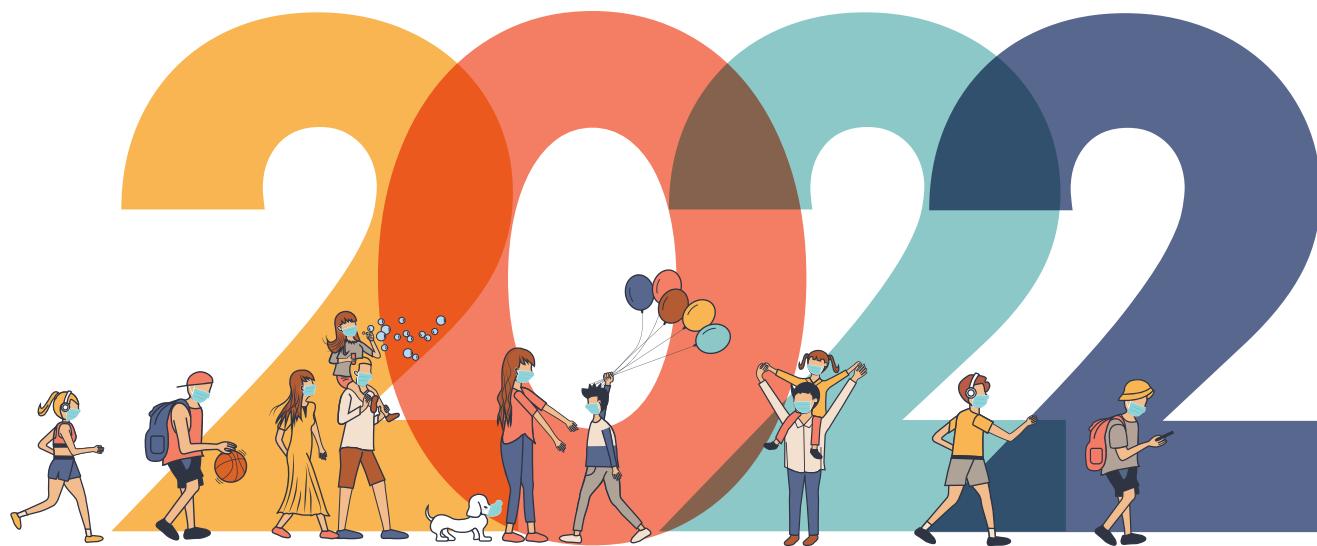


ACTIVE HEALTHY KIDS BOTSWANA

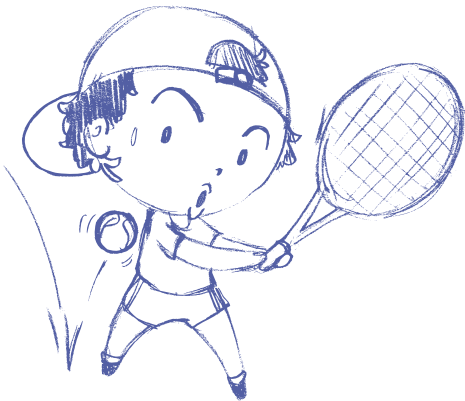


report card on Physical Activity for children and youth



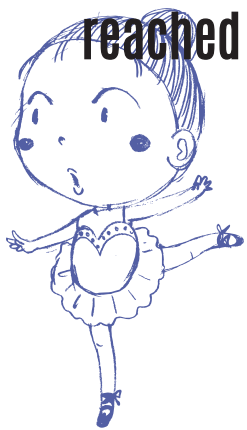
BACKGROUND

- PA benefits are well documented
- Active children grow into active adults leading to a healthy nation
- Are our children active enough?Little is known!
- PA information in children & youth has never been so important:
Covid-19
- Purpose: provide Botswana's 2022 report card results



