

# MALAYSIA ACTIVE HEALTHY KIDS REPORT CARD: CHANGES IN INDICATORS FROM 2016 TO 2022

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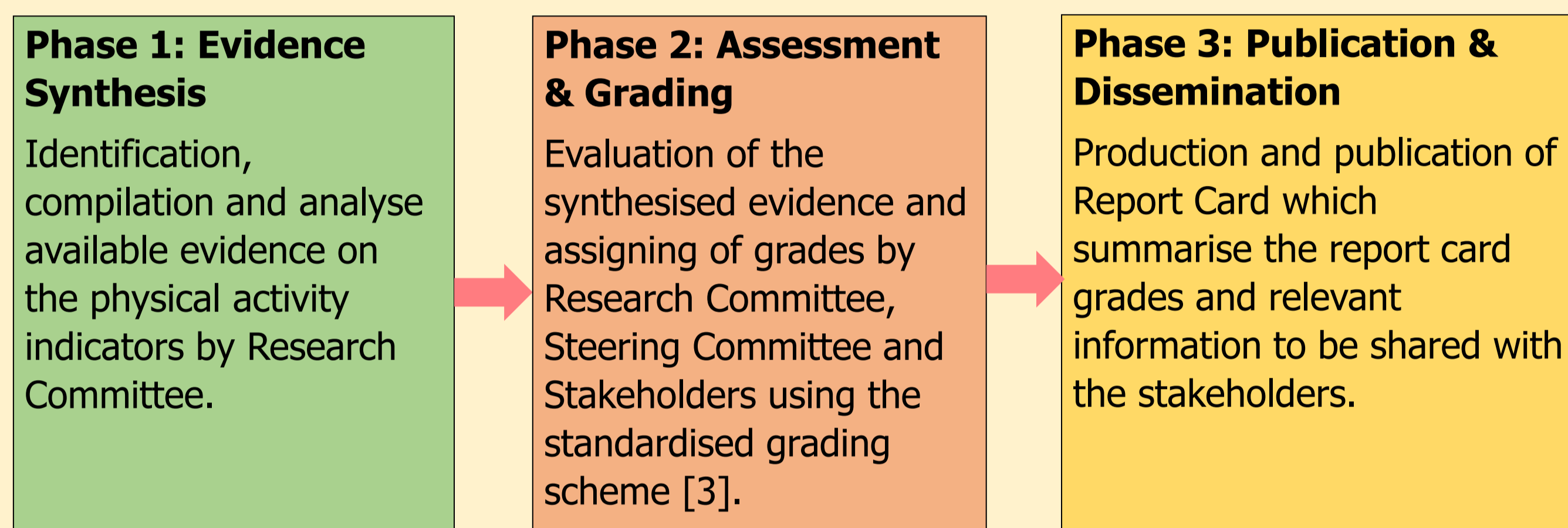
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## INTRODUCTION

- Persistent trends of physical inactivity and sedentary behaviors among Malaysian children and adolescents are observed over the years and are concerning given the negative health consequences linked to physical inactivity, particularly in adulthood [1].
- In the year 2016, Malaysia participated in the Global Matrix 2.0 and developed the first Report Card on Physical Activity for Children and Adolescents, providing a summary of PA indicators among Malaysian children and adolescents [2].
- To continue providing an overview of the "state of the nation" in PA among children and adolescents, Malaysia took part in the Global Matrix 4.0 to develop the Malaysia 2022 Report Card on Physical Activity for Children and Adolescents.

## METHODOLOGY

### 1) STAGES OF WORK



### 2) KEY DATA SOURCES

Data source	Ages/matrix reported on (self-report (SR) or objective (O) measure)
National Health and Morbidity Survey (NHMS): Adolescent Health Survey 2017	13 to 17 years (SR)
NHMS: Adolescent Nutrition Survey 2017	10 to 17 years (SR)
National Physical Fitness Standard for Malaysian School Student (SEGAK) 2019	10 to 17 years (O)
NHMS 2019: Non-Communicable Diseases	5 to 17 years (O)
Report on School Sports Infrastructure and Programmes Survey 2021 (i-KePS Report)	Primary and secondary schools nationwide
1 Student 1 Sports Policy 2011	Nationwide active policies
Policy for the Implementation of Co-curricular Activities 1997	including strategies, action plans, legislation and guidelines geared towards promoting physical activity among children and adolescents in Malaysia.
National Sports Policy 2009	
National Community Policy 2018	
National Landscape Policy 2011	
Policy Options to Combat Obesity in Malaysia 2016	
National Strategic Plan for Active Living (NASPAL) 2019-2025	
Malaysia Education Blueprint 2013-2025	
Ministry of Health (MOH) Malaysia Strategic Plan 2016-2025	
Malaysian Dietary Guideline for Children & Adolescent 2013	
Malaysia Physical Activity Guidelines 2017	
Strategic Plan for Health Promotion 2018-2020, MOH	
Tax Reliefs for Lifestyle Expenses 2019 (Sports Equipment/Sports)	

### 3) INDICATORS

Overall physical activity	Organised Sports and Physical Activity Participation	Active Play	Active Transportation
Sedentary Behaviour	Diet	Physical Fitness	Weight Status
Family and Peers	School	Community and Built Environment	Government

Categories:

Daily Behaviours	Strategies and Investments
Settings and Sources of Influence	Individual Characteristics

## RESULTS

### GRADES

Indicator	2016 Grades	2022 Grades	Trend
Overall Physical Activity	D-	D-	=
Organised Sports and Physical Activity Participation	INC	INC	=
Active Play	INC	INC	=
Active Transportation	D-	D-	=
Sedentary Behaviours	D	C	↑
Diet	F	D-	↑
Physical Fitness	N/A	B	-
Weight Status	N/A	B-	-
Family and Peers	INC	INC	=
School	B+	A-	↑
Community and Environment	INC	INC	=
Government	B	B	=

Note: INC – Inconclusive; N/A – Not available; = - No changes; ↑ - Improving.

### RECOMMENDATIONS FOR ACTION

- Incorporate physical activity at an early age and strengthen the national public health agenda in view of the importance of physical activity in children and adolescents.
- Increase opportunities for children and adolescents to experience a broad range of physical activities and target preschool children, children with disabilities, girls, specific ethnic groups, and low household-income families.
- Evaluate the effectiveness of physical activity initiatives and policies to identify the impact of physical activity promotion programmes.
- Incorporate key physical activity indicators benchmarks in national surveys to capture physical activity data covering children and adolescents.

### RESEARCH GAPS

- Given the limitations of self-reported data, objective measures and device-assessed physical activity should be incorporated into national surveys.
- More evidence from large-scale, longitudinal studies examining the physiological, psychological, and sociological benefits/effects of physical activity participation and sedentary behaviour in children and adolescents is needed.
- More research is needed to determine which interventions are most effective and sustainable. The motivation and barriers for Malaysian children and adolescents to engage in physical activities need to be explored.
- Evidence on how different forms of participation in physical activity in terms of frequency, intensity, types, and duration, contribute to overall physical activity levels is needed.

## CONCLUSION

- Results from MAHK 2022 Report Card reveal that behavioural indicator grades are generally poor despite the presence of more favourable grades in the Settings and Strategies and Investments indicators.
- Strategic efforts that directly target these behavioural indicators are needed to drive a cultural shift to see Malaysian children and adolescents moving more every day.

### REFERENCES

- [1] World Health Organization. WHO Guidelines on physical activity and sedentary behaviour. Geneva: World Health Organization; 2020.
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