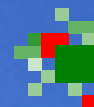


Bangladesh Report Card



Physical Activity for Children and Youth 2018



Background

Physical activity is a health promoting behaviour and is associated with physical, psychosocial, and cognitive wellbeing among children and youth.^{1,2}

A large proportion of young people around the globe do not participate in regular physical activity.³ This is of particular concern because of the health implications of insufficient physical activity.¹ Prolonged sitting-time (e.g., screen use) is also adversely associated with various health conditions including obesity.

Inactive lifestyle among children and youth, therefore, is a global public health challenge.^{4,5}

The Report Card

The Bangladesh Report Card is a synthesis of the existing evidence of activity behaviours, available supports, and policy strategies surrounding active living in children and youth in Bangladesh.

Using the most recent and nationally representative data, grades are awarded to 11 Report Card indicators of active lifestyle including the 10 core indicators of the Global Matrix 3.0.

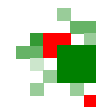
This Report Card aims to promote and facilitate physical activity opportunities among children and youth in Bangladesh.

Understanding the Grades



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

The Grades — Bangladesh Report Card



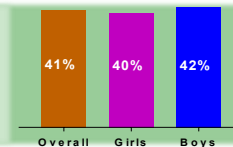
Daily Behaviours



© M U Alam

Overall Physical Activity

41% of young people accumulate ≥ 60 minutes of moderate-to-vigorous physical activity per day.⁶



C-



© S R Khan

Organised Sports Participation

There is a lack of nationally representative data to grade this indicator.



INC



© S Uddin

Active Play

There is a lack of nationally representative data to grade this indicator.



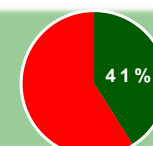
INC



© A M Babul

Active Transportation

41% of young people use active transport (e.g., walking or cycling) to commute to or from school.⁷



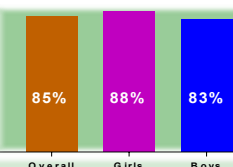
C-



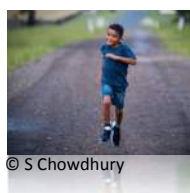
© R Alam

Sedentary Behaviour

85% of young people have sitting time of ≤ 2 hours per day.⁶



A-



© S Chowdhury

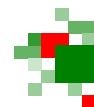
Physical Fitness

There is a lack of nationally representative data to grade this indicator.



INC

The Grades — Bangladesh Report Card



Settings & Sources of Influence



© S Uddin

Family & Peers

There is a lack of nationally representative data to grade this indicator.



INC



© A M Babul

Schools

There is a lack of nationally representative data to grade this indicator.



INC



© A M Babul

Community & Environment

There is a lack of nationally representative data to grade this indicator.



INC



Government

The National Children Policy, 2011 and the National Sports Policy, 1998 provide some evidence of government's commitments towards an active lifestyle.^{8,9}

C-



*additional indicator

Non-government Organisations*

Some NGOs have started working on promoting awareness about physical activity, and creating opportunities for sports and active commuting.^{10,11}

C-



© S R Khan

Key findings

- Sedentary behaviour of the young people in Bangladesh seems to be satisfactory. However, there are inconsistencies in findings across studies on adolescent sedentary behaviour.
- A significant proportion of young people in Bangladesh do not engage in the recommended level of physical activity.
- There is a lack of data on other activity indicators including organised sports, family and peer supports, activity opportunities at schools, and activity-friendly environment.



What's next?

- ♦ Surveillance data need to be collected on all the Report Card indicators.
- ♦ Government should prioritise funding for active lifestyle research.
- ♦ A national policy for active lifestyle is a timely demand.
- ♦ Review and operationalisation of the existing policies including National Children Policy, National Youth Policy, and National Sports Policy.
- ♦ Government, in partnership with the non-government organisations, needs to increase their investments in creating active lifestyle opportunities.

