



Are Youths Exercising Enough?

According to a survey done by the World Health Organization,



80% youths DON'T get enough exercise

In Singapore, 76.3% of youths got insufficient physical activity in 2016.

This is a decline in percentage compared to 81.2% in 2001.

However, this percentage is still in the high range and needs to be reduced.



More females get insufficient exercise compared to males



■ Sufficient
■ Not sufficient

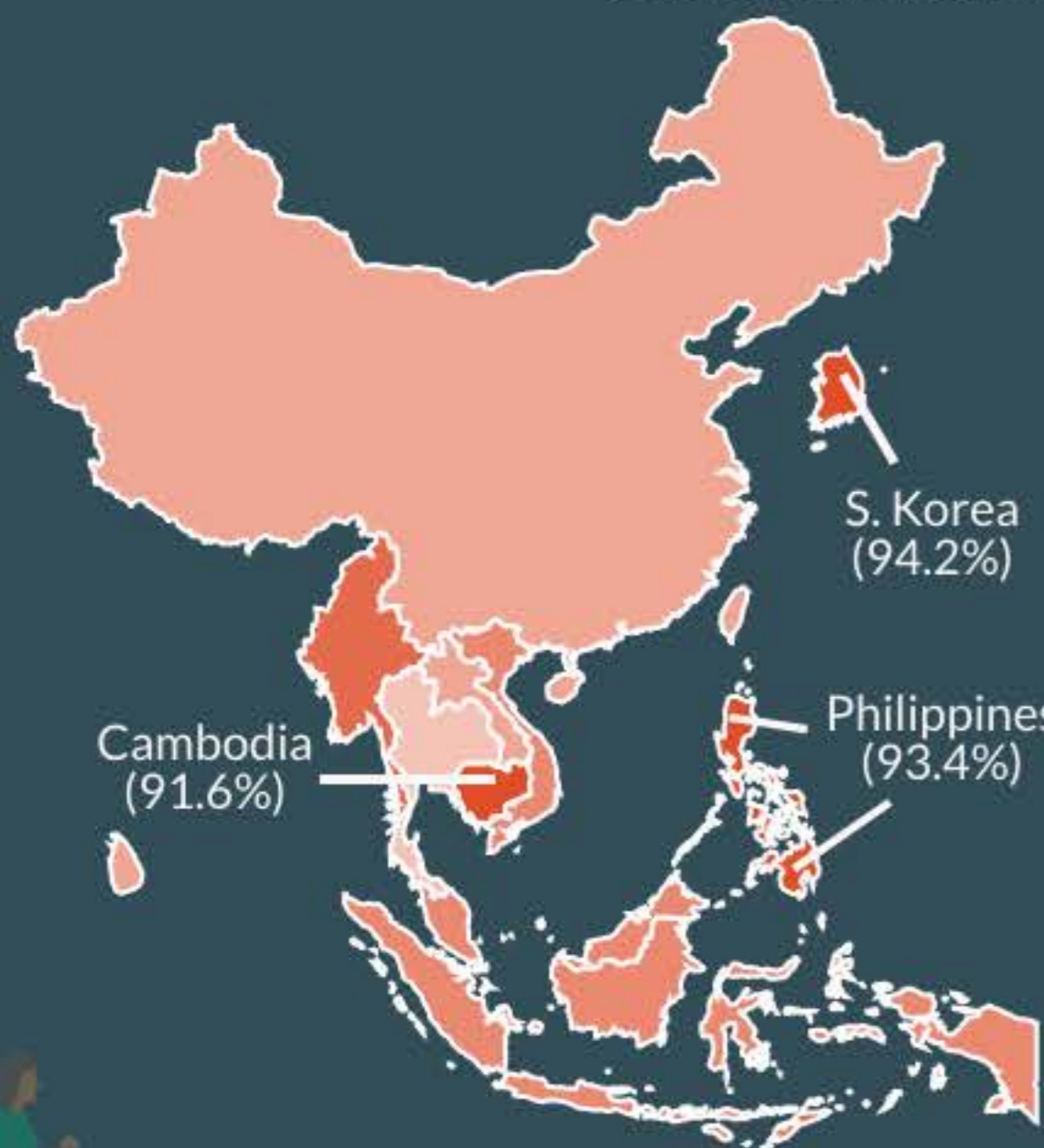
For males, the percentage has been gradually decreasing over the years.

However, for females, the percentage has remained unchanged since 2001.

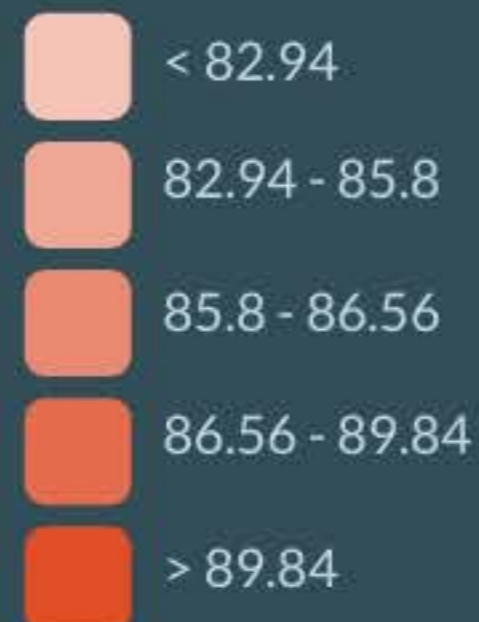
The focus is now on females, where the percentage of 85% needs to be reduced.

Prevalence of Inactive Youth in Asia

Based on a survey done by The Lancet Child and Adolescent Health



Percentage (%)



S. Korea (94.2%)

Philippines (93.4%)

Cambodia (91.6%)

Top Reasons Youths Don't Exercise Enough



- Too tired (33.9%)
- Too busy (21.8%)
- Already late (18.2%)
- Bad weather (17%)
- Would rather watch Netflix (9.1%)

Some youths may have planned, but cancelled after.

How much exercise is enough based on your age?

Statistics from WHO

5-17 Years Old

60 minutes of moderate-to-vigorous intensity activity every day

18-64 Years Old

150-300 minutes of moderate-intensity activity every week

Findings: The top 3 countries with youths who don't exercise enough are South Korea, Philippines and Cambodia

References:
 (1) Three-quarters of Singapore adolescents are not active enough: WHO study - CNA (channelnewsasia.com)
 (2) This is why most Americans don't exercise more (nypost.com)
 (3) Four in five teens do not exercise enough: WHO | News | DW | 22.11.2019
 (4) Physical activity (who.int)

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