

Results from the 2018 Active Healthy Kids Bangladesh Report Card on Physical Activity for Children and Youth

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Purpose

The 2018 Bangladesh Report Card on Physical Activity for Children and Youth is a synthesis of the existing evidence of activity behaviours, available supports, and policy strategies for active lifestyle of young people in Bangladesh.

Methods

- A research working group (RWG) was formed.
- RWG members discussed the 10 core indicators of the Global Matrix 3.0 and suggested an additional indicator 'Contribution of the non-government organisations'.
- Data for these 11 indicators were extracted, collated, and used to grade the indicators based on the Global Matrix 3.0 grading scheme.

Results

Indicator	Grade	Key findings
Overall Physical Activity	C-	<ul style="list-style-type: none">➤ Sedentary behaviour of young people in Bangladesh seems to be satisfactory.➤ There is a high prevalence of insufficient activity among young people in Bangladesh.➤ Six activity indicators were assigned a grade "INC" due to unavailability of data.
Organised Sport Participation	INC	
Active Play	INC	
Active Transportation	C-	
Sedentary Behaviours	A-	
Physical Fitness	INC	
Family and Peers	INC	
School	INC	
Community and Environment	INC	
Government	C-	
Non-government Organisation	C-	

Conclusions

- ✓ Young people need more opportunities for active commuting, organised sports at schools and active play at communities.
- ✓ Government should prioritise funding for active lifestyle research.
- ✓ A national policy for active lifestyle is a timely demand.
- ✓ Government, in partnership with the non-government organisations, needs to increase their investments in creating active lifestyle opportunities.
- ✓ The Report Card calls for collecting surveillance data on all the indicators, which is instrumental to develop strategies for an active lifestyle of children and youth in Bangladesh.

Reference

- World Health Organization. 2014 Global School-based Student Health Survey (GSHS) results: Bangladesh survey. 2014; http://www.who.int/ncds/surveillance/gshs/BDH2014_public_use_codebook.pdf?ua=1.