BACKGROUND: Comparable data to examine the physical activity (PA) transition in African countries such as Kenya are lacking.
METHODS: We assessed PA levels from urban (UKEN) and rural (RKEN) environments to examine any evidence of a PA transition. Nine- to twelve-year-old children participated in the study: n = 96 and n = 73 children from UKEN and RKEN, respectively. Pedometers were used to estimate children's daily step count. Parental perception regarding their child's PA patterns was collected via questionnaire (n = 172).
RESULTS: RKEN children were more physically active than their UKEN counterparts with a mean average steps per day (± SE) of 14,700 ± 521 vs. 11,717 ± 561 ($P < .0001$) for RKEN vs. UKEN children respectively. 62.5% of the UKEN children spent 0 hours per week playing screen games compared with 13.1% of UKEN children who spent more than 11 hours per week playing screen games. Seventy percent of UKEN and 34% of RKEN parents reported being more active during childhood than their children respectively.
CONCLUSIONS: Results of this study are indicative of a PA transition in Kenya. Further research is needed to gather national data on the PA patterns of Kenyan children to minimize the likelihood of a public health problem due to physical inactivity.