

where to from here?



The Commission on Ending Childhood Obesity of the World Health Organisation cites the following key behavioural messages required in early childhood environments:

- “increase daily active play”
- “increase daily consumption of clean, potable water”
- “increase daily consumption of fruit and vegetables”
- “decrease television viewing time and screen-based activities”

Now we are asking our children and youth to assemble to demand access to affordable, healthy food and opportunities to take part in safe and enjoyable physical activity. You can join us in this initiative, visit our link to see how you can make a difference!

#moveyourworld

Grade	Definition
A	We are succeeding with a large majority of children and youth (81% – 100%)
B	We are succeeding with well over half of children and youth (61% – 80%)
C	We are succeeding with about half of children and youth (41% – 60%)
D	We are succeeding with less than half, but some children and youth (21% – 40%)
F	We are succeeding with very few children and youth (0% – 20%)
INC	Indicators that have not been fully evaluated, although may be promising

nutrition

overweight and obesity

Overweight and obesity levels continue to rise among South African children and adolescents. This has become a major public health concern and one which needs to consider not only physical activity, but also nutrition strategies.



under-nutrition

Undernutrition in South African children is decreasing at a slow pace, but continues to co-exist with overnutrition. The double burden of malnutrition remains.

fruit and vegetable intake

South African children are not eating enough fruit and vegetables. We need to find ways to help children have access to healthier, affordable food choices.



sugar-sweetened beverages, added sugar and salty snacks

South African teens drink an average of **more than one soft drink a day** and have a **weekly sugar intake that is three times higher** than recommended.

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Junk food is often more affordable and accessible than healthy food. It is also highly promoted. We need to address this through policies and practices both at home and at school.

fast food intake

Fast food intake continues to rise and the industry is growing at a rapid rate in South Africa. There are examples of legislation and interventions in other countries that help to ensure that fast food is not necessarily “unhealthy” food.



exposure

advertising and media

Legislation controlling marketing of unhealthy foods to children continues to be delayed and

advertising sugar-sweetened beverages in and around schools is still persistent.

school tuck shops

We have insufficient new evidence to assign a grade, despite promising trends and the appearance of some local and provincial tuck shop policies.

national school nutrition programme

Promising trends for reduced stunting and obesity were shown, but there is still a need for external evaluation to measure the effectiveness of the programme.

vegetable gardens

The number of schools with vegetable gardens that contribute to the National School Nutrition Programme has remained stable.

food insecurity

The challenge of food insecurity and childhood hunger, alongside childhood and adult obesity, is ongoing. This problem deserves the attention of policymakers, health and education authorities, food retailers, vendors and families.

early childhood nutritional status

Under- and overnutrition remain a significant challenge in young South African preschoolers, with nearly

one in four overweight or obese and **one in five** stunted.

Both forms of malnutrition impact adversely on growth and development.

healthy active kids

South Africa report card



2016



Discovery
Vitality



physical activity

Today, we can communicate at the touch of a button and our actions and opinions are shaped and informed by social media like Facebook, Twitter, SnapChat and more. We are sitting more and moving less, gaining weight but we're still malnourished. More than one quarter of the world's population is under the age of 15 and less than 20% of children and youth do the recommended amount of physical activity globally. For the first time in history, there are more children who are overweight and obese compared to those who are under-nourished or stunted.

In this report, we look beyond whether or not South Africa's children and youth are meeting activity recommendations, and attempt to unpack factors that contribute to or stand in the way of making healthy choices easier. We want to share this information with the children and youth of South Africa, so that they can begin to move their world.

So how did we fare?

overall physical activity levels

The good news is that our children are getting more physically active. We need to create a supportive environment to make physical activity safe and accessible for all children.

physical fitness and motor proficiency

Better fine motor skills will encourage children to move more and participate in physical activity. But motor proficiency is also linked to academic performance. We need to give our children, especially our girls, more opportunities to

throw, kick, catch, hop, skip and jump both at home and school.

organised sports participation

Less than half

of South African children and youth take part in organised sporting activities, so there is a need to partner with non-government organisations or corporate social investment programmes to increase opportunities for our children to take part in organised sport at all levels.

school physical activity environment

Delivering physical education in South African schools remains compromised and teachers feel overwhelmed and underprepared. Let's look for ways to create a supportive school environment with plenty of green space and partner effectively with communities and parents to promote physical activity in our schools.

active play

We still don't have enough information about active play in South African children to assign a grade, but what we do know is that it is important for health and social development. Let's remember that our children's right to play is vital.

active travel

Active travel to school remains an important part of daily physical activity for South African children. The issue of road safety needs to be taken into consideration, however.

sedentary behaviour

One of the biggest threats to physical activity is screen time. South African children and youth spend

more than two hours a day watching TV, as well as playing and working on computers and other devices.

We need to provide compelling alternatives to encourage kids to take part in physical activity in a safe environment close to home.

peer and family support

The more we support our children to be physically active, the more active they will want to be.

the community and the built environment

There is good evidence in South Africa that upgraded community parks have more visitors – both children and adults. With more facilities, a larger number of children can get more active.

"If you build it... they will come."

government strategy, policy and investment

More than three-quarters of South African schools are registered for Sports and Recreation South Africa (SRSA) school sports programmes a joint programme between Sports and Recreation South Africa, and the Department of Basic Education. There appears to be government commitment to school sport, however, this programme still needs to be evaluated.

early childhood physical activity

New HAKSA focus.

Most preschool children show a good mastery of gross motor skills. However, the amount of time children spend indoors and in sedentary behaviour is still a concern.

INC

