

# The 2022 Viet Nam Report Card on Physical Activity for Children and Adolescents

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## Introduction & Method

This report card provides an assessment of the current state and determinants of physical activity (PA) and physical health in Vietnamese children and adolescents aged 6 to 17 years. This is a national report card. Grades were determined using the methods developed by Active Healthy Kids Global Alliance. The card grades are determined by the percentage of Vietnamese children and adolescents meeting the benchmark for each indicator

<b>A+</b>	94% - 100%	We are succeeding with a large majority of children and adolescents
<b>A</b>	87% - 93%	
<b>A-</b>	80% - 86%	
<b>B+</b>	74% - 79%	We are succeeding with well over half of children and adolescents
<b>B</b>	67% - 73%	
<b>B-</b>	60% - 66%	
<b>C+</b>	54% - 59%	We are succeeding with about half of children and adolescents
<b>C</b>	47% - 53%	
<b>C-</b>	40% - 46%	
<b>D+</b>	34% - 39%	We are succeeding with less than half of the children and adolescents
<b>D</b>	27% - 33%	
<b>D-</b>	20% - 26%	
<b>F</b>	0% - 20%	We are succeeding with very few children and adolescents
<b>INC</b>	Incomplete	Insufficient or inadequate information to assign a grade

## Results

### 1. Overall Physical Activity: F

Less than 20% of Vietnamese children and youth met the global recommendations of at least 60 min of moderate-to-vigorous physical activity (MVPA) a day. Data was averaged from three studies.(Ngan et al., 2018; To et al., 2020; World Health Organization, 2013)

### 2. Organized Sport and Physical Activity: INC

Data regarding Organized Sport was collected in the Global School Health Survey (World Health Organization, 2013) but was not accessible to the research team.

### 3. Active Play: INC

There are no nationally representative data for active and outdoor play.

### 4. Active Transport: D+

Around 35% of Vietnamese students use active transport methods (walk or bike) to travel to and from school.(World Health Organization, 2013)

### 5. Sedentary Behaviour: C -

On average, 40% of Vietnamese children and youth had less than 2 hours of screen time in a typical day.(Kim et al., 2022; Ngan et al., 2018; Trang et al., 2013). Total daily sitting time (not limited to screen time) was very high, around 11.5 hours.(Trang et al., 2013)

### 6. Physical Fitness: INC

There are no representative Vietnamese data for Physical Fitness.

### 7. Family and Peers: C

In 2015, 84.1% of the adult population aged 18 to 69 years met the criteria for being highly physically active (at least 1,500 MET-minutes per week); and 19.7% achieved moderate levels of physical activity (at least 600 MET-minutes per week).(Department of Preventive Medicine, 2015) About 24.5% of households were physically active, and 86% of local districts organised a "Running Day" in their communities.(Directorate of Sports and Exercise, 2019) Only 58% of surveyed healthcare professionals agreed that PA was very important for health; 36% thought PA was somewhat important while 6% said PA was not important.(Beckvid-Henriksson et al., 2018) Proportions were averaged across these three studies to inform the Family indicator grading.

### 8. Schools: A

Resolution on Improving Physical Education and Sport 2011-2020 reported that 100% of primary and high schools (children aged 6 to 17) had 2 physical education (PE) sessions (45 mins each) per week.(Ministry of Education and Training, 2021) PE was tailored to individual physical ability and age groups, and 100% of PE teachers attended annual training and a workshop on physical education.(Ministry of Education and Training, 2021)However, only 59% of secondary (children aged 11 to 15) and high schools (children aged 15 to 18) have sports grounds (soccer field, gymnastic hall etc). (World Health Organization, 2013)



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Indicator	Grades
Overall Physical Activity	F
Organized Sport and Physical Activity	INC
Active Play	INC
Active Transportation	D+
Sedentary Behaviors	C-
Physical Fitness	INC
Family and Peers	C
Schools	A
Community and Environment	C
Government	B-
Obesity	B-

### 9. Community and Environment: C

In two major cities, Ho Chi Minh City and Ha Noi, less than 50% of Vietnamese children and youth have access to parks or playgrounds. (Hoang et al., 2019; Pham et al., 2019)

### 10. Government: B-

As a part of the national plan for creating a healthy school environment 2020-2025, a social media campaign will be developed between 2021-2025 to promote sport events at schools; annual sport tournaments across schools; and provide educational materials for students and PE teachers nationwide.(Ministry of Education and Training, 2020) There were no further community-based

public health initiatives to promote PA in children and adolescents outside of the school setting.

### 11. Obesity: B-

A report by UNICEF based on the National Nutrition Survey in Viet Nam in 2020 showed that 19% of children aged 5-19 years were overweight and obese. (Ministry of Health, 2021) Another analysis of the same data set reported that 14.8% of children and adolescents (aged 5 to 19 years) were underweight. (UNICEF 2021) We did not have the direct prevalence; however, the data were sufficient to estimate 66.2% of children and adolescents had a healthy weight, making this new indicator grading B-.

## Conclusion

The grades illustrate the state of physical activity in Vietnamese children and adolescents. The report card can be utilized to support policy development to increase physical activity in children and adolescents in within families, in schools, local communities, and the country as a whole.

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