



PHYSICAL ACTIVITY PROMOTION: THE BEST BUY POLICY FOR NCD PREVENTION AMONG THAI POPULATION

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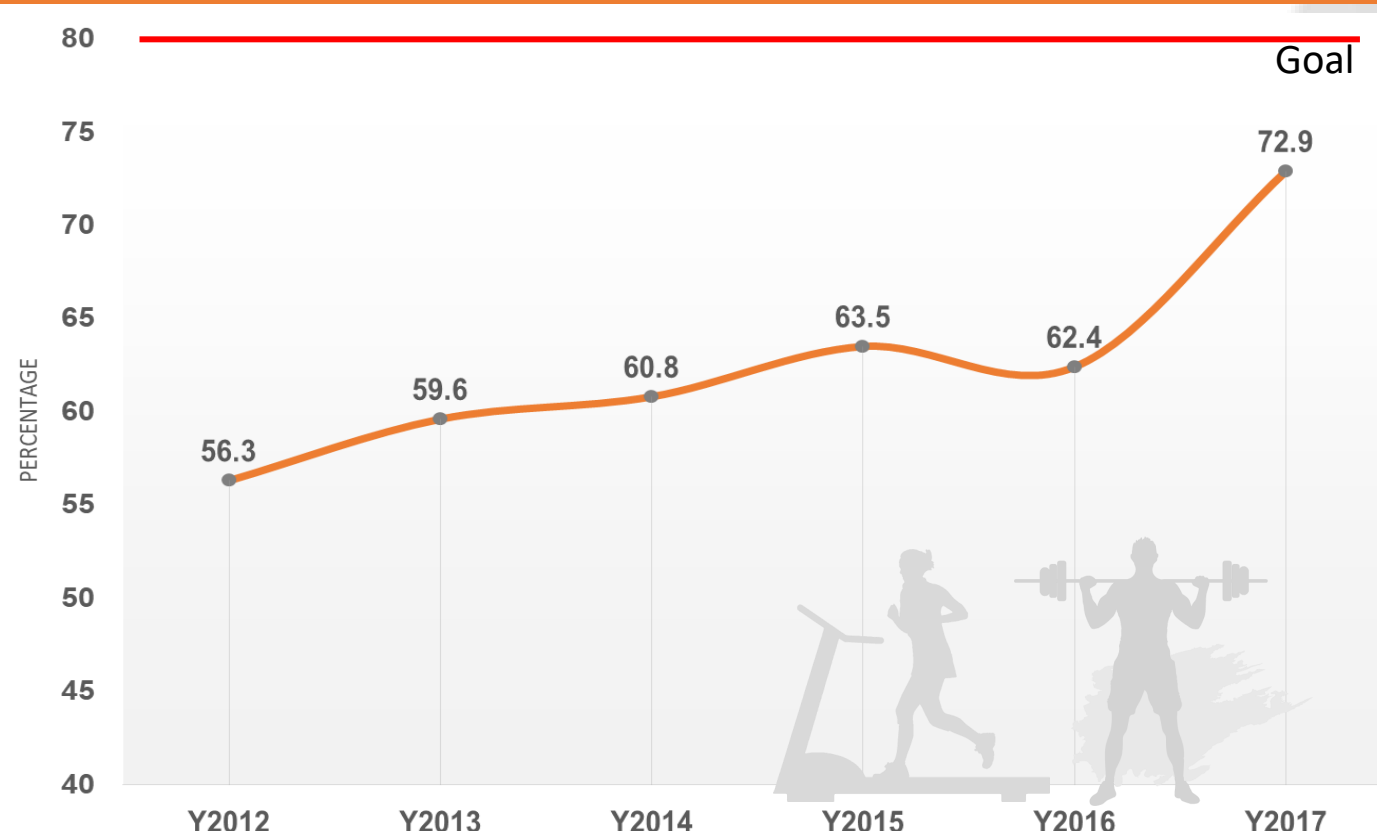
INTRODUCTION



During the past three decades, NCDs has become the major cause of death of Thai Population where one-third of Thai people at the 15 years of age and above suffered from NCDs^{1,2}. Physical inactivity was identified as the main risk factor for more than 400,000 premature and preventable deaths in 2016^{3,4}. This study aims to investigate the effects of physical inactivity on NCD prevention.

