

2022 Report Card on Physical Activity for Children and Adolescents – Short report



Nepal



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Introduction

World Health Organization (WHO) has recommended that every child and adolescent should accumulate at least 60 minutes per day of moderate- to vigorous-intensity (MVPA) on average, and incorporate vigorous-intensity aerobic activities, and those that strengthen muscle and bone, at least three days per week (1).

Despite the recommendations, children and adolescents globally and in Nepal are not meeting the daily physical activity recommendations(2, 3). The 2022 Report Card for Children and Adolescents graded the overall physical activity level as D. This means that about one-third of children and adolescents in Nepal are meeting the recommended levels of physical activity. Remarkably, 'family and peers' was graded A, with more than 90% of children and adolescents perceiving family and peers' support for physical activity engagement.

The 2022 Nepal Report Card on Physical Activity for Children and Adolescents is developed as part of the collaborative work between Active Healthy Kids Global Alliance and researchers from Nepal in association with the Nepal Development Society.

This report aims to update the grades for various physical activity indicators based on emerging data on children and adolescents since 2018. Further, the findings could serve as a valuable tool for multiple stakeholders, including policymakers, researchers, advocates, and program implementers, to:



understand the context of physical activity among children and adolescents in Nepal



identify the critical need and research gaps




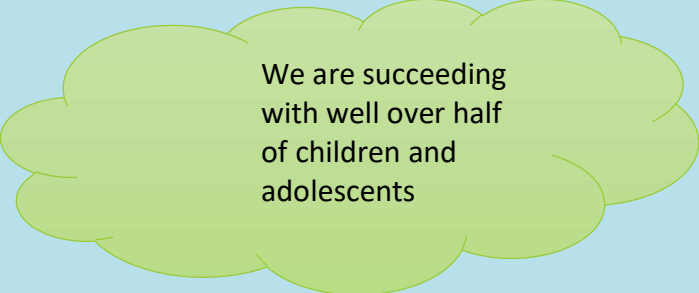
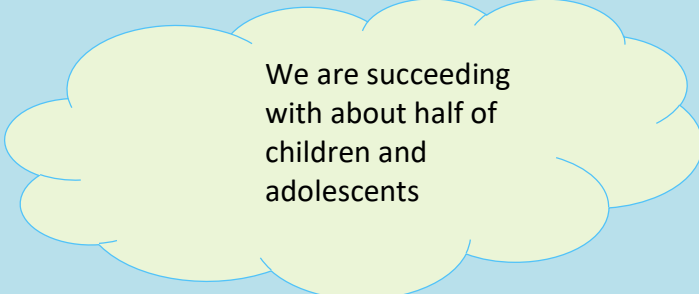
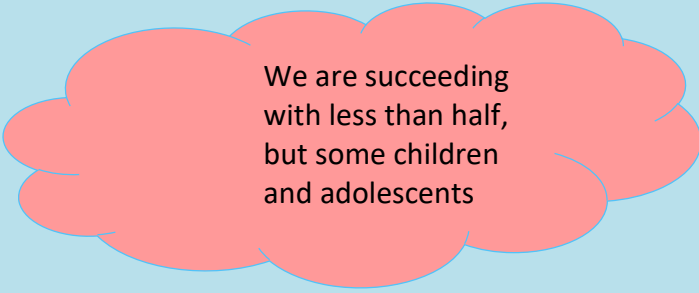

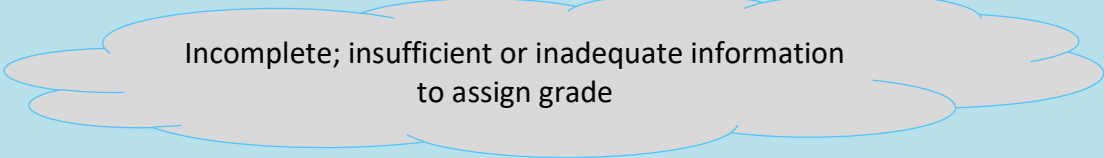
advocate for the need for policies and programs specific to children and adolescents



allocate funds for physical activity research and health promotion programs



International Standardized Grading Scheme for Global Matrix 4.0

A+	94-100%	 <p>We are succeeding with a large majority of children and adolescents</p>
A	87-93%	
A-	80-86%	
B+	74-79%	 <p>We are succeeding with well over half of children and adolescents</p>
B	67-73%	
B-	60-66%	
C+	54-59%	 <p>We are succeeding with about half of children and adolescents</p>
C	47-53%	
C-	40-46%	
D+	34-39%	 <p>We are succeeding with less than half, but some children and adolescents</p>
D	27-33%	
D-	20-26%	
F	<20%	 <p>We are succeeding with very few children and adolescents</p>
INC	 <p>Incomplete; insufficient or inadequate information to assign grade</p>	

Data sources

- Original articles published in scientific journals
- Publicly available government health policy/plan/reports
- Global School-Based Student Health Survey, Nepal 2015-2016
- Non-communicable Disease Risk Factors: STEPS survey Nepal 2019



PC: Madhav Chaulagain

Global Matrix 4.0 indicator grades

Grades awarded

2022

1. Overall Physical Activity



D+

2. Organized Sport and Physical Activity



C-

3. Active Play



C+

4. Active Transportation



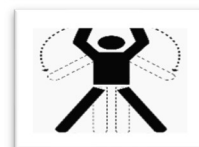
C

5. Sedentary behaviours



C

6. Physical fitness



INC

7. Family and peers



A+

8. School



C

9. Community and environment



C

10. Government



F

Grading of the indicators based on the data obtained from the following papers/reports(4-16)

Summary findings of 2022 Nepal Report Card



Overall physical activity among children and adolescents in Nepal was around a third (37%).



The support from family and peers was perceived as high by Nepali children and adolescents.



Most indicators (Organized Sport and Physical Activity, Active Play, Active Transportation, Sedentary Behaviours, School, and Community and Environment) had C grades.



Data on physical fitness indicators was not available.



The government indicator was graded F. The specific data on promoting physical activity among children and adolescents in the federal, state and local government policies and programs were inadequate or unavailable.



Conclusions

Evidence suggests that about two-thirds of Nepali children and adolescents were less active. Most indicators showed weak performance, except for family and peers, based on a single study with small sample size. All the studies reported self-reported subjective data on physical activity, highlighting the need for further research using objective tools for quality data.

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