ost 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.

Ithough 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.

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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.



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.



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









Report T .

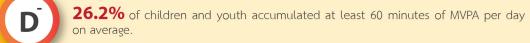
among the top ten causes of death of over 16 million persons. The pandemic of physical inactivity has spurred the government of every nation to issue a call to action to prevent premature deaths of the young population. In 2014, the Active Healthy Kids Global Alliance (AHKGA) initiated a global movement 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.



INC = Incomplete - insufficient or inadequate information to assign a grade

Overall Physical Activity



Organized Sports and Physical Activity

44.1% of children and youth participated in organized sports and/or a physical activity 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 Behaviours

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

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

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

B64.2% 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 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.