

GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY 2018-2030

# MORE ACTIVE PEOPLE FOR A HEALTHIER WORLD

**Dr Fiona Bull MBE**

Prevention of noncommunicable disease  
World Health Organization  
Geneva



Rencontres de Santé publique France 2019  
June 5: Paris, France



# OUTLINE

1

Physical Activity in Global Health Agenda

2

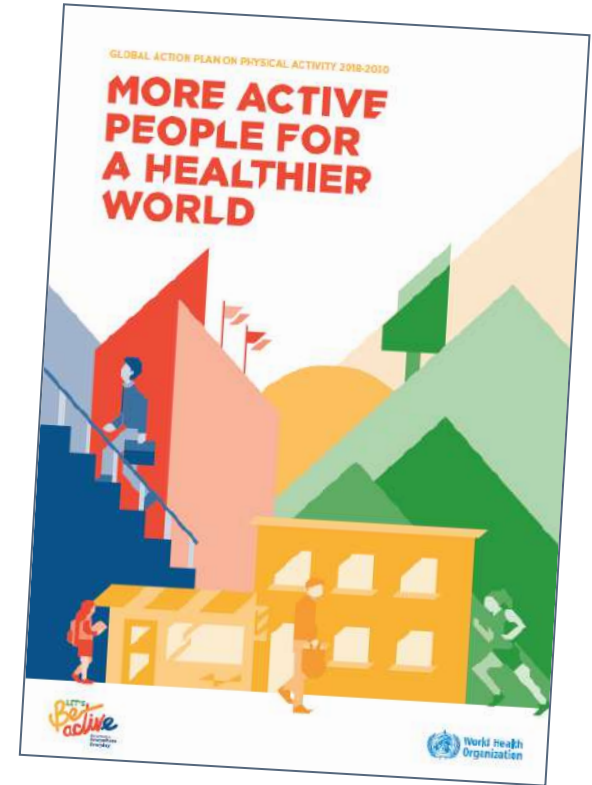
New Global Action Plan on Physical Activity: 2018-2030

