not participating in PE (32%).[9] No evidence of progress in the prioritisation of PE in the school curriculum or environment.
Community and Environment **C-**	Children did less MVPA after school in settings with higher crime rates and greater traffic risk, more prevalent in low-income settings.[10] There is an apparent lack of a systematic approach to dealing with the safety of children and adolescents.
Government **C**	Compliance with a national programme to maximise access to sport, recreation and PA in schools appears to remain poor, and there is a lack of documented evidence of policy implementation and evaluation.

Conclusions

The findings of the 2018 Report Card for SA indicate that insufficient progress is being made with regards to the promotion of PA opportunities that are safe and accessible for the greatest number of children and adolescents in SA.

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