

“Thailand 2016 Report Card on Physical Activity for Children and Youth” (2016 TRC)

Amornsriwatanakul A¹, Nakornkhet K², Katewongsa P³, Choosakul C⁴, Kaewmanee T⁵, Konharn K⁶, Purakom A⁷, Santiworakul A⁸, Sitilertpisan P⁹, Sriramatr S¹⁰, Yankai A⁹, Rosenberg M¹, Bull F¹.

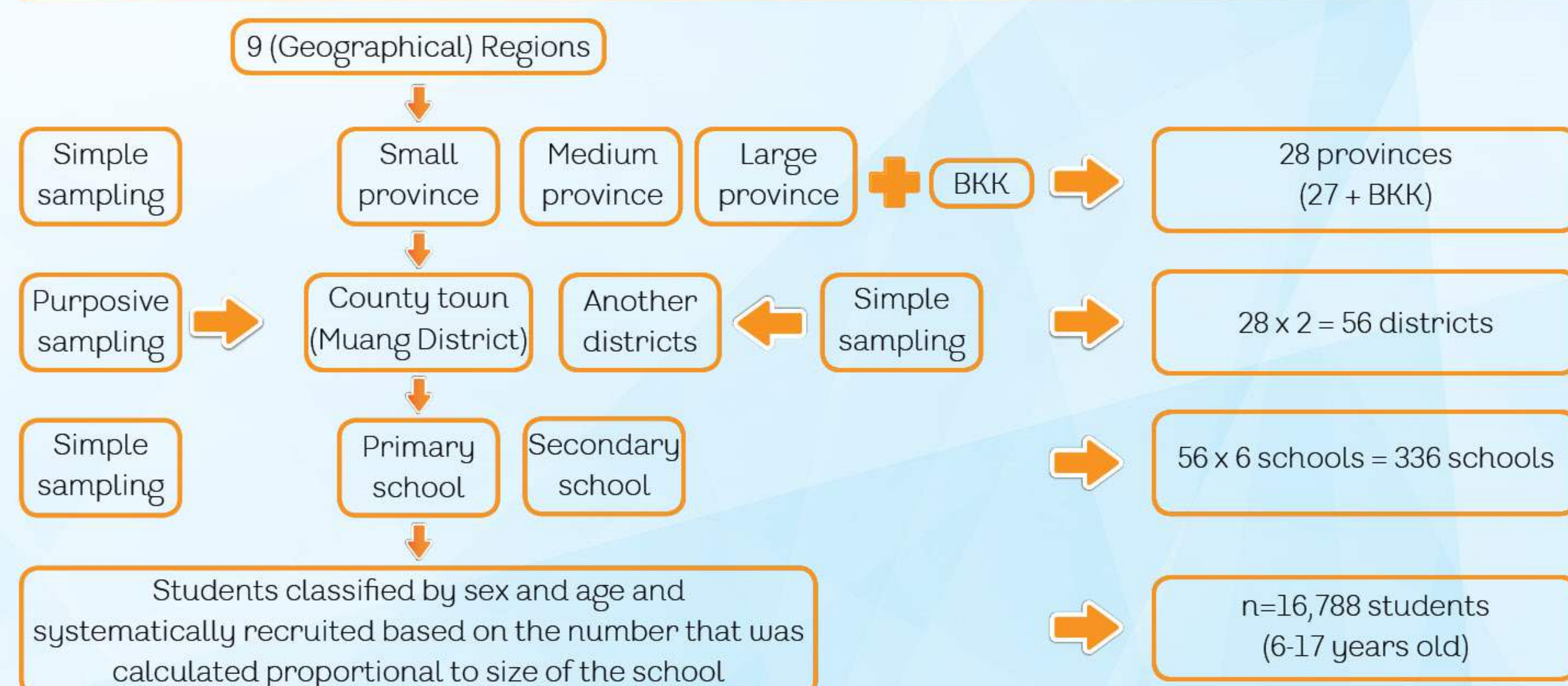
Background

- Thailand has experienced an epidemiological transition from communicable diseases to NCDs and these account for 71% of total deaths
- Evidence indicates a rising trend in obesity in children from 5.8% in 1995 to 9.7% in 2009 and a large number of overweight-and-obese children were at risk of type II diabetes
- Little is known about levels and patterns of physical activity (PA) and their influencing factors in children. Thus, “Thailand Physical Activity Children Survey (TPACS)” was developed to collect new comprehensive data about PA in Thai children aged 6-17 years
- The 2016 TRC is the first report card in a series that assesses current PA levels including sources of influence in Thai children

