



Global Matrix 4.0 on physical activity for children and adolescents

HOW DOES NEPAL STACK UP?

Most of the countries participating in Global Matrix 4.0 including Nepal did not have data during COVID-19 pandemic, therefore the grades are based on the study findings carried out before pandemic. Available evidence suggests, 63% of Nepali children and adolescents do not meet the physical activity recommendations, which could have increased during pandemic. However, it is encouraging that the number of studies have slightly increased than before. Overall physical activity among children and adolescents remain unchanged between 2018 and 2022.



Overall Physical Activity: D+ (global average is D)

The grade is based on average of 11 studies, which reported only 37% of kids meet recommended level of physical activity (D+ in 2018).

Organized Sport and Physical Activity: C- (global average is C-)

This grade is based on the summary of 3 studies, which reported an average of 43% children and adolescents participate in organized sport programs. (INC in 2018)

Active Play: C+ (global average in C-)

This grade was assigned C+, based on 56% of children and youth (5 studies) meeting the active play benchmark. (INC in 2018)

Active Transportation: C (global average is C-)

This indicator was graded C because, on average, 53% of children and adolescents (8 studies) were reported to use active modes of transportation. (A- in 2018)

Sedentary Behaviour: C (global average is D+)

This grade is based on an average of 53% of children and adolescents (7 studies) the screen time recommendations more than 2 hours per day. (B+ in 2018)

Physical Fitness: INC (global average is C-)

No current data were available to assign this grade; thus, the grade for this indicator is Incomplete (INC).

Family and Peers: A+ (global average is C-)

This indicator is graded A+, based on a single study reporting 94% of children and adolescents perceived their parents support for physical activity and sport opportunities. (A in 2018)

School: C (global average is C+)

Based on a 53% average across the benchmarks for the School indicator (3 studies), this indicator was graded C. (INC in 2018)

Community and Environment: C (global average is C+)

Based on an average of 53% across the benchmarks for the Community & Environment indicator (2 studies), this indicator grade increased to C. (C- in 2018)

Government: F (global average is C)

This was graded as F, based on consensus across the Report Card Research Committee and AHKGA. Nepal is expected to develop a roadmap for implementation of Global Action Plan on Physical Activity prepared by WHO-SEAR in 2021. (INC in 2018)

HOW TO IMPROVE THE SITUATION?

Health promotion efforts such as awareness programs and physical activity promoting activities in schools, physical activity promoting infrastructure particularly in urban areas such as open public spaces, safe footpaths are needed to promote physical activity among children and adolescents. Need for nationally representative disaggregated quality data.

Learn more at www.activehealthykids.org and www.participation.com



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