3

Launch and Dissemination

4

Implementation and challenges



# SHORT HISTORY OF PHYSICAL ACTIVITY AND PUBLIC HEALTH

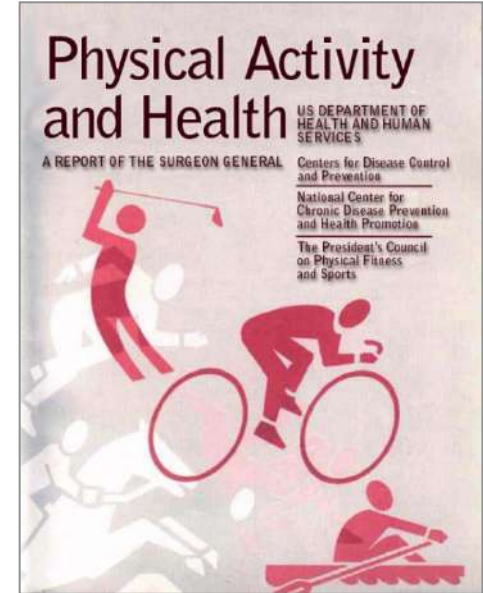


London Busman study  
Morris et al., 1953

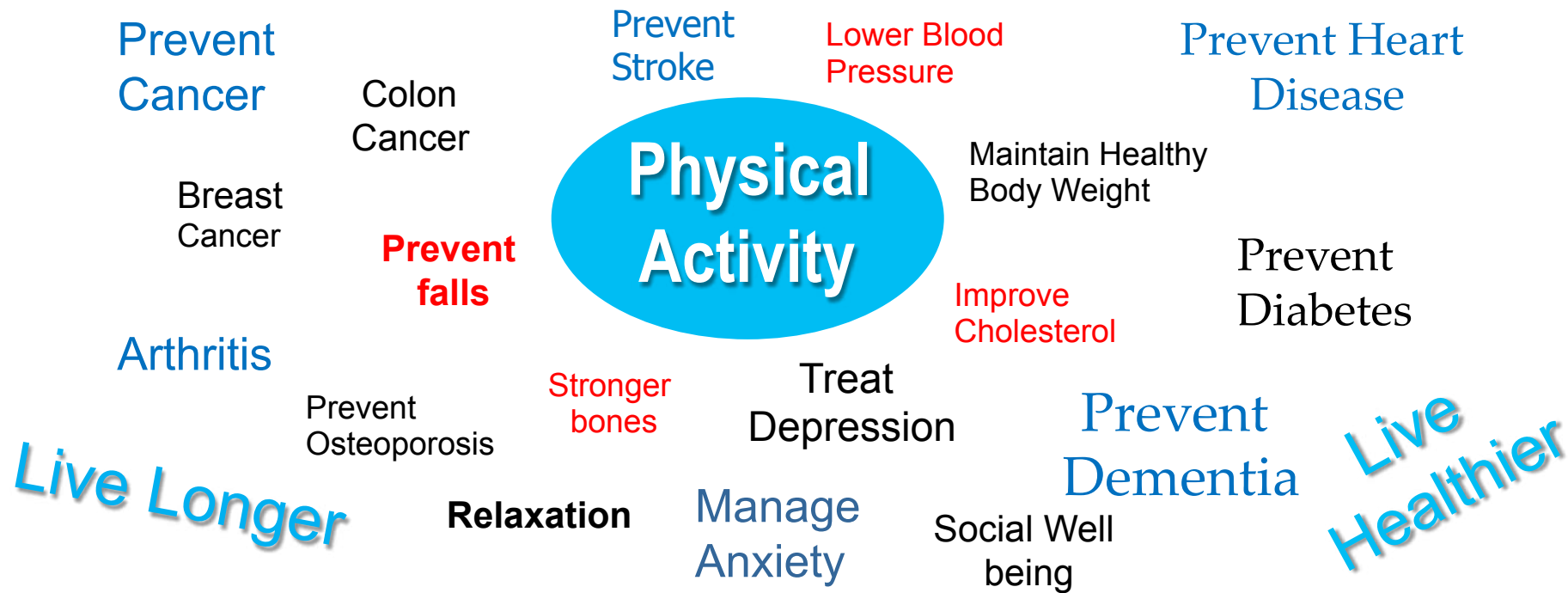
43 years



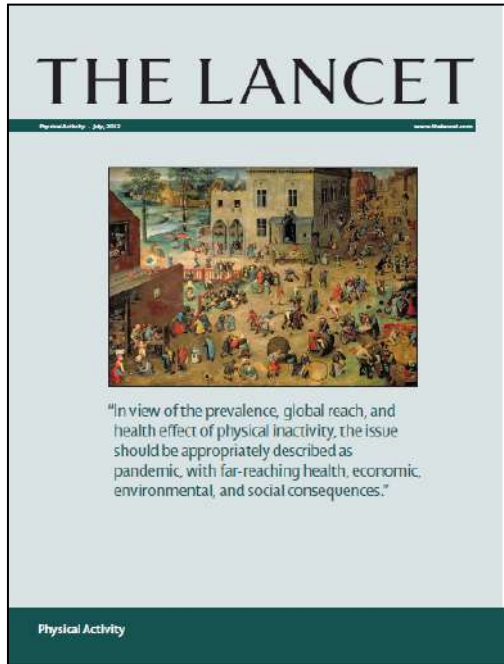
U.S. Longshoreman study  
Paffenbarger et al., 1970



