

# HEALTHY ACTIVE KIDS SOUTH AFRICA 2018 REPORT CARD



## PHYSICAL ACTIVITY INDICATORS

### Overall physical activity **C**

- About half meeting the physical activity recommendation (1 hour of moderate- to vigorous-intensity physical activity).
- Remains a C: no new evidence to show improvement.

### Early childhood physical activity **A-**

- Higher in younger South African children, compared to older children.
- Several barriers to active play.
- Grade of A- was given to indicate need to address barriers.

### Organised sport participation **D**

- Grade remains a D: no evidence to suggest a change.
- No evidence of new interventions, strategies or policies.

### Active play **INC**

- Active play may be taking place despite some challenges (e.g. safety).
- Still do not have a proper measure of active play.

### Active transportation **C**

- Grade remains a C: no evidence of improvements.
- ±80% of children and adolescents walk to school without adult supervision in low-income areas where safety is a concern.
- Almost two-thirds of parents are uncomfortable with their child walking to school, but lack resources to change this.

### Sedentary behaviours **F**

- No evidence to suggest screen time use is declining.
- >3 hours on screens per day; only a third meeting recommendation (<2hrs recreational screen time).
- Screen-based social networking linked to increased risky behaviours in teens.
- Grade remains a F: levels not decreasing, plus risks.

### Early childhood sedentary behaviours **INC**

- Children attending preschools spend about 70% of their preschool day sitting.
- 94% of infants and toddlers from low-income, urban area exceed screen time guidelines (NO screen time for <2yrs)
- Grade is inconclusive: still only limited evidence.

### Physical fitness **INC**

- No recent data reporting on fitness levels in children and adolescents; grade was inconclusive.

### Family and peer support **C-**

- Grade remains a C-: very little data.
- Real potential for change through community-based physical activity programmes, local park upgrades, and initiatives such as parkrun.

### School **D-**

- Policy-implementation gap appears to be widening.
- 32% of learners don't participating in PE at school. Grade has therefore been lowered to a D-.

### Government **C-**

- SRSA National School Sport Programme a key deliverable in the 2016-2017 strategic plan (with commitment from DBE); aimed to maximise access to sport, recreation and physical activity in schools.
- Implementation is limited; evaluation is not well documented.
- No evidence of new policies.
- Grade lowered to a C-.

### Community and environment **C-**

- Children living in unsafe areas are less active after school.
- Community initiatives are few and far between, largely local.
- Grade remains a C-.

## NUTRITION INDICATORS

### Fruit and vegetable intake **D**

- 1 out of 5 schools serve recommended quantity of fruit and vegetables.
- Grade remains a D; no other indications of improvement.

### School nutrition culture and environment **D-**

- Implementation of tuck shop guidelines and programmes not regulated.
- Food bought from tuckshops or vendors mostly of poor nutritional value.
- ±50% of school-going children regularly buy food at school.
- Only 40% of schools providing meals have food gardens; few are well maintained or have vegetables growing.
- Getting nutrition education into the curriculum remains a challenge.
  - Grade of D- due to lack of progress.

### Snacking, sugar-sweetened beverages, salt, fast food **F**

- Fast food and sugar-sweetened beverage (SSB) industries growing.
- Intake of SSB is high; unhealthy diets more common in lowest income.
- While policy initiatives (sugar tax and salt regulation) are encouraging, grade remains an F.

### National School Nutrition Programme **C**

- Mismatch between what is observed and what learners say.
- Extensive implementation challenges, e.g. food served too late; health and safety concerns; late delivery of foods, or lack of fuel for cooking (25).
- Grade lowered to a C.

### Food security **D-**

- Children <17yrs one of the most vulnerable groups to be affected.
- In 2016, 1 in 5 households ran out of money to buy food in previous 12 months; up to 77% of households in rural areas not having enough food by the end of the month.
- Grade lowered to a D-: factors contributing to food insecurity appear to be worsening.

### Advertising and media **D-**

- Draft regulations (2014) on marketing of food and beverages to children still not passed by government.
- Food manufacturers' unfounded claims about nutritional value of their products.
- Some promising industry initiatives, but limited reach.
- Grade lowered to a D- due to the lack of adequate action.



### Overweight and obesity **D**

- Increasing, with the highest risk in children aged 8-10 years old, especially amongst girls.
- Places the health of South Africa children and adolescents at risk.
- Since the high prevalence persists, the grade remains a D.

### Undernutrition **C**

- Remains a significant problem; grade remains a C.
- Children from low-income areas are more likely to be short for their age, which affects brain development.

### Early childhood overweight, obesity and undernutrition **D**

- ±10% of 3-5 year old children overweight; 1 in 4 short for their age.
- Urban low-income children most at risk of overweight/obesity.
- In absence of improvements, grade remains a D.