

Indicator	Key Benchmark	Prevalence	Grade
	<ul style="list-style-type: none"> <li>% of schools organizing extracurricular activities that provided students with opportunities to be physical active outside school hours (excluding formal physical education class) (93.0%)</li> <li>% of parents participating in extracurricular activities organized at school (estimated by schools) (54.9%)</li> <li>% of schools allowing students to use indoor/outdoor sport facilities and equipment before and after school (95.9%)</li> </ul>		
8. Community and the Built Environment	<ul style="list-style-type: none"> <li>% of children reporting that sport/exercise facilities were available in their community within 10-min walking from their home (71.6%)</li> <li>% of children perceiving that their community provided them with PA facilities at good locations, in good and safe conditions, and with reasonable cost or no cost. (Ranging from 53.1 – 57.4%)</li> <li>% of children reporting that their community regularly organized activities related to physical activity (51.1%)</li> <li>% of children who reported that their neighborhood was safe enough for them to play during the day (61.2%)</li> <li>% of children who played outdoor for a combined total of at least 2 hrs/day for 7 days (11.7%)</li> </ul>	52.2%	<b>C</b>
9. Government Strategies and Investments	Despite the existence of policies and availability of resources, evidence demonstrating implementations and progress of the formulated policies and intended programs including leadership and commitment of the government authorities in promoting PA particularly in the children was limited	–	<b>C</b>

Grading Scheme: A is 81% to 100%; B+ is 76% to 80%; B is 66% to 75%; B- is 61% to 65%; C+ is 56% to 60%; C is 46% to 55%; C- is 41% to 45%; D+ is 36% to 40%; D is 26% to 35%; D- is 21% to 25%; and F is 0% to 20%.



More information about 2016 TRC, TPACS, recommendations to increase physical activity in Thai children, and full references are provided in the long form of the report card. For more information about the research project, please contact Physical Activity Research Center at parc409@gmail.com or the lead author Areekul at areekulk@gmail.com

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## THE 2016 THAILAND REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN & YOUTH

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



## In Thailand

Physical inactivity and overweight and obesity are recognized as risk factors for NCDs. In 2009, it was estimated that 0.13 million of the 1.8-million-overweight-and-obese children were at risk of having type II diabetes. Obesity prevalence in Thai children has increased two folds in 15 years (from 5.8% in 1995 to 9.7% in 2009) [1]. However, little is known about physical activity in our children. Therefore, in 2014 Thailand decided to join the Healthy Active Kids Global Alliance (“Global Matrix 2.0”) to produce a report card on physical activity for children and youth. The report card project provided Thailand with an opportunity to assess physical activity behaviors in Thai children and key influential factors.



The “2016 TRC” was developed based on “Thailand Physical Activity Children Survey (TPACS)” conducted in 2015. TPACS was a school-based survey collecting data from 16,788 children aged 6-17 years in 336 schools in 27 provinces in 9 regions and Bangkok. Three survey instruments (Student Questionnaire, School Principal Questionnaire, and School Built Environment Audit) were purposively developed tailored to the core indicators. A multi-staged stratified sampling was applied to recruit the samples. Global Matrix 2.0 grading scheme was adjusted slightly to assign a grade for each indicator. Grading assignment was undertaken by the National Report Card Committee comprising experts from many key stakeholders.

### Summary of Report Card Indicators, Key Benchmarks, and Grades

In summary, results show that overall physical activity levels and active play are very low and sedentary behaviors are high among Thai children. Thailand has moderate support and influences for children to be physically active.



Indicator	Key Benchmark	Prevalence	Grade
1. Overall PA Levels	% of children who were physically active for a combined total of at least 60 min/day for 7 days	23.2%	<b>D-</b>
2. Organized Sport Participation	% of children who participated in any sports/sport competitions organized by school/local authorities/ other organizations (apart from physical education class)	46.6%	<b>C</b>
3. Active Play	% of children who played actively e.g. take a walk or running around with friends in ≥2 free time periods on school days	19.9%	<b>F</b>
4. Sedentary Behaviors	% of children who had sedentary behavior e.g. watched TV, and played electronic games for a combined total of ≤2 hrs/day for 7 days	21.8%	<b>D-</b>
5. Active Transportation	<ul style="list-style-type: none"><li>● % of children who took active transport e.g. walk, bike, and public transportation as a usual means to travel to and from school (51.2%)</li><li>● % of children who took active transport e.g. walk, bike, and skate boarding to community facilities available within 10 min walk of home (96.7%)</li></ul>	73.6%	<b>B</b>
6. Family and Peers	<ul style="list-style-type: none"><li>● % of children who reported that their parents encouraged them to play sport or exercise (85.6%)</li><li>● % of children who reported that their parents played/ exercised/played sports with them ≥1-2 times a week (32.8%)</li><li>● % of children who reported that their friends encouraged them to be physical active (85.5%)</li><li>● % of children who reported that they encouraged their friends to be physical active (84.9%)</li><li>● % of parents who were physically active (Data was not provided from TPACS) (68.1%)[2]</li></ul>	71.4%	<b>B</b>
7. School	<ul style="list-style-type: none"><li>● % of schools with certain active school policies e.g. policy to promote active play, extracurricular activities, and use of facilities/equipment outside school hours (27.7%)</li><li>● % of schools having physical education classes taught by specialist PE teacher(s) (60.0%)</li><li>● % of schools offering physical education class time ≥150 min/week (0.0%)</li></ul>	55.3%	<b>C</b>