Completing The Situational Assessment Tool (SAT) for Scaling National Action on Physical Activity: Thailand Experience

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The GAPPA-SAT completion process

The focal point and the process led by Physical activity and Health Division (DOPAH) and International Health Policy Program (IHPP) as the secretariat. We set up a research team and started with Thai translation of SAT.

DOPAH and IHPP research team review tool and pre-fill in answer of all 152 questions

DOPAH and IHPP identified key partners (health and non-health, government and non-government) and set up consultation meeting on 2 April 2021. The participants were from health, urban planning, transportation, sports, and etc. The main agenda were to review pre fill in information and shared agenda.

Research team revised based on comments and feedback and circulate to partners

Input to physical activity plan committee as an input to revise national plan
Key Findings from Completing SAT

(1) **Policies to promote physical activity are available** in different administrative boundaries (national, provinces, and local levels), within and beyond the health sector, with varying degrees of implementation.

(2) **Political commitments** in high-level government are clearly **articulated**, and change agents in civil society and communities are available in the health and non-health sectors.

(3) Evidence related to **multisector coordination**, collaborations and partnerships are **scarce** in the country.

(4) **Human, financial and information resources** to support the implementation of policies, programs, plans, to promote physical activity and healthy lifestyle are **available**. However, there is a **need to improve both quantity and quality** of these resources.

(5) **Good practices on public education campaigns** at the national and sub-national levels as well as community-wide initiatives to promote physical activity in multiple settings and various sub-population groups are **available**.
Example of Findings from Completing SAT
Relevant policies related to physical activity in 30 years timeline

- Cabinet’s request all gov officials to provide public open space for exercise
- 1st World Health Day
  - 2nd World Health Day
  - 3rd World Health Day
  - 4th World Health Day

- Health promotion day
  - Promote Sunday as family activity day
  - Request temples to open space for exercise
  - 1 Tumbon (sub district) 1 public park policy
  - Sports center in every Tumbon
- Sports for all focused on youth

- Basic Education Core Curriculum B.E.2551
- Elderly exercise innovation

- PM’s order gov official to exercise every Wednesday
- Mega project: Walkway and bike lane along Chao Phraya river bank (14 km)

- Thailand’s 20-Year National Strategy
- National Health Assembly: promotion PA in life course
- National physical activity plan 2018-2030
- Sports University Act

- Road Traffic Act, B.E. 2522 (A.D.1979)
- 3rd National Sports Plan 2002-2006
- 4th National Sports Plan 2007-2011
- 5th National Sports Plan 2017-2021

- 1st World Health Day
- 2nd World Health Day
- 3rd World Health Day
- 4th World Health Day

- Lead sector: Sports Health Planning and transportation Other sector

- 3rd National Sports Plan 2002-2006
- 4th National Sports Plan 2007-2011
- 5th National Sports Plan 2017-2021

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Benefits of Completing SAT

• **Triggered multisector collaborations** among national government agencies.

• **Established a national network** on physical activity consisting stakeholders within and beyond the health sector.

• **Increased awareness** among the national government agencies/policy makers on the importance of physical activity and healthy lifestyle.

• **Initiated shared responsibilities** among stakeholders (shared mission and objectives).

• **Creates archive of relevant policies and documents**, it urges a good documentation and shared data systems.
What’s Next? (ongoing process)

• **Prioritization of national PA agenda** with shared targets and objectives.

• **Consolidated collective knowledge and data system** using open data platform: *activethai.org*

• **Established official network** consisting various stakeholders (government, academia, NGOs and private sectors) within and beyond health sector **to expand advocacy** at the national and sub-national levels.
Lesson learned from Thailand experience: Summary

• SAT is *a great tool to engage multi-stakeholders dialogue*. It triggers the idea of multisector collaboration and shared responsibility for PA promotion.

• Many questions *stimulate group discussion and country assessment* such as Mass media communication, national policy conducive/constraint to PA promotion.

• SAT requires *further content analysis* to assess quality of implementation, suggest policy gap, and prioritization.

• Completing SAT *creates archive of relevant policies and documents*, it urges a good documentation and shared data systems.
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