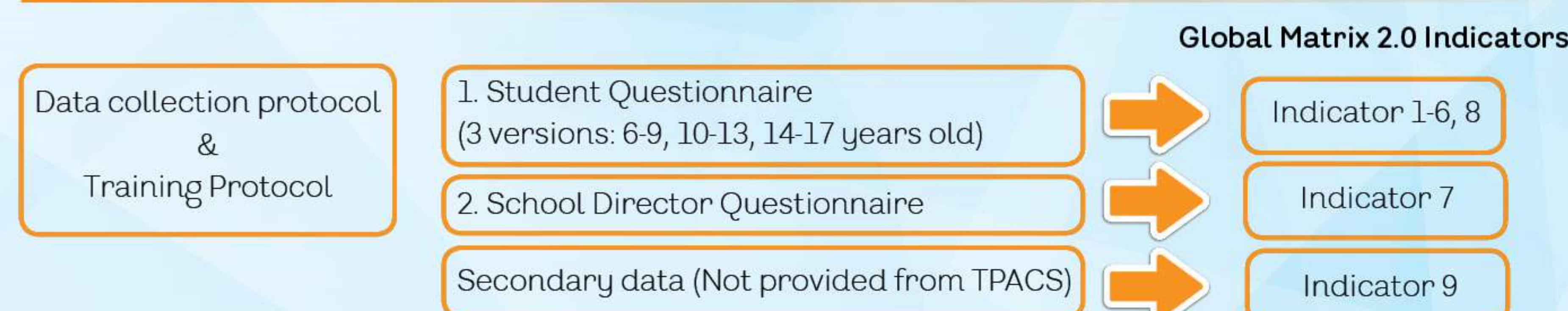
Aims : To summarize the methodology, grading process, and the final grades of the 2016 TRC.