References

[1] Janssen & Leblanc AG. Systematic review of the health benefits of physical activity and fitness in school-aged children and youth. *Int J Behav Nutr Phys Act.* 2010;7:40. [2] Poitras et al. Systematic review of the relationships between objectively measured physical activity and health indicators in school-aged children and youth. *Appl Physiol Nutr Metab.* 2016;41:S197-S239. [3] Rhodes et al. Physical activity: Health impact, prevalence, correlates and interventions. *Psychol Health.* 2017;32:942-975. [4] Hallal et al. Global physical activity levels: surveillance progress, pitfalls, and prospects. *Lancet.* 2012;380:247-257. [5] World Health Organization. Global recommendations on physical activity for health. 2010; http://whqlibdoc.who.int/publications/2010/9789241599979_eng.pdf. [6] World Health Organization. The Global School-based Student Health Survey Bangladesh 2014 Fact Sheet. 2014; <http://www.who.int/ncds/surveillance/gshs/2014-Bangladesh-fact-sheet.pdf>. [7] 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. [8] Bangladesh National Children Policy 2011. Ministry of Women and Children Affairs, People's Republic of Bangladesh. 2011; <http://ecd-bangladesh.net/document/documents/National-Children-Policy-2011-English-04.12.2012.pdf>. [9] Biswas et al. Bangladesh policy on prevention and control of non-communicable diseases: a policy analysis. *BMC Public Health.* 2017;17:582. [10] Work for a Better Bangladesh Trust. About Non-Communicable Diseases (NCD). n.d.; <http://www.wbbtrust.org/view/whatwedo/what-we-do/health-rights/non-communicable-diseases-ncd>. [11] Women Win. Women Win and BRAC Bangladesh. n.d.; <https://womenwin.org/partners/programme-partners/brac-bangladesh>.

Move More...

- ♦ Do at least 60 minutes of physical activity everyday.
- ♦ Walk or ride a bicycle to school.
- ♦ Play with friends, play with parents.
- ♦ Play during school recess, play at park, play at home.

Minimum
Activity

60

Minutes
Everyday



Sit Less...

- ♦ Limit the use of screens (e.g., smartphones, television).
- ♦ Break up prolonged sitting as often as you can.

Maximum
Screen-time

2

Hours
per day



The 2018 Bangladesh Report Card has been produced by the Active Healthy Kids Bangladesh (AHKBD) Executive Committee.



AHKBD is an independent and non-profit network to promote active lifestyle of children and youth of Bangladesh. This network is committed to collaborate with government and non-government stakeholders to engage all children and youth in physical activity through research, advocacy, and knowledge translation.

w: www.ahkbd.org

f: facebook.com/ActiveKidsBD

e: ahkidsbd@gmail.com

AHKBD Executive Committee

A/Prof. Asaduzzaman Khan (*Chair*)

The University of Queensland, Australia

Mr. Riaz Uddin (*Member Secretary*)

Stamford University Bangladesh

Prof. Sohel Reza Choudhury

National Heart Foundation of Bangladesh

Dr. Mohammad A. Kadir

Griffith University, Australia

Prof. Fatema Ashraf

Public Health Foundation of Bangladesh

Dr. K. M. Saif-Ur-Rahman

icddr,b, Bangladesh

Dr. Md. Mahbubur Rahman

icddr,b, Bangladesh

Ms. Kazi Rumana Ahmed

Bangladesh University of Health Sciences

Ms. Sonia Pervin

icddr,b, Bangladesh

Acknowledgements

This work is conducted in collaboration with the Active Healthy Kids Global Alliance (AHKGA). AHKBD would like to thank Brig. (Rtd.) Prof. Abdul Malik (National Heart Foundation of Bangladesh), Prof. M. Mostafa Zaman (WHO, Bangladesh), Prof. Mark Tremblay, (Active Healthy Kids Global Alliance, Canada); Prof. Tony Okely (University of Wollongong, Australia); A/Prof. Chiaki Tanaka (J. F. Oberlin University, Japan) and Dr. Eun-Young Lee (Children's Hospital of Eastern Ontario Research Institute, Canada) for their support and guidance throughout the production of the Report Card.

