

In Lebanon, efforts to promote physical activity in children and youth are essential components to foster mental health, well-being, and resilience during the economic and political crises.

The 2022 Physical Activity Report Card for Lebanese Children and Youth: Encouraging Movement in Times of Hardship

INTRODUCTION

Only 1 in 5 adolescents from 149 countries meets or exceeds the international guidelines for PA among children and youth¹.

In the 2018 Lebanon Report Card, multiple PA indicators recommended by AHKGA had no grade due to lack of existent data (active play, family and peers, community and environment, and physical fitness)².

OBJECTIVE

This report card presents an exhaustive synthesis of recent literature that targeted 10 AHKGA common PA indicators, in addition to 2 indicators (sleep and weight).



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References

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METHODS

Search: Peer reviewed, and gray literature published since 2017 on nationally representative samples for ages 5 to 17 years.

Screening: 764 records.

Full-Text Review: 28 records.

Grading: 12 indicators were adopted from AHKGA and graded according to the recommended rubric.

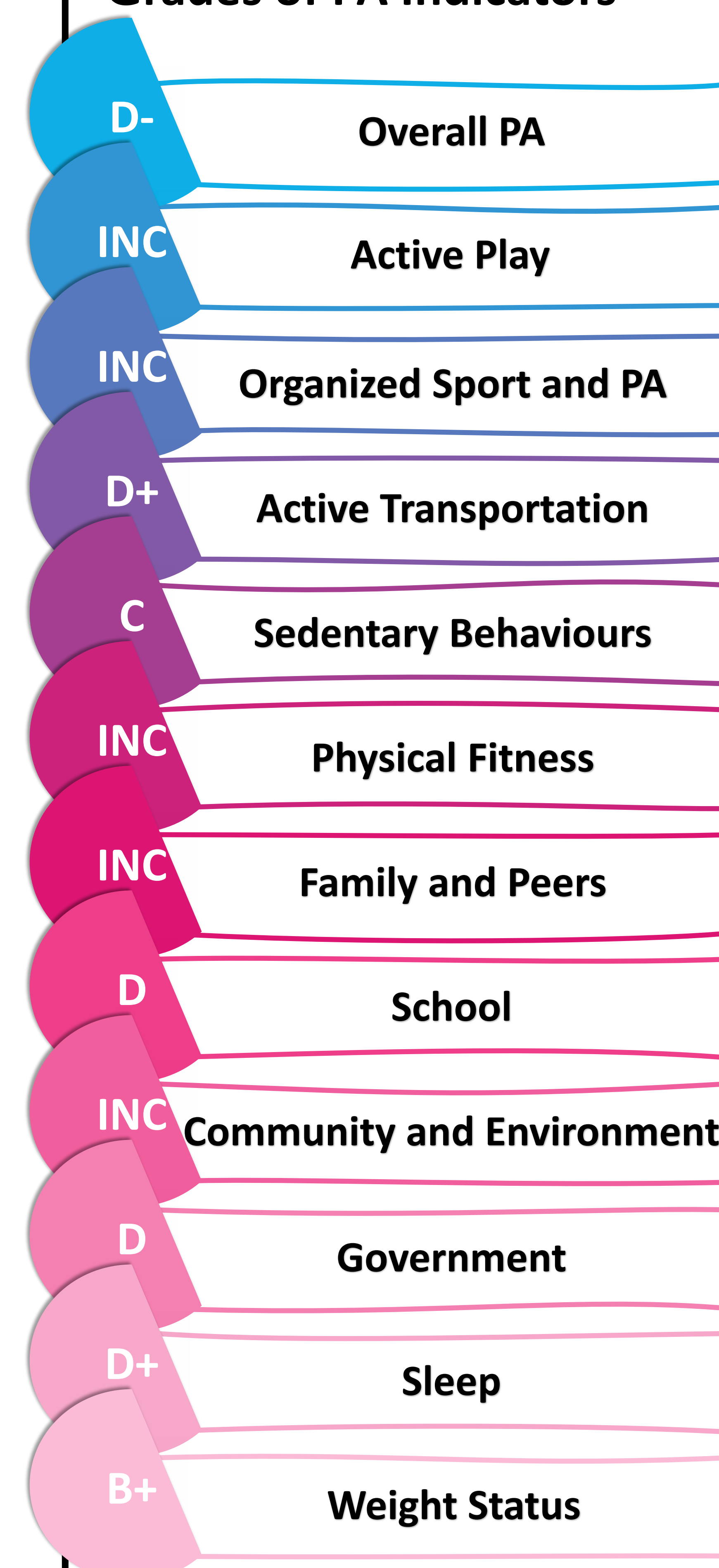
DISCUSSION

New data was extracted from only one nationally representative sample (ages 13-17 years) leading to a limited update of the indicators.

Our findings highlight the urgent need for relevant stakeholders to take concrete actions in prioritizing PA promotion at a national level especially targeting the education sector.

RESULTS

Grades of PA Indicators



Grades are assigned '+' when there are current attempts to improve them, and are assigned a '-' when there is evidence that they are worse for some groups

A	80% to 100%	F	<20%
B	60% to 79%	INC	Incomplete, insufficient or inadequate information to assign a grade
C	40% to 59%		
D	20% to 39%		



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