RESULTS

The proportion of Thais who achieve the recommended level of physical activity is gradually increased



Recommended level:



Daily MVPA
for children and youth



Vigorous PA
for adult per week



Moderate PA
for adult per week

METHODS



Dataset: Physical activity surveillance system 2012-2017, by Institute for Population and Social Research (IPSR), Mahidol University



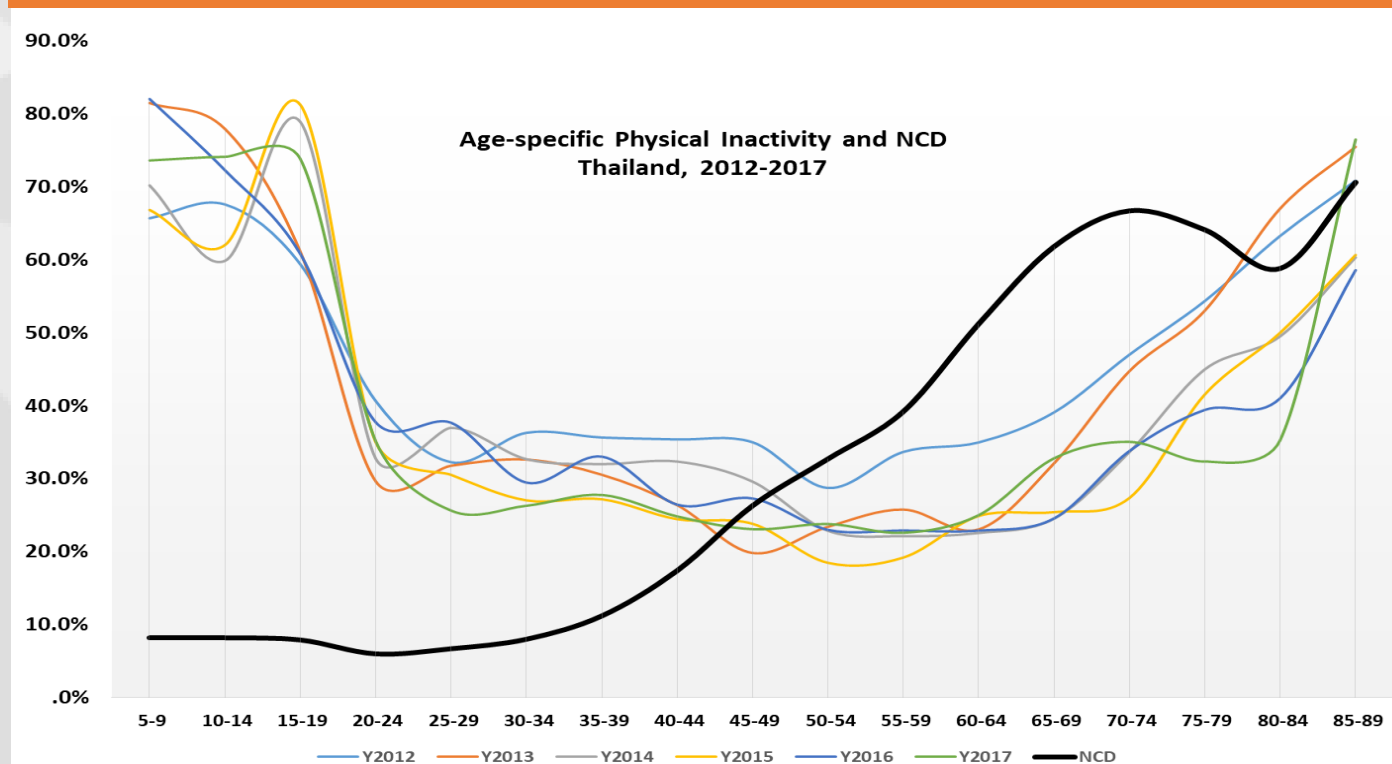
Sample: Multi-Stage Stratified Random Sampling was applied to select nationally representative sample aged 5 years old and above, based on gender and residence.



Design: Longitudinal, panel data. 7,333 cases on baseline survey, 5 rounds follow-up rate at the end-line 89.1%

Area of study: 5 regions, 13 provinces and 36 villages

While the pattern of age-specific physical inactivity is in a u-shape curve with the highest level among children and elderly, the pattern of NCD is in a logistic curve where it's increasing along with age.



CONCLUSION AND RECOMMENDATION

Physical activity promotion is the best buy policy for NCD prevention. The results indicate that promoting physical activity to working age group or adults will be too late considering the accumulative risk of NCD. Therefore, physical activity promotion should be started since a very young age to allow the children grow at their optimum development and keep their healthy lifestyle to their adulthood which eventually will prevent NCD in the long run.

CONTACT INFORMATION

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