
Subject: Physical activity among adolescents and women
Posted by [Mauro Brero](#) on Thu, 14 Mar 2019 09:29:13 GMT
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Overweight and obesity are on the raise, especially in low and middle-income countries that face the double burden of malnutrition. Among the drivers, together with a change in diets, there is a reduction of physical activity observed globally, especially among adolescent girls and women. This is linked to improved living conditions (closer access to water, fire wood or other essential supplies, but also more time spent on sedentary activities, like watching TV).

Therefore, it would be very important to track physical activities among this vulnerable group. Information generated can be used for influencing policy and programmes to encourage physical activity in schools and communities.
