

Promotion of Physical Activity for Thai People at All Age Groups

The 10th National Health Assembly,

Having considered the report on "Promotion of Physical Activity for Thai People at All Age Groups"¹,

Noting that insufficient physical activity and sedentary behavior are important risk factors that have impacts on health, quality of life and economy and can lead to physical and mental disorders, especially NCDs, including diabetes, hypertension, cardiovascular diseases and other illnesses in every body system, with greater potential risks of disability and death,

Aware that sufficient physical activity contributes to good health, producing strong muscles and bones, together with greater sensory perceptions and better physical balance, that students have better scholastic achievements and greater concentration in their studies, that people develop a better relationship within the family and society as a result of doing activity together, and that some physical activity, e.g. use of bicycles in everyday life, can lead to environmental and natural conservation and pollution reduction,

Appreciating that Thai Health Promotion Foundation, Ministry of Public Health, Ministry of Interior, Ministry of Education, Bangkok Metropolitan Administration, networks of civil society and the private sector have provided their support and participated in the drive toward greater physical activity in Thailand,

Concerned that Thai society today is insufficiently exposed to correct understanding of physical activity, that little space is made available for physical activity, and that there is little participation from every sector in the management process in support of physical activity,

Seeing that important ways to promote physical activity for Thai people include the generation of knowledge and understanding, knowledge management, innovation, communication, capacity building of individuals, organizations and networks involved in creating spaces for physical activity, advocacy for the public policy process at national and local levels, promotion of mechanisms for cooperation between organizations, agencies, and networks of stakeholders as well as local mechanisms involving the participation of every sector in every stage of the work, and that sufficient physical activity and reduced sedentary behavior will help to make Thai people enjoy a good quality of life and strong health, thus resulting in active Thai society and greater national development in all dimensions in a sustainable manner,

Has, therefore, passed the following resolutions:

1. Requesting members of provincial health assembly networks and other partner networks involved in the development of participatory public policy based on

¹ NHA 10/Main 1

wisdom, together with partner networks in every sector, to take the following actions:

1.1 Campaign, promote, organize a learning exchange process designed to create greater public awareness, understanding, and participation in the preparation of projects and activities, conducive to more physical activity in everyday life;

1.2 Use the area based health assembly process to bring about public policies, strategies, plans and projects in organizations of every level, focusing on encouraging Thai people of every age group to engage in more physical activity;

1.3 Propose policies on encouraging Thai people of every age group to engage in more physical activity to the Committee for Participatory Health Region for the Public, district committee for the development of the quality of life and regional committee for the development of the quality of life, requesting their support to ensure continuous implementation.

2. Requesting the Ministry of Public Health by way of Department of Health, and Thai Health Promotion Foundation (ThaiHealth) to act as lead agencies working with other departments of the Ministry of Public Health, Ministry of Education, National Statistical Office, academic institutes, Bangkok Metropolitan Administration, and other agencies to take the following action:

2.1 Promote the generation of knowledge, understanding, awareness, knowledge management, innovation and communication, leading to behavioral change in physical activity of the public in line with social contexts;

2.2 Develop the database and systematic information management, monitoring the work designed to promote physical activity and reduce sedentary behavior of people of all age groups;

2.3 Promote the capacity building of individuals, organizations, and networks, leading to better information on the work designed to develop physical activity more effectively and efficiently.

3. Requesting the Ministry of Interior by way of Department of Local Administration, local government organizations, special forms of local government, the Ministry of Transport, the Ministry of Tourism and Sports, and the Ministry of Defense to act as lead agencies, together with organizations of architectural and town planning professions, and other agencies concerned to take the following action based on participation of the community and civil society:

3.1 Lay down criteria or improve regulations on the design of space use, travel routes in towns/cities, and community and public space conducive to physical activity of people of every age group;

3.2 Allocate and manage space owned by each organization so as to make available space and environment conducive and leading to physical activity of people of every age group in the community.

4. Requesting the Ministry of Social Development and Human Security by way of Department of Children and Youth and Department of Women's Affairs and Family Development, together with local government organizations, special forms of local government, and other agencies concerned to have policies, plans and projects in place in order to promote family participation in physical activity.

5. Requesting the Ministry of Education, Ministry of Interior, Bangkok Metropolitan Administration and other education-related agencies to have in place

policies and provide budgetary support to education institutes of all levels, both public and private, to organize curriculums, activities and safe environment conducive to physical activity for their personnel, students and the community.

6. Requesting the Ministry of Labor by way of Department of Labor Protection and Welfare, the Ministry of Industry by way of Department of Industrial Works, and the private business sector, to have in place a policy to support work places in organizing activity and environment conducive to physical activity and real practice and encourage the personnel in the organization to do physical activity on a continual and regular basis.

7. Requesting the Ministry of Interior by way of Department of Local Administration, local government organizations, special forms of local government, Ministry of Interior to provide budgetary support, and requesting local/area health security funds to have in place plans and projects relating to physical activity of people of every age group in the community in line with the One-Plan policy of the Ministry of Interior.

8. Requesting the Health Systems Research Institute (HSRI) to act as a lead agency, together with other academic agencies, to study the feasibility of using tax and financial measures, including other knowledge-based approaches to promote physical activity with a view to submitting the findings to the Ministry of Finance and other agencies concerned for consideration and further action in the most effective and efficient possible manner.

9. Requesting the Prime Minister's Office by way of Department of Public Relations, the National Broadcasting and Telecommunication Commission, mass media organizations and community network to act as lead agencies together with other media networks in the publicity and dissemination of the issue to increase physical activity and reduce sedentary behavior of people at all age groups.

10. Requesting the Secretary-General, National Health Commission, to report the progress to the 12th National Health Assembly.