



Some solutions to improve stature and physical condition for today's youth

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Abstract

The Government has approved the overall project to develop the physical strength and stature of Vietnamese people in the period 2011 - 2030 (referred to as Project 641) with the goal of "developing the physical strength and stature of Vietnamese people in the next 20 years" to improve the quality of human resources, serve the cause of industrialization and modernization of the country; gradually improve the quality of the race and increase the life expectancy of Vietnamese people." However, there are many difficulties and limitations that slow down the progress of this important project.

Keywords: strength, stature, increase

1. Introduction

Improving the stature and physical strength of Vietnamese people has always been one of the strategic goals set by the State in recent years. Thanks to that, the health of people, especially children, has improved significantly, and the rate of underweight malnutrition in children under five years old has decreased continuously and sustainably. However, the rate of stunting is still high (at 24.6%). From 1993 to present, the average height of Vietnamese youth has only increased by 3 cm, currently reaching 164 cm (in men) and 153 cm (in women). Men's height ranks 19th, and women's height ranks 13th among the countries with the shortest height in the world. The average height achieved (ie the highest level reached) of Vietnamese youth today is in the age group 20 to 24. Notably, the height of Vietnamese people is about 10 cm lower than the international standard and short than the average height of the same age group in most countries in the Asian region.

According to nutritional scientists, there are five factors that affect the development of Vietnamese people's stature: gender, genes, nutrition, physical activity, sleep, environment, and disease. In particular, genes contribute 20% to 25% of the influence on height, but achieving the highest height also depends on nurturing conditions such as nutrition, exercise, disease status. This shows that Height also depends on many factors such as nutrition, environment, psychology, exercise, especially whether the child is properly nourished in the womb or not.

2. Research content and results

2.1. Policies of the Party and State on improving the stature and physical strength of Vietnamese people

Our Party and State always pay attention to the issue of developing the physical strength and stature of Vietnamese people. That is shown in Decision No. 641/QĐ-TTg dated April 28, 2011 of the Prime Minister approving the overall project to develop the physical strength and stature of Vietnamese people in the period 2011-2030 (project). The project clearly stipulates the functions and tasks of ministries and branches as well as specific goals in two phases: Pilot implementation of synchronous solutions on nutrition and physical exercise (2011-2020); Benefit from the results of phase 1 to expand nationwide and complete the project (2021-2030). Not only the General Department of Sports and Sports, the Ministry of Culture, Sports and Tourism, but the project also has the participation and coordination of the following ministries: Health; Education and training; Agriculture and Rural Development; Labour, War Invalids and Society.

Project 641 is very important in developing the physical strength and stature of Vietnamese people. The project has a wide target and scope, requires close coordination between many ministries, branches and localities, needs to mobilize the active participation of the entire community and be implemented drastically, with focus and emphasis from Central to localities. However, in recent times, the implementation of Project 641 has achieved low results, and there are still many problems and difficulties that need to be resolved promptly.

In the coming time, to continue implementing the approved contents to achieve the goals of the Project, while removing difficulties and promoting the practical and effective implementation of Project 641. Effectively, soon complete the School Milk Program to improve nutritional status, contributing to improving the physical strength and stature of preschool and primary school children by 2020.

To mobilize the participation and sponsorship of the community of businesses, organizations and individuals in society, the Government requests the Ministries: Health, Culture, Sports and Tourism, Education and Training, Labor, War Invalids and Social Affairs and other relevant Ministries and agencies coordinate and agree with sponsoring units and individuals to organize the implementation of nutritional care activities for the subjects of Project 641; Programs, plans, strategies, and master plans related to health care and population quality that have been approved by competent authorities will continue to be implemented, taking into account coordination and integration. reasonable with the implementation of Project 641.

Regarding the development of physical education and sports activities in schools, the Ministry of Culture, Sports and Tourism, based on the functions and tasks of state management agencies on physical education and sports, proactively coordinates Collaborate with the Ministry of Education and Training, the Ministry of Labor, War Invalids and Social Affairs and relevant agencies in determining the duration and content of physical education appropriate for each age, school level and region, regions; Orienting the organization of sports activities in schools, especially in organizing sports competitions, typically the Phu Dong Health Association at all levels, ensuring that these activities are truly movements of a large number of high school students pine.

