

Most of the indicators in Thailand's 2018 Report Card utilized two nationally representative surveys: 1) Thailand's 2016 Report Card as the baseline data⁴; and 2) the Thailand Physical Activity Surveillance data to estimate the rate of change in Physical Activity (PA) and Sedentary Behaviors (SB).

The Active Play data were derived from Feelfit accelerometers, while the School indicator utilized the data from the Ministry of Education. For the Government indicator, the authors listed the existing policies at the national level and requested the committee to score the status and impact of relevant policies in promoting PA for children and youth nationwide.

Although the final grade remains poor (D-), the percentage of children and youth engaged in at least 60 minutes of moderate to vigorous physical activity (MVPA) per day increased from 23.2% in 2016 to 26.2% in 2018. The Active Play indicator remains at the lowest level (F), while the School indicator improved from C to B. There should be special attention paid to the Active Transportation indicator, where the proportion of children and youth using active transportation decreased from 73.6% in 2016 (B) to 53.4% in 2018 (C). The Sedentary Behaviors of Thai children and youth also deserves particular attention since only 25.6% met the Canadian Sedentary Behavior Guidelines of having less than two hours of recreational screen time per day.

References

1. Organization WH. *World health statistics 2016: monitoring health for the SDGs sustainable development goals*. World Health Organization; 2016.
2. Riley L, Guthold R, Cowan M, et al. The World Health Organization STEPwise approach to noncommunicable disease risk-factor surveillance: methods, challenges, and opportunities. *American Journal of Public Health*. 2016;106(1):74-78.
3. Kohl 3rd HW, Craig CL, Lambert EV, et al. The pandemic of physical inactivity: global action for public health. *The Lancet*. 2012;380(9838):294-305.3.
4. Amornsriwatanakul, A., Nakomkhet, K., Katewongsa, P., Choosakul, C., Kaewmanee, T., Konham, K., ... & Yankai, A. (2016). Results from Thailand's 2016 Report Card on Physical Activity for Children and Youth. *Journal of physical activity and health*, 13(11 Suppl 2), S291-S298.



Recommendation



National PA guideline



Quality of PA



Collective PA

1. With the absence of physical activity guidelines for schools, the **best-buy policy** is to promote a unified **national physical activity** guideline for school teachers as educators and key change agents in order to improve perception, and awareness of physical activity promotion and screen time reduction for children and youth.
2. Considering that scores for the behavioral indicators are mostly at the lowest grades, future programs should emphasize the **quality of physical activity** by providing more opportunities and space for children and youth to play during school time and recess.
3. Promote **collective physical activity**.

Detailed information on the 2018 TRC is provided in the long form of the **Thailand's 2018 Report Card on Physical Activity for Children and Youth**.

Date of publication : 26 November 2018

Acknowledgement

Development the 2018 Thailand Report Card on Physical Activity for Children and Youth was supported by the Thai Health Promotion Foundation (ThaiHealth). The authors acknowledge the provision of institutional, technical and administrative support from the respective institutions and boards: Report Card National Committee Members, Ministry of Education, Basic Education Commission Office, and the Institute for Population and Social Research, Mahidol University.

Research team

Kornkanok Pongpradit¹, Dyah Anantalia Widyastari¹, Pairoj Saonum², Niramorn Rasri², Piyawat Katewongsa¹

¹Institute for Population and Social Research, Mahidol University, Salaya, Thailand

²Healthy Lifestyle Promotion Section, Thai Health Promotion Foundation, Thailand

Designed by Kwanlaoa Nuanlaong



Full report is here...!!!



Thailand's 2018 Report Card on Physical Activity for Children and Youth



Let's play
ออกกำลังกาย

Thailand's 2018 Report Card on Physical Activity for Children and Youth



Globally, non-communicable diseases are among the top ten causes of death of over 16 million persons.^{1,2} The pandemic of physical inactivity has spurred the government of every nation to issue a call to action³ to prevent premature deaths of the young population. In 2014, the Active Healthy Kids Global Alliance (AHKGA) initiated a global movement called The Global Matrix which enables countries to assess their current situation of physical activity among children and youth. The Report Card (RC) is a synthesis of the existing programs and policy addressing physical activity for children. It comprises a set of standard indicators and scores to enable comparison between countries which is expected to

stimulate policymakers to take action based on the grades received. Since joining the global movement in 2014 and completing the 2016 Report Card, Thailand has made some progress on physical activity for children and youth but still lags significantly behind the standard. The Thai government has promoted physical activity through several policies nationwide after considering the severity of the current state of physical inactivity among the younger generation.



Summary of Report Card



Indicators Key Benchmarks and Grades

Grading scheme : A+ : 94-100%; A : 87-93%; A- : 80-86%; B+ : 74-79%; B : 67-73%; B- : 60-66%; C+ : 54-59%; C : 47-53%; C- : 40-46%; D+ : 34-39%; D : 27-33%; D- : 20-26%; F : <20%;
INC = Incomplete - insufficient or inadequate information to assign a grade

Overall Physical Activity

D⁻ **26.2%** of children and youth accumulated at least 60 minutes of MVPA per day on average.

Organized Sports and Physical Activity

C⁻ **44.1%** of children and youth participated in organized sports and/or a physical activity program.

Active Play

F **8.7%** of children and youth engaged in unstructured/unorganized active play at any intensity for more than two hours a day

Active Transportation

C **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 Behaviours

D⁻ **25.6%** of children and youth met the Canadian Sedentary Behaviour Guidelines (5 to 17 years old: no more than two hours of recreational screen time per day)

Family and Peers

B **71.0%** of family members (e.g., parents, guardians) facilitated physical activity and sports opportunities for their children (e.g., volunteering, coaching, driving and paying for membership fees and equipment)

School

B **70.1%** of schools provide regular access to facilities and equipment that support physical activity for their students (e.g., gymnasium, outdoor playgrounds, sports fields, multi-purpose space for physical activity, equipment in good condition).

Community and Environment

B⁻ **64.2%** of children or parents reported having facilities, programs, parks and playgrounds available to them in their community.

Government

B⁺ **74.4%** of the policy makers believed that the existing policies on physical activity 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

INC Incomplete data.