

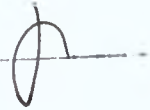
NINETEENTH CONGRESS OF THE)
REPUBLIC OF THE PHILIPPINES)
First Regular Session)

Senate
Office of the Secretary

'22 SEP 19 P5:59

SENATE
P.S. RES. NO. 226

RECEIVED BY: _____



Introduced by SENATOR SONNY ANGARA

RESOLUTION

DIRECTING THE SENATE COMMITTEE ON YOUTH TO CONDUCT AN INQUIRY IN AID OF LEGISLATION ON THE REPORTED DECLINE IN THE PHYSICAL AND MENTAL WELL-BEING OF OUR YOUTH WITH THE END IN VIEW OF CRAFTING A WHOLE-OF-GOVERNMENT STRATEGY TO ADDRESS THESE ISSUES AND PROMOTE QUALITY OF LIFE FOR OUR YOUNG PEOPLE

1 WHEREAS, a recent World Health Organization (WHO)-funded study¹ found
2 that the majority of adolescents do not meet current physical activity
3 recommendations of a minimum of 60 minutes or more of daily physical activity of
4 moderate-to-vigorous intensity;

5 WHEREAS, the said study highlighted that in 2016 more than four out of five
6 or 81% of 11 to 17-year-olds had insufficient physical activity, with girls being less
7 active than the boys and that the Philippines was the country with the highest
8 prevalence of insufficient activity among boys (at 92.8%) and Filipino girls ranked
9 second at 94.1%²;

10 WHEREAS, mobile phone usage, scarcity of public spaces, not enough
11 sidewalks where teens can walk or bike and, safety and security are among the
12 reasons for the high physical inactivity rate of teenagers;

13 WHEREAS, the study recommended for governments to improve the
14 education sector to integrate physical activity, and the transport sector and urban
15 planning to create spaces safe for physical activity;

16 WHEREAS, the Philippine Youth Development Plan 2017-2022 has recognized
17 living a sedentary lifestyle as among the health-related problems faced by the
18 Filipino youth and identified as its output the creation of programs and projects
19 promoting an active lifestyle and positive nutrition practices among the youth;
20

¹ Guthold, R., Stevens, G., Riley, L, and Bull, F. (2019). Global trends in insufficient physical activity among adolescents: a pooled analysis of 298 population-based surveys with 1-6 million participants accessed from: [https://www.thelancet.com/article/S2352-4642\(19\)30323-2/fulltext](https://www.thelancet.com/article/S2352-4642(19)30323-2/fulltext) on 06 September 2022.

² <https://newsinfo.inquirer.net/1193821/who-ph-youths-2nd-most-inactive-next-to-s-koreans>

1 WHEREAS, aside from the insufficient physical activity of our young people, a
2 nine-year study conducted by Dream Project PH showed that 8 out of 10 Filipino
3 teenagers do not have a dream or ambition³;

4 WHEREAS, the Dream Project PH study, identified the following as reasons
5 which hinder dreaming among our young population: (a) lack of conversation to
6 nurture a child's dream or purpose; (b) lack of role models; (c) limited perspectives
7 in terms of challenging and encouraging them to make positive changes in the
8 community; (d) limited opportunities despite educational attainment; and, (e) limited
9 resources which sometimes force young persons to choose between the survival of
10 the family or pursuing their dreams;

11 WHEREAS, according to the results of the 2018 Programme for International
12 Student Assessment (PISA), only 31% of fifteen-year-old respondents from the
13 Philippines disagreed with the statement "Your intelligence is something about you
14 that you can't change very much." Such proportion falls way below the OECD
15 average of 63% and is the 5th lowest among the 79 countries and economies that
16 participated in the assessment. These findings suggest that Filipino students lack a
17 "growth mindset" which is rooted in the belief that a person's most basic abilities can
18 be developed through dedication and hard work;

19 WHEREAS, the PISA 2018 results also showed that a majority of fifteen-year-
20 old students in the Philippines expressed fear of failure, with up to 72% agreeing or
21 strongly agreeing that when they fail, they worry about what others think of them.
22 Such percentage is significantly higher than the 56% average measured across
23 OECD members;

24 WHEREAS, among the rights of children under the United Nations Convention
25 on the Rights of the Child is to have a "standard of living that is good enough to
26 meet their physical and social needs and support their development" and that the
27 "government must help families who cannot afford to provide this";

28 WHEREAS, given the circumstances of our youth it is now up to the
29 government, as protector of the rights of its people, to act and adopt or implement
30 policies across its various agencies and instrumentalities that will address this crisis
31 faced by our young population;

32 NOW, THEREFORE BE IT RESOLVED, AS IT IS HEREBY RESOLVED by the
33 Senate of the Philippines to direct the Senate Committee on Youth to conduct an
34 inquiry in aid of legislation on the reported decline in the physical and mental well-
35 being of our youth, review existing policies, and, fill-up gaps through the adoption of
36 a whole-of-government strategy to uplift and promote the quality of life of our
37 young people.

Adopted,



SONNY ANGARA

³ <https://www.onenews.ph/articles/8-out-of-10-filipinos-do-not-have-a-dream>