The Ministry of Education and Training presides and coordinates with the Ministry of Culture, Sports and Tourism to innovate the physical education program and content associated with the innovation of general education programs and textbooks; innovate sports activities in schools. Regarding the fitness and sports movement among the people, the Ministry of Culture, Sports and Tourism presides and coordinates with ministries, branches and localities to review, evaluate and have solutions to promote the fitness movement. exercise and sports among the people, suitable for different subjects, specific exercise conditions in each area, region; Proposing to innovate the plan for organizing the Sports Congress at all levels and nationwide in the direction of clearly distinguishing physical training and sports activities of the masses from high-performance sports activities.

2.2. Benefits of physical education activities for students

Currently, the average height of young Vietnamese men is only 164.4cm and that of young women is 153.4cm, lower

than the standards of the World Health Organization (WHO). The stature and physical strength of Vietnamese people are slowly improving and are lower than the average of many countries in the region. On December 13, the Ministry of Health and TH Group jointly organized an international conference on Vietnamese nutrition, launching the project "Vietnamese nutrition" with 6 sub-projects targeting target groups with special needs specific nutritional needs. This is the first time a business has announced a nutrition project to accompany the implementation of the Government's nutrition policies.

In recent years, improving the stature and physical strength of Vietnamese people has always been one of the strategic goals set by the state. In particular, improving nutrition and physical fitness for children from the early grades will be very beneficial for the physical development and stature of children and ages in the "golden period" of physical development.

According to the results of the National Nutrition Census (2019-2020), the height of Vietnamese youth changed sharply in the 18-year-old group, reaching 168.1 cm in 2020, an increase of 3.5 cm compared to 2010 (165.4 cm). The average height of 18-year-old women is 156.2 cm (2020), an increase of 1.4 cm compared to 2010 (154.8 cm). However, Vietnam is still facing a triple burden of nutrition including stunting, overweight and obesity and micronutrient deficiency. In particular, the rate of malnutrition and stunting in school children (5 - 19 years old) is 14.8% (2020). In 2010, this rate was 23.4%. Notably, the height of city children under 15 years old is 2 cm higher than that of rural children. City youth, both men and women, are 1.2-1.4 cm taller than those in poor rural and mountainous areas. In fact, Vietnamese people's height is lower than international standards and increases very little compared to set requirements.

Specifically, the rate of stunting malnutrition in children under 5 years old in 2020 in the whole country is 19.6%, of which the rate in mountainous areas is up to 38%, which is very high in terms of public health significance according to the Ministry of Health. WHO classification. Childhood obesity is increasing. The rate of children aged 5 to 19 years old with obesity in 2020 is up to 19%, more than 2.2 times higher than the rate of 8.5% in 2010. Of which, 26.8% is in urban areas, 26.8% in rural areas. rural areas is 18.3% and mountainous areas are 6.9%.

Micronutrient deficiencies are a concern, especially vitamin A, iron and zinc deficiencies. In 2020, the anemia rate in children under 5 years old in Vietnam is 19.6% while the target is 15%. The rate of zinc deficiency is particularly high, up to 58%, at a serious level of public health significance according to WHO standards. This rate is even higher in the Northern mountainous areas and Central Highlands, up to 67%. In the city area, although it is lower (49%), it is still at a severe level and has hardly improved in the five years from 2015-2020. Research by the Southeast Asia Nutrition Organization shows that Vietnamese children's daily meals lack up to 50% of their micronutrient needs.

In order for the quality of the population to improve, Vietnamese people need to focus on improving height, physical strength, and especially strong intervention in nutrition. The focus remains on the mother's comprehensive care during pregnancy and the first year of the child's life. Particularly during puberty, attention needs to be paid to both nutrition and exercise to develop physical strength. The "Vietnam Health Program" approved by the Prime Minister

focuses on solutions to improve nutrition based on the table of recommended nutritional needs for Vietnamese people. Accordingly, the indexes are given to limit the maximum intake of nutrients, ensuring no harm to the body. Each person, every day, needs to eat enough energy needs according to their age group. Children need to be breastfed for the rest of their first two years of life. Every day, they need to build a menu that meets enough vitamins, fiber, and minerals.

