

Draper, C. E., Tomaz, S. A., Bassett, S. H., Harbron, J., Kruger, H. S., Micklesfield, L. K., ... & Lambert, E. V. (2019). Results from the healthy active kids South Africa 2018 Report card. *South African Journal of Child Health*, 13(3), 130-136.

What is it about? (Aim/objectives)

Healthy Active Kids South Africa 2018 Report Card

Where is it from? (Context/location)

South Africa – research findings

Who are involve? (Research participants)

Rating research about South African Children and Youth/Adolescence

What are the readings and main concepts?

Many countries produce regular such Report Cards. In South Africa there was a 2014, 2016 and now the 2018 Report Card. In SA, 29 academics and content/experts reviewed a large body of research and then scored or evaluated by awarding a grade (A to F) to a particular component. *Grades* – A (succeeding with a large of majority of children and youth (81-100%); B (61-80%); C (41-60%); D (21-40%); F (0-20%) and INC (Inconclusive owing to insufficient information/data)

A Report Card reports on the latest evidence relating to: (i) Physical Activity (PA) – active play, physical fitness, active transport, school, community, etc. ; and ii) Nutrition and body composition – eating habits and types of food, education and advertising; overweight, undernutrition and body composition.

What are the main findings? (Results)

PA indicator; General Grade and Reason for awarding the grade.

- *Overall PA* – **C** (lower obesity, improved quality of life and reduce use of tobacco and marijuana)
- *Early childhood PA* – **A-** (180 min per day f total PA – (pre-school and school children; barriers to PA like crime, lack of space, screen time)
- *Organised sport participation* – **D** (interventions, policies and strategies)
- *Active Play* – **INC** (not enough research evidence on contest/safety/play environment, etc.)
- *Active transportation* – **C** (walk to school and safety issues)
- *Sedentary behaviours* – **F** (screen-time use, smart phones, social networking, risks)
- *Early childhood sedentary behaviour* – **INC** (pre-school children spend about 73% of the day sedentary and about 1h screen time or more.
- *Physical fitness* – **INC** (no data available)
- *Family and peer support* – **C-** (support from parents differ and no change since 2016)
- *School* – **D-** (PE participation in school is sub-optimal with policy-implementation gap widening; 32% of learners do not participate in PE and no clear evidence of progress of prioritising PE in school curriculum)
- *Community and environment* - **C-** (unsafe areas, high traffic risk despite various civic society initiatives addressing the safety of children – small number of locations.
- *Government* – **C** (SRSA National School Sport programme remained core deliverable in 2016 – 2017 and commitment from DBE to maximise access to sport, PA and PE, but lack of implementation and evaluation.

What are the main lessons? (Discussion/Reflections/Learnings)

On which of these PA indicators do I deliver and how? Do I have the evidence to proof this?

Is it useful? (Chat room, knowledge sharing)

What programmes/activities do I include to deliver on these indicators?

How can organisations collectively address the issue of health-optimising PA and report findings?