METHODS

- **Data synthesized to produce the Botswana's 2022 Report Card:**
 - Published peer-reviewed articles, grey literature, information from relevant websites of stakeholders
 - Policy reports from the Botswana's Ministry of Youth, Sport and Culture, Ministry of basic education, and Ministry of Health and Wellness,
 - Reports of government and non-government institutions.
 - Preliminary data from the pilot survey, information from experts and team members
 - Available evidence was discussed by the team, discrepancies reconciled, and a consensus reached on the final grade with justifications



Ten Global Matrix Indicators

- Overall PA
- Organized Sport Participation
- Active Play
- Active Transportation
- Sedentary Behaviours
- Physical Fitness
- Family and Peers
- School, infrastructure & Policy
- Community and Environment
- Government



Grading Scale - the 10 Indicators

A+ 94-100%	A 87-93% succeeding with a large majority of children & youth	A- 80-86%
B+ 74-79%	B 67-73% succeeding with over half of children & youth	B- 60-66%
C+ 54-59%	C 47-53% succeeding with about half of children & youth	C- 40-46%
D+ 34-39%	D 27-38% succeeding with less than half children & youth	D- 20-26%
	F >20% succeeding with very few children & youth	

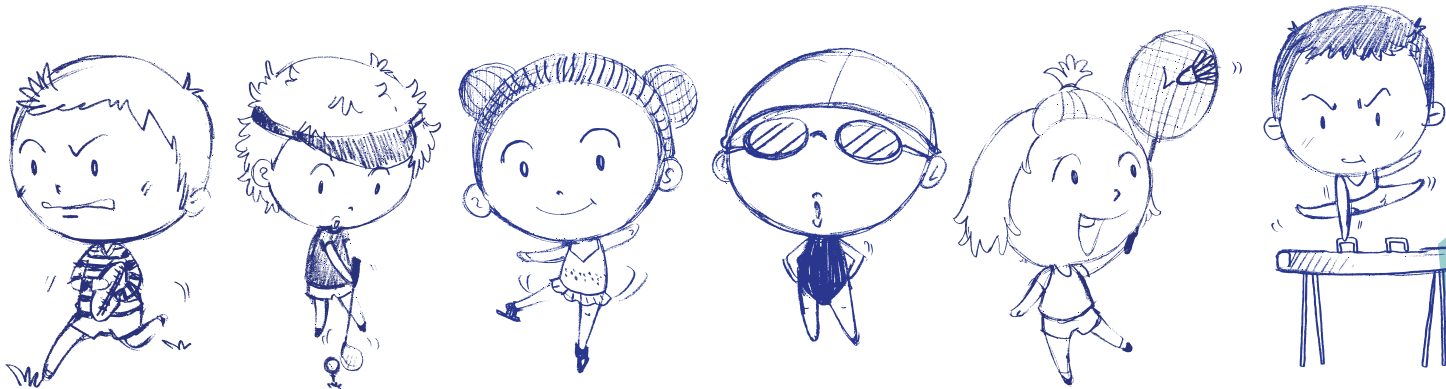
INC - Inconclusive - insufficient/inadequate information to assign a grade



2022 Grades

Botswana's 2022 Report Card grades were mostly unchanged from 2018

- Overall physical activity D+
- Organized sport D+
- Active play C-
- Active transport C
- Sedentary behaviour C-
- Physical fitness C+
- Family and peers C-
- School, infrastructure policies & programs C-
- Community and environment D-
- Government D-



Report card summary

D + Overall Physical Activity

- 37% children report 60mins MVPA/day (data from pilot study)
- Low research output on overall PA
- Mainly used expert opinion, pilot data and few research studies on children and youth
- Need for national surveillance with accurate and reliable measurement tools
- Data from national surveys to inform interventions to increase PA



Report card summary

D + Organized sport

- 37% of children and youth participate in organized sport
- Information from organized sport associations: BOPSSA, BISA, CHOPS, ISSA & Youth programs by BNSC e. g. “Re Ba Bona ha”
- No synergy on coordination of school sport among stakeholders