2.3. Solutions to improve stature and physical condition for youth

Currently, the population sector has also included propaganda content on nutritional care for pregnant mothers into reproductive health care programs such as counseling and pre-marital health check-ups, so that young men and women can about to get married, identify and prevent risks related to reproductive health, minimizing risks affecting children's health. Prenatal screening is needed, which means testing to detect fetal defects and diseases early in order to provide timely and adequate warnings and treatment measures. Postnatal screening means checking babies for defects and diseases right after birth. Notably, nutritional care in the first 1,000 days of a child's life plays an important role in later physical development. On the other hand, increase breastfeeding, eat more green vegetables, reduce salt and sugar; Choosing nutrition combined with sports training in school and in the community... are basic solutions to help reduce the rate of malnutrition and stunting, and promote improving the stature of Vietnamese people.

Developing physical strength and enhancing the stature of Vietnamese people is a common task of the entire society, not just a single unit. In the coming time, a preliminary review of the project will be conducted to recognize what the sports and sports industry has and has not done, from which there will be assessments, recommendations, amendments, supplements, and completion of related legal documents to care for people's health, develop physical education and school sports.

Firstly, the State needs to increase investment combined with mobilizing funds from socialization sources and official aid sources to continue investing in sports facilities in schools; Encourage and create all conditions for organizations and individuals to participate in sponsorship, investment, joint ventures and partnerships in implementing activities related to the project.

Second, promote socialization and mobilize widespread participation of all socio-economic sectors; Build the project's electronic information portals and establish a database on physical development and stature of Vietnamese people in schools... If we can mobilize the resources of the entire society and implement the project. methodically, I believe that the physical strength and stature of Vietnamese people will continuously improve.

Third, provinces and cities have mechanisms to encourage the establishment of centers (companies or clubs) to advise and guide physical health and stature care for the young generation. Through these organizations, student families receive advice on nutrition, exercise, and lifestyle; can bring children and grandchildren to practice sports to increase physical strength and stature. Encourage social organizations, families, and private individuals to establish sports training service facilities to increase physical strength and stature for the younger generation. The project coordination board

organizes seminars, guides, issues certificates, and gives appropriate praise to organizations and facilities that care for the physical fitness and stature of the young generation. Fourth, collect statistics, monitor and support dairy businesses to bring them into schools; Monitor and support businesses that produce functional foods that are truly effective in increasing the physical strength and stature of the young generation; Statistics, monitoring and support of businesses that produce and circulate tools Physical exercise is especially beneficial for increasing the physical strength and body height of the young generation; Conducting seminars and encouraging businesses to directly participate in sponsoring the development of physical strength and stature of the young generation, for school sports competition. For each group of solutions, it is necessary to develop an implementation plan suitable for each locality, integrating with existing and ongoing programs to save costs while still bringing high efficiency, such as: Target program National target on new rural construction for the period 2010 - 2020; Programs on developing mass physical training and sports at the grassroots level; Coordination with local Preventive Health Centers to conduct testing to build an information system on student health; Coordinate with the Population and Family Planning Program for prenatal and newborn screening activities, interventions to reduce sex imbalance at birth, interventions to reduce child and early marriage inbreeding; Especially integrated with the overall project to develop physical education and school sports for the period 2016 - 2020, oriented to 2025, which has just been approved by the Prime Minister by Decision No. 1076/QĐ-TTg, June 17, 2016.

3. Conclusion

Forming a society-wide movement to care for the development of Vietnam's physical strength and stature; Expanding healthy cultural, sports, and entertainment activities, helping people develop harmoniously physically, mentally, and spiritually. Strengthen health care for children, adolescents and young people to reduce cardiovascular diseases, obesity, and diseases that cause abnormalities in body height, contributing to improving quality of life. Information, education and communication to raise awareness, change social behavior and mobilize the participation of the entire society in activities to develop the physical strength and stature of Vietnamese people.

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