Bangladesh Report Card

Physical Activity for Children and Youth
2018

Active Healthy Kids Bangladesh

www.ahkbd.org
Background

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

A large proportion of young people around the globe do not participate in regular physical activity.\textsuperscript{3} This is of particular concern because of the health implications of insufficient physical activity.\textsuperscript{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.\textsuperscript{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

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

Daily Behaviours

Overall Physical Activity

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

Girls: 41%
Boys: 40%

Overall Grade: C-

Organised Sports Participation

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

Active Play

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

Active Transportation

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

Sedentary Behaviour

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

Physical Fitness

There is a lack of nationally representative data to grade this indicator.
The Grades — Bangladesh Report Card

Settings & Sources of Influence

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

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

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

Government
The National Children Policy, 2011 and the National Sports Policy, 1998 provide some evidence of government's commitments towards an active lifestyle.\[8,9\]

Non-government Organisations*
Some NGOs have started working on promoting awareness about physical activity, and creating opportunities for sports and active commuting.\[10,11\]

*additional indicator
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

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.

Sit Less...

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

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