

## RESEARCH GAPS

- There is a lack of representative data to grade all indicators, particularly for Organised Sports and Physical Activity Participation, Active Play, Physical Education and Physical Activity Participation, Family and Peer Influence, and Community and Built Environment.
- Reports on evaluation of physical activity programmes and initiatives by the public and private sectors are not readily available.
- Data on the physical activity levels of children and adolescents by socio-demography is limited.

## RECOMMENDATIONS

- Incorporate physical activity at an early age and strengthen national public health agenda in view of the importance of physical activity in children and adolescents.
- There is a need for more research to better understand physical activity behaviour and its influencing factors in different domains and age groups.
- Timely evaluation on the effectiveness of physical activity initiatives are required to identify the impact of physical activity promotion programmes developed in Malaysia in order to allocate resources adequately.
- Periodical assessment of physical activity using objective measures at the national level is needed.

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## ACKNOWLEDGMENT

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The full detailed, long-form, version of this report card is available at this website: <http://www.ispah.org/>. The report card will be presented at the International Congress on Physical Activity and Public Health (6th ISPAH Congress) in November 2016 to make international comparisons.



# MALAYSIA

## ACTIVE HEALTHY KIDS REPORT CARD 2016



# BACKGROUND

- ▶ Physical activity confers many positive outcomes related to physical, mental, emotional and social health in children and adolescents.<sup>1</sup>
- ▶ Physical activity guidelines for Malaysian children and adolescents recommend an accumulation of at least 60 minutes of moderate-intensity physical activity daily.<sup>2</sup>
- ▶ Despite well-documented health-related benefits, physical inactivity remains a pervasive problem among Malaysian children and adolescents.<sup>3-5</sup>
- ▶ The Malaysia Active Healthy Kids Report Card 2016 was modelled closely to the Active Healthy Kids Canada Report Card.<sup>6</sup> It aims to collect, assess, and grade current and comprehensive data on physical activity of Malaysian children and adolescents aged 5 to 17 years.
- ▶ This report card will serve as a basis to evaluate current physical activity promotion approaches in Malaysia. It will also support efforts to develop more effective strategies in promoting an active and healthy lifestyle.

# INTERNATIONAL STANDARDISED GRADING SCHEME

The grades for the Report Card were assigned by the Research Working Group using the best available evidence judged against a benchmark and then determining the percentage of Malaysian children and adolescents meeting the benchmark. The following table presents the benchmark for assigning the six grades:

- |   |  |
|---|--|
| <b>A</b> We are succeeding with a large majority of Malaysian children and adolescents (80-100%). | <b>D</b> We are succeeding with less than half of Malaysian children and adolescents (20-39%).                     |
| <b>B</b> We are succeeding with well over half of Malaysian children and adolescents (60-79%).    | <b>F</b> We are succeeding with very few Malaysian children and adolescents (<20%).                                |
| <b>C</b> We are succeeding with about half of Malaysian children and adolescents (40-59%).        | <b>INC</b> Incomplete Grade, where current Malaysian data were not available or were inadequate to assign a grade. |

# KEY STAGES OF DEVELOPING THE MALAYSIA ACTIVE HEALTHY KIDS REPORT CARD 2016

The Report Card was developed by experts in physical activity from various organisations across the country.

- 01 The Research Working Group (RWG) first met in August 2014 to discuss the Report Card format, determine specific core metrics to grade the indicators, and to identify key data sources.
- 02 Best available data from year 2009 onwards was identified and assessed through databases and online searches.
- 03 Nationally representative surveys were evaluated. Using the standardised grading scheme, grades for each indicator were proposed by RWG.
- 04 Key data and proposed grades were validated by an external expert from the Active Healthy Kids Global Alliance.
- 05 Steering Group met in April 2015 to review evidence from RWG. Decision on the grades assigned was discussed.
- 06 The proposed grades were discussed and agreed upon during a consensus meeting held with stakeholders in January 2016.

# SUMMARY OF REPORT CARD INDICATORS AND GRADES

Indicator	Definition	Data Source	Findings	Grade
Overall Physical Activity	The proportion of children and adolescents being physically active for at least 60 minutes per day on five or more days in a week.	GSHS <sup>3</sup>	13-17 y: 22.8%	<b>D</b>
Organised Sports and Physical Activity Participation	The proportion of children and adolescents who participate in organised sport and/or physical activity programmes.	N/A	-	<b>INC</b>
Active Play	The proportion of children and adolescents who participate in unstructured and unorganised active play.	N/A	-	<b>INC</b>
Active Transportation	The proportion of children and adolescents using active transport at least part of the way to and/or from school on at least one of the past five school days.	SEANUTS <sup>4</sup>	7-12 y: 24.6%	<b>D</b>
Sedentary Behaviour	The proportion of children and adolescents who meet the recommended two hours or less of screen time per day.	SEANUTS <sup>7</sup>	7-12 y: 31.6%	<b>D</b>
School	The proportion of schools that have access to a gymnasium (or indoor play space)/outside sports field/hard court/playground/sports equipment.	iKePS Report <sup>8</sup>	74.5% of schools with field	<b>B</b>
Physical Education and Physical Activity Participation	The proportion of children and adolescents who participate in one class of Physical Education (not including school sport) every week.	N/A	-	<b>INC</b>
Family and Peer Influence	The proportion of parents meeting the recommended physical activity guidelines.	N/A	-	<b>INC</b>
Community and Built Environment	The proportion of children and adolescents living in a neighbourhood with at least one park or playground area.	N/A	-	<b>INC</b>
Government Strategies and Investment	Allocated resources for the implementation of physical activity promotion strategies and initiatives for all children and adolescents.	Annual Report of Ministry of Health <sup>9</sup>	The government has invested in many programmes to promote physical activity. However, the effectiveness of the governments policies and programmes are not known.	<b>B</b>
Diet	The proportion of children and adolescents eating adequate amount of fruits and vegetables every day.	SEANUTS <sup>10</sup>	Fruits: 7-9 y: 13.4%; 10-12 y: 19.6% Vegetables: 7-9 y: 9.5%; 10-12 y: 16.1%	<b>F</b>