

Venezuela's 2018 Report Card on Physical Activity for Children and Youth

Venezuelan Children and Youth deserve equal opportunities for achieving The rights to food and health ealthier



Background

Venezuela is currently facing a dramatic increase of poverty, in which 80% of the Venezuelan households experience food insecurity which contributes as an important determinant for social disparities, as reported by the last Standard Living Conditions Survey for Venezuelans (ENCOVI, 2017).

In Venezuela as in many countries, the first cause of death is cardiovascular disease, and diabetes is going up among the first.

These diseases would greatly benefit from physical activity.

Children and Youth would benefit from prevention strategies to improve their life style as soon as possible, starting early in life and even pre-natal.

The challenging Venezuelan context needs a full revision of existing data, policies and programs.

This Report Card on Physical Activity for Children and Youth is an assessment of information related to physical activity in Venezuela, and provides a compilation of existing information throughout the country and assesses how well it is doing at promoting opportunities for children and youth.



Education for promoting a better life style is a must for Venezuelan Children and Youth

«Slavery is the daughter of darkness; an ignorant people is the blind instrument of its own destruction»

Simón Bolívar

Indicator	Grade	Rational
Overall Physical Activity	D	ELANS-EVANS evaluated no children, but adolescents between 15-19 years old and 71% of those reported to be inactive for not engaging in the 60 minutes /day 4 times per week.
Organized Sport Participation	D+	ELANS-EVANS evaluated no children, but adolescents between 15-19 years old and 34% of those reported participation in organized sports.
Active Play	INC	No data available.
Active Transportation	B-	Within the Venezuelan crisis people are walking more, due to lack of public transportation and 63% of adolescents by ELANS-EVANS might walk at least 10 min to move from one place to another (unpublished data).
Sedentary Behaviors	INC	Incomplete data.
Cardiometabolic Risk	D	41.2% of male adolescents evaluated in a local study reported to be obese when PA was moderate or low according to IPAQ questionnaire 16.45% of school age children 97-8 years old) showed cardiovascular risk associated with impairments of blood pressure in a local study Children under 5 years old present 38,9 of growth deficit in a national representative sample. Children between 0-2 years old report 33% of chronic undernutrition in a national representative sample of children belonging to middle low and low SES. ELANS-EVANS reported 35.8% male adolescents are OW or obese and 27% females are OW and or obese.
Family and Peers	INC	No data available.
School	INC	No data available.
Community and Environment	D-	Overall people addressed that due to the insecurity they refrain from exercising. 75.5% of subjects including adolescents, identify the insecurity as an obstacle for performing PA and sports.
Government	F	Laws exists but actions fail, lack of assigned budget to improve the infrastructure, promotion of PA and reinforce the security for the practice.
Non-Government	A-	Children who participate in the activities of NGOs specifically in baseball initiatives successfully complete their training and many of them are athletes of international relevance.
Private Initiatives For PA in disabled children and youth	A+	All the children and youth registered in fifteen states of Venezuela practice and organized sport including any of the 21 categories of summer sports and 4 categories of winter sports.

**Venezuela's 2018
report card on
Physical Activity for
Children and Youth
team**

Marianella Herrera-
Cuenca, Betty Méndez-
Pérez, Maritza
Landaeta-Jiménez,
Xiomarys Marcano,
Evelyn Guilart,
Luis Sotillé
and Rosalba Romero.

Contact

obsvensalud@gmail.com

Web site
www.ovsalud.org

Facebook
*Observatorio
Venezolano de la Salud*

Twitter
@ovsalud

Instagram
@ovsalud

Art work: by Aisen
Chacín Venezuelan
Artist.

(Secluded series 2008)

We are proud to highlight the extraordinary job done by the Special Olympic team from Venezuela, a local chapter from the international nonprofit organization founded by Eunice Kennedy. A local impact has reached:

- ✓ **15.370** Athletes
- ✓ **1.618** Participants
- ✓ **25** Sports
- ✓ **1.158** Trainers
- ✓ **20** Subprograms in **15** States of Venezuela
- ✓ **380** Leaders Athletes
- ✓ **946** Young Athletes
- ✓ **4.090** Registered Families
- ✓ **4.294** Volunteers
- ✓ **216** Competitions annually developed
- ✓ **34** Unified competitions

This wonderful organization give equal opportunities for cognitive disabled children and youth reaching families of low income and underserved communities.

The majority of Venezuelans adolescents are inactive. Overall, Venezuelan children and youth are exposed to risks that are modifiable and that would benefit from better implementation of Governmental actions and articulation with private and civil society's efforts for closing the existing gaps on wellbeing in different population groups.

We urge the government to take action in improving nutrition for all and make health promotion programs a priority.