Methods

Samples and Sampling



Research Instruments



Data Collection

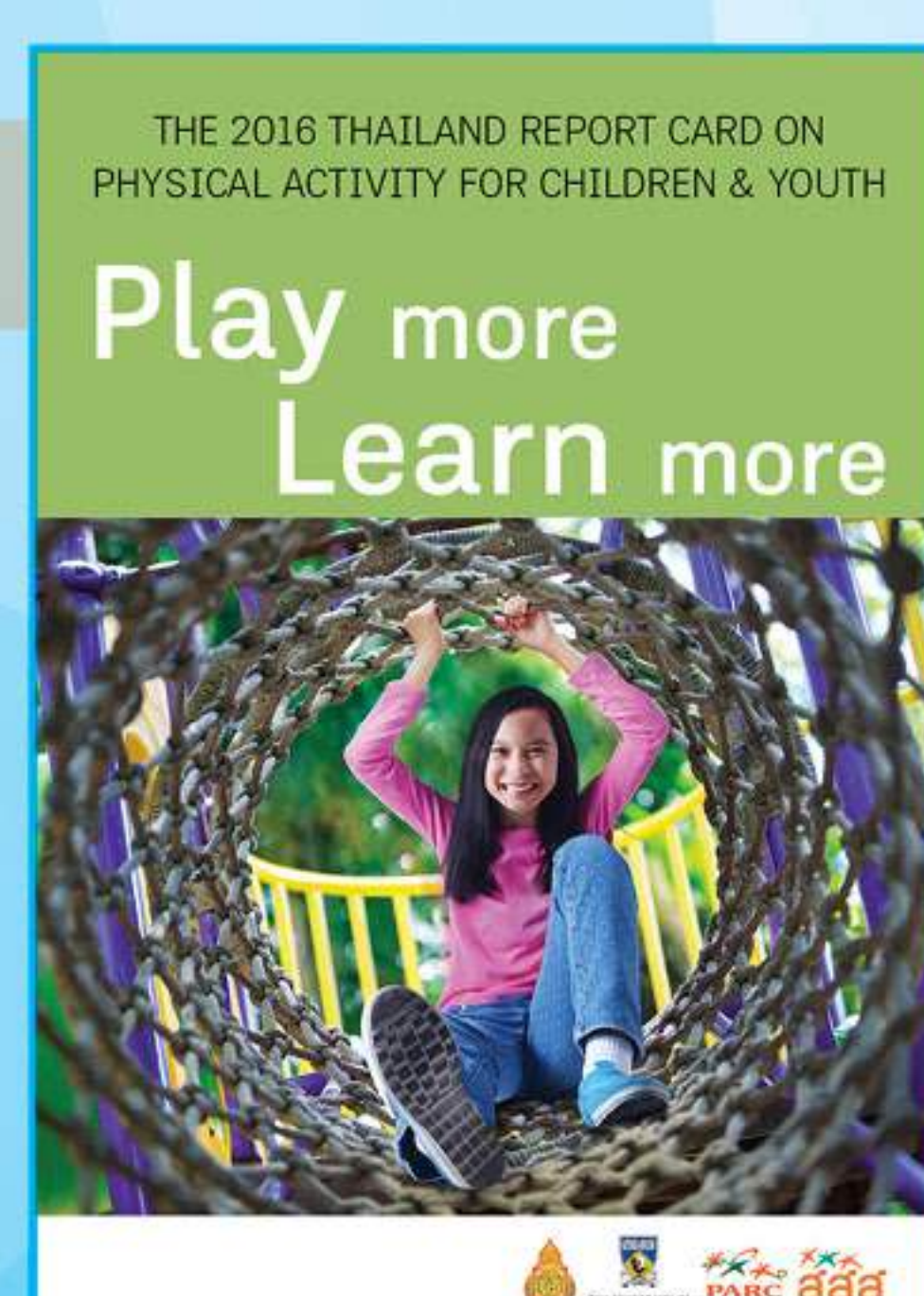


Grading

- 9 core indicators and a standardized grading framework identified by the Global Matrix Report Card 2.0 were used to allow for international comparison.
- The grading assignment was undertaken by the National Report Card Committee comprising experts from key stakeholders (Scholars, professionals, and representative from ministries)

Cover Story

- Active play (“F”) was chosen as the cover story in 2016 as it indicates that children insufficiently engaged in energetic activities
- Thai children have enormous pressure on high academic achievement and “just playing” may be viewed as less important. The “Playmore, Learn more” theme emphasizes the fact that PA supports academic performance.



RC Development Process



Summary of Recommended Grades

Indicator	Grade
1 Overall PA Level	D-
2 Organized Sport Participation	C
3 Active Play	F
4 Sedentary Behaviour	D-
5 Active Transportation	B
6 Family and Peer	B
7 School	C
8 Community and BE	C
9 Government Strategies and Investments	C
Average grade	C

Conclusions

- Results show that overall PA levels and active play are very low, whereas sedentary behaviors are high among Thai children
- Pattern of grades (poor behaviours but moderate-to-good supportive infrastructure and sources of influence) suggests that the existing infrastructures, including actions from all concerned parties may be either insufficient to support active behaviours in Thai children or that other factors are modifying these behaviours
- When compared to other countries, Thailand as an upper-middle income country seems to follow a pattern found in some high income countries
- Despite of limited data source, the 2016 TRC serves as a baseline for future studies and an advocacy tool to drive policy and practices to improve children’s health

Declaration of Conflicting Interest: The authors declared no conflict of interest with respect to the research, authorship, publication of this poster, and financial support for the research.

¹ University of Western Australia

² Thailand Physical Activity Research Center

³ Institute for Population and Social Research, Mahidol University

⁴ Faculty of Education, Mahasarakham University

⁵ Faculty of Medicine, Prince of Songkla University

⁶ Faculty of Associated Medical Sciences, Khon Kaen University

⁷ Faculty of Education and development Sciences, Kasetsart University

⁸ School of Allied Health Sciences and Public Health, Walailak University

⁹ Faculty of Associated Medical Sciences, Chiang Mai University

¹⁰ Faculty of Physical Education, Srinakharinwirot University



For more information, please visit <http://parc.padatabase.net> or contact Areekul at aarekul@gmail.com