



Results from Zimbabwe's 2018 Report Card on the Physical Activity for Children and Youth

Manyanga T¹, Makaza D², Munambah NE³, Mahachi C³, Matsungo TM³ for the Zimbabwe Report Card Working Group*

¹Children's Hospital of Eastern Ontario Research Institute; ²National University of Science and Technology; ³University of Zimbabwe

Purpose

The purpose of the 2018 Report Card was to synthesize the best available evidence on the performance of Zimbabwean children and youth on key physical activity indicators.

Methods

The Report Card Working Group gathered and synthesized the best available evidence, met, discussed and assigned grades to 10 indicators based on the Active Healthy Kids Global Alliance global matrix grading system. Standard benchmarks and a grading rubric were used to guide the grade assignment for each indicator.

Grades for the 2016 and 2018 Zimbabwe Report Cards		
Indicator	Year(s)	
	2016	2018
Overall Physical Activity	C+	C+
Organized Sport and Physical Activity	B	B
Active Play	D+	D+
Active Transportation	A-	A-
Sedentary Behaviours	B	B
Physical Fitness	Not graded	Incomplete
Family and Peers	Incomplete	Incomplete
School	D	C
Community and Environment	F	D
Government Strategies and investments	D	C-

Key Recommendations

- ❖ There is need for a physical activity promotion strategy and guidelines in Zimbabwe.
- ❖ Researchers and stakeholders should capitalize on the momentum created by the new school curricula and help make childhood physical activity and nutrition a priority.

Conclusions

Grades for behavioral indicators remained unchanged from 2016, and are better than those for the settings and sources of influence. Data used to assign these grades are limited and are mostly self or parental reports. Thus, caution should be applied when interpreting the meaning of the grades.