

## FOR PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH

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### Introduction

The 2018 Thailand Report Card is the second report card that assesses the current level of physical activity among Thai children aged 6-17 years old by taking into account the 10 core indicators that were developed by the Active Healthy Kids Global Alliance.

### Method

The 2016 TRC was used for the baseline data while the Thailand Physical Activity Surveillance data was used to estimate the rate of change in PA and SB. We followed people aged (x) years old and estimate their PA in the subsequent years (x+n) as cohort.

The Active Play data was driven from Feelfit accelerometers, while the School indicator utilized the data from the Office of Basic Education Commission. For the Government indicator, we listed the existing policies at the national level which meet the criteria of domains and requested The committee to score the status and impact of relevant policies in promoting PA for children and youth nationwide.

### Conclusion

### Result



#### Overall PA

**26.2%**

of children and youth accumulated at least 60 minutes of MVPA per day on average.



#### Organized Sports and PA

**44.1%**

of children and youth participated in organized sports and/or a PA program.



#### Active Play

**8.7%**

of children and youth engaged in unstructured/unorganized active play at any intensity for more than two hours a day.



#### Active Transportation

**53.4%**

of children and youth used active transportation (walking, cycling, using a wheelchair, in-line skating or skateboarding) to get to and from places.



#### Sedentary Behaviors

**25.6%**

of children and youth met the Canadian SB Guidelines (5 to 17 years old: no more than two hours of recreational screen time per day)



#### Family and Peers

**71.0%**

of family members (e.g., parents, guardians) facilitated PA and sports opportunities for their children (e.g., volunteering, coaching, driving and paying for membership fees and equipment)



#### School

**70.1%**

of schools provide regular access to facilities and equipment that support PA for their students (e.g., gymnasium, outdoor playgrounds, sports fields, multi-purpose space for PA, equipment in good condition).



#### Community and Environment

**64.2%**

of children or parents reported having facilities, programs, parks and playgrounds available to them in their community



#### Government

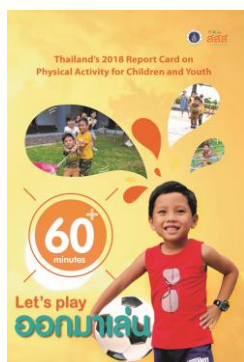
**74.4%**

of the policy makers believed that the existing policies on PA had been implemented, as shown by their strong leadership, commitment, funding, resources and relevant initiatives to promote PA for children and youth nationwide.



#### Physical fitness

Incomplete data



1. Thailand needs to **promote unified PA** by involving school teachers as educators and health promoters in order to improve PA and to reduce recreational screen time of children and youth.
2. The scores for the behavioral indicators were mostly at the lowest grades. Thus, future programs should **emphasize quality of PA** by providing more opportunity and space for children and youth to play during school time and recess.
3. To address PA decline among adolescents, **promoting collective PA** is deemed necessary. With regard to adolescents' dependency on their peers, collective PA can serve as social support where adolescents are encouraged to set their goals together.

#### References

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