Results of the 2022 Philippine Report Card on Physical Activity for Children and Adolescents

BACKGROUND:

- In the Philippines, about 30% of the population is children and adolescents.
- Surveillance data show an alarmingly high prevalence of insufficient physical activity (PA) among Filipino children and adolescents.
- The First PA Report Card from the Philippines presents a comprehensive summary of how the country is doing in promoting PA participation among children and adolescents, and in providing opportunities for them to be physically active.

METHODS:

- Guided by the AHKGA standardized methodology
- Collation of national-level data on ten PA indicators and sources of influence through literature review and stakeholder consultations
- Proposal of letter grades from A to F per indicator, with a rating of INC for indicators with inadequate data
- Utilization of Ward et al (2021) scoring rubric for the Government indicator
- Cross-validation of proposed grades by team members and external reviewers

RESULTS

Overall Report

INDICATOR	GRADE
Overall PA	F
Organized Sport and PA	Inc
Active Play	Inc
Active Transport	D
Sedentary Behavior	B
Physical Fitness	Inc
Family and Peers	Inc
School	C-
Community and Environment	Inc
Government	B

Overall PA

15.4% of Filipino adolescents (19.5% males, 11.2% females; 15.1% rural, 15.7% urban) were sufficiently active

Active Transport

29.5% of Filipino schoolchildren (27.2% males; 31.5% females) walked or biked to school at least five days a week

Sedentary Behavior

68.1% (68.4% males; 67.8% females) spent two hours or less per day sitting and watching TV, playing computer games, or talking with friends

School

46.5% of Filipino students (44.6% males, 48.4% females) attended PE classes on three or more days each week

Government

Scope: Sports, Education, Environment

Population: Student, Athlete, General, PWD

(+) Reporting, monitoring, and evaluation plans
(-) Consolidated data on actual implementation

INCOMPLETE

- Limited nationally representative data
- Existing Filipino studies are not sufficient to inform grades

The First Philippine Physical Activity Report Card highlights the need to strengthen the documentation, implementation, and evaluation of physical activity indicators among Filipino children and adolescents.

Jonathan Y. Cagas*, Marla Frances T. Mallari, Beatriz A. Torre, Mary-Grace D.P. Kang, Yves Y. Palad, Roselle M. Guisihan, Isabela Aurellado, Chessa Sanchez-Pituk, John Guiller P. Realin, Marvin Luis C. Sabado, Marie Eloisa D. Ulanday, Jacquieline F. Baltasar, Mona Liza A. Maghanoy, Ralph Andrew A. Ramos, Revin Aaron B. Santos, Catherine M. Capio

*University of the Philippines Diliman College of Human Kinetics

jycagas@up.edu.ph

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