Report card summary

Q - Active play

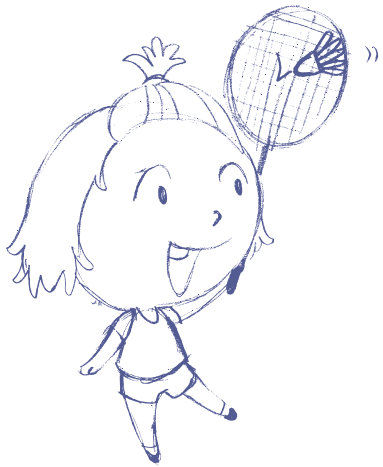
- Estimated 41% of children involved in active play
- Data from pilot study and expert opinion
- Could be more in rural areas because of more outdoor spaces than in cities
- Not much empirical evidence on active play



Report card summary

C Active transport

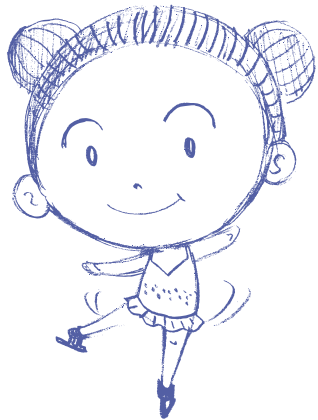
- About 49% estimated from the pilot, few research papers and expert opinion
- A significant number of students walk to school, especially in rural areas
- Though not intentional



Report card summary

0 — Sedentary behaviour

- 60% of children and youth have recreational screen time above 2hrs (pilot data)
- Increase in screen use is evident among children and youth, especially mobile phones (Observational)
- Use of digital technology can be targeted for health promotion interventions to increase PA

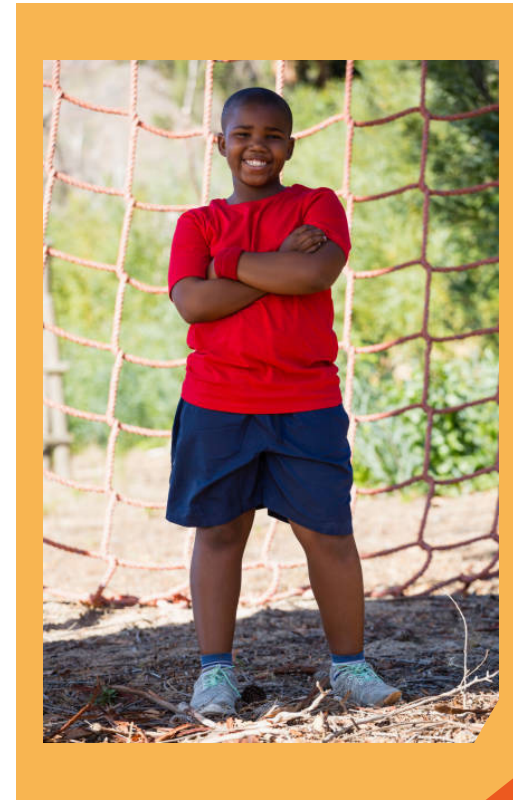


Report card summary

O+

Physical fitness

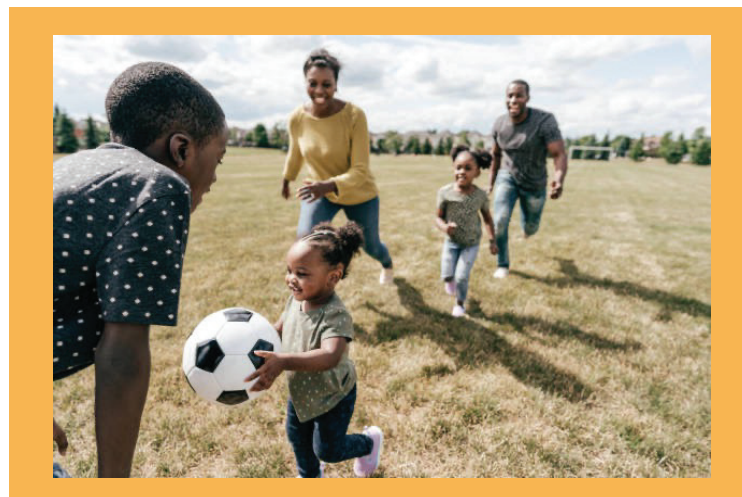
- 54% of school going children and youth scored a Good V02max (pilot data)
- Pilot study provides baseline information
- Annual school fitness testing recommended



