
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.

Subject: Re: Physical activity among adolescents and women
Posted by [DrSupreet](#) on Thu, 14 Mar 2019 10:37:24 GMT
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This is a great indicator to capture the burden of overweight and obesity in the population. My queries are as follows:

1. At household survey level, the tool to be used should be shared, as it require region specific segregation of the activities as per the metabolic Equivalents.
 2. Also segregation of activities should be done as per the place of residence (rural/urban)
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Subject: Re: Physical activity among adolescents and women
Posted by [Nsia](#) on Fri, 15 Mar 2019 10:56:58 GMT
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Subject: Re: Physical activity among adolescents and women
Posted by [Paula Kawiche](#) on Fri, 15 Mar 2019 11:03:10 GMT
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Subject: Re: Physical activity among adolescents and women
Posted by [dniyeha](#) on Fri, 15 Mar 2019 11:17:20 GMT
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Obesity is increasing in both developing and developed nations. As nutritionist we understand multiple effects caused by obesity including but not limited to various non communicable

diseases. In Tanzania for example overweight and obesity in women has increased by 10 percentage point between 2005 and 2015 which is highly attributed by poor feeding practices and inactivity. I endorse the indicators because they are important, not only to inform us of the current practices but also to help us in setting appropriate interventions.

Subject: Re: Physical activity among adolescents and women

Posted by [Olutayo](#) on Sat, 16 Mar 2019 03:59:09 GMT

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Lack of data about physical activity in women is truly a gap in DHS, given physical activity importance for health. The World Health Organization has a set of questions for global measurement of physical activity. I support the inclusion of the WHO questions in the DHS.
