

# Physical Activity Report Card of Children and Adolescents in Nepal 2022

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## Background/Objectives

Physical activity among children and adolescents in Nepal was reported low (<40% in 2018).

To synthesize available evidence related to physical activity of children and adolescents (5 to 17 years) available after 2018 and identify the existing research gaps in Nepal.

## Methods

- Formation of a research team
- Literature review (Ovid Medline, Embase, and PubMed Central databases)
- Synthesis of publicly available published and unpublished data (if available)
- Followed Global Matrix 4.0 indicators and benchmarks (AHKGA)
- 10 physical activity indicators

## Results/Discussion

Altogether, Full-text review = 22 papers, Data extraction = 13 papers and 1 report.

Total sample size: N = 15,036. All the studies used subjective measurement.

## Key messages

**About 37% of children and adolescents in Nepal meet the physical activity recommendations.**

**Remarkably, 94% of children and adolescents, especially boys, perceived support from their family and peers to be physically active.**

Table 1. Summary of Report Card Indicators and grades 2018 and 2022

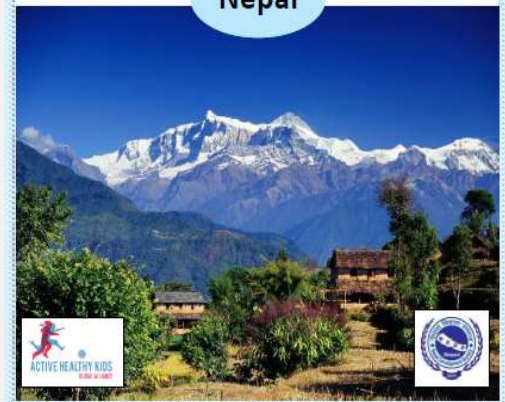
Indicators	Grades 2018	Grades 2022
Overall physical activity	D +	D +
Organized sport and physical activity participation	INC	C -
Active play	INC	C +
Active transportation	A -	C
Sedentary behaviours	B +	C
Family and peers	A	A +
School	INC	C
Community and environment	C -	C
Government	INC	F
Physical fitness	INC	INC



## 2022 Report Card on Physical Activity for Children and Adolescents



Nepal



PA Report Card 2022 Nepal, cover page

## Conclusions

No significant changes in overall physical activity.

Number of publications increased than in 2018, however, need to improve data quality and incorporate objective measurements.

## Future directions

Need more representative, disaggregated and quality data of children and adolescents by age, sex, ethnicity, socioeconomic status and geography.