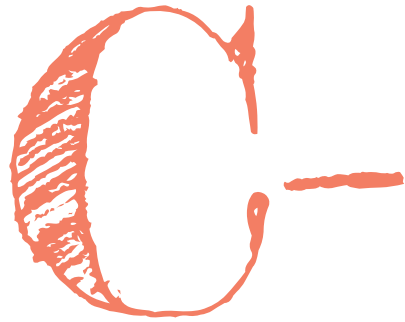
Report card summary

Q — Family and Peers

- 45% of the children indicated enough family and peers support
- On the contrary, previous research reported parental under-involvement
- Cultural perceptions of PA as just play..... the enemy
- Community Educational interventions recommended



Report card summary



School, infrastructure, policies & programs

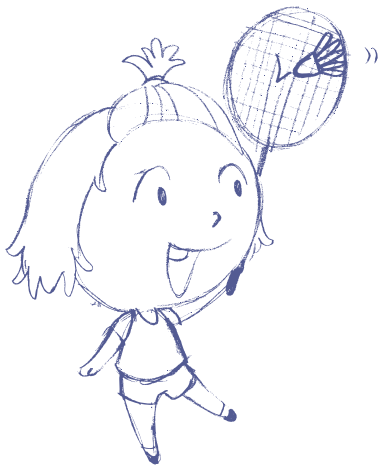


- 33% of students take PE as an optional subject in government secondary schools
- PE forms part of CAPA rendering PE non-existent in government primary schools
- PE compulsory in private schools; 10% of schools in the country
- Lack and poor facilities in government schools to support PA

Report card summary

D — Community and environment

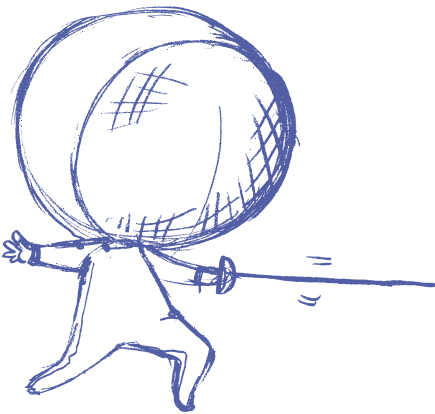
- Evidence of funding by private companies
- Not enough facilities to support children's PA (observational)
- Safe environments for children's PA recommended
- More community involvement recommended



Report card summary

D — Government

- The 2001 policy on sport and recreation promotes sport and marginalised recreation
- The 2011 National Health Policy advocates for promotion of PA
- No documentation of implementation and evaluation of the policies
- Government funding available through: BNSC, BISA, BOPSSA and PE
- Need to formulate children and youth PA policy



Conclusion

- The 2022 Botswana report card revealed that little is still not known about the PA of school-going age Botswana children
- PA surveillance in children and youth with robust instruments in the works



Future priorities

- Data collection with robust instruments
- Guide and direct PA policy for children and youth
- Monitoring, implementation and evaluation of policies
- Advocate for Synergy among stakeholders involvement in Active Healthy Kids initiatives
- Annual Physical fitness testing for children in the schools



Report card team

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Abbreviations

- BISA: Botswana Integrated Sports Associations
- BNSC: Botswana National Sports Commission
- BOPSSA: Botswana Primary School Sport Association
- CHOPS: Confederation of Heads of Private Primary Schools
- ISSA: International Secondary Schools Sport Association
- JTTSS: Joint Task Team on the review of School Sport



References

- <https://sos-botswana.org/galleries>
- <http://www.bnsc.co.bw/node/380>
- https://www.moh.gov.bw/Publications/policies/revised_National_Health_Policy.pdf