U.S. Surgeon General  
Report, 1996

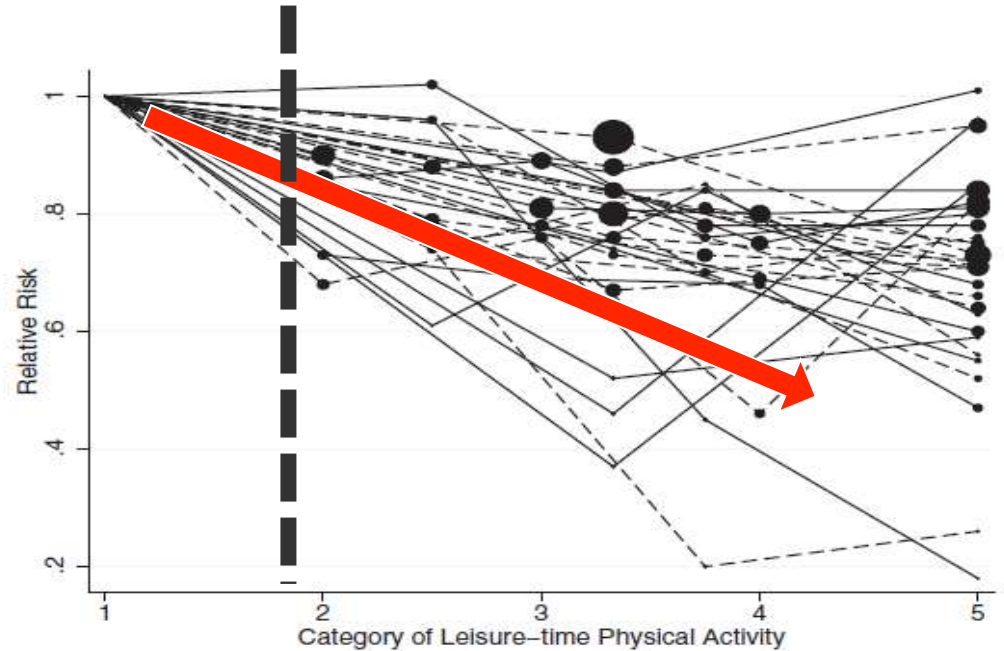


# HEALTH BENEFITS OF PHYSICAL ACTIVITY



Special Issues on Physical Activity:  
2012 and 2016

## RECOMMENDED MINIMUM AMOUNT



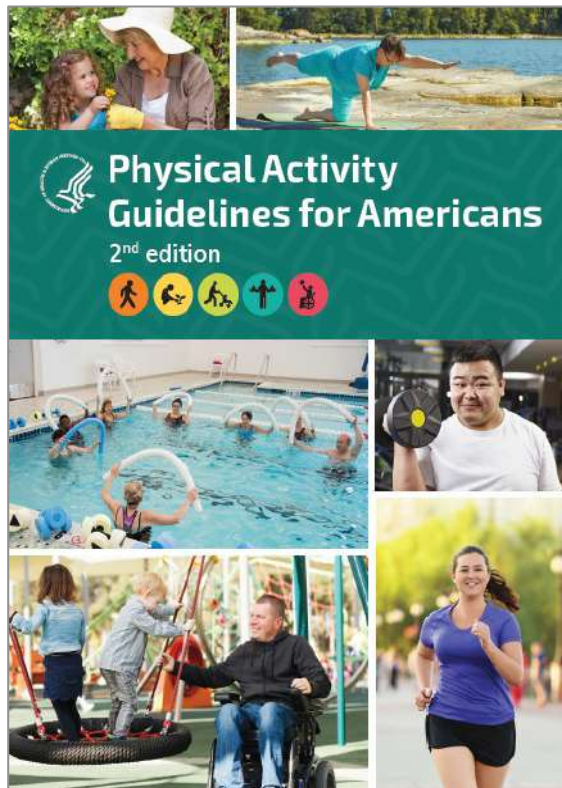
Lee et al. The Lancet, 2012





# 2018 Physical Activity Guidelines Advisory Committee Scientific Report

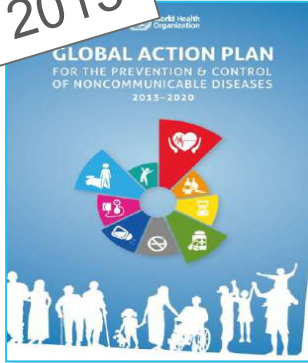
To the Secretary of Health and Human  
Services



New USA Plan:

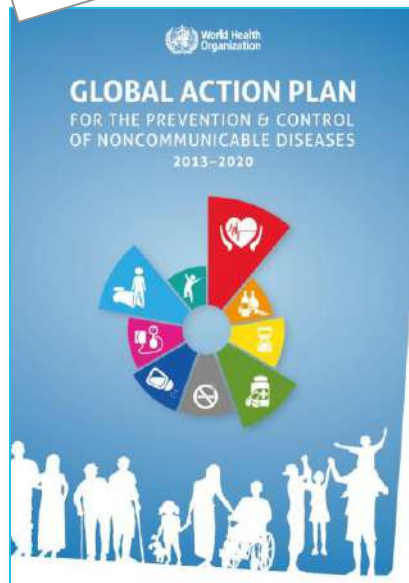
➔ **ACTIVE PEOPLE  
ACTIVE NATION<sup>SM</sup>**

## 1998



# PHYSICAL ACTIVITY IN GLOBAL NCD POLICY CONTEXT

2013



Recommendations  
Page 33-34



1<sup>st</sup> Global  
Target 2025

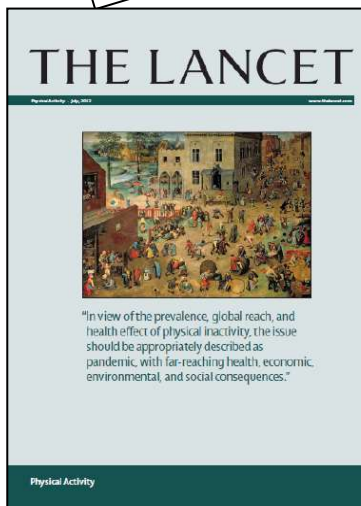


**A 10% relative reduction in prevalence of insufficient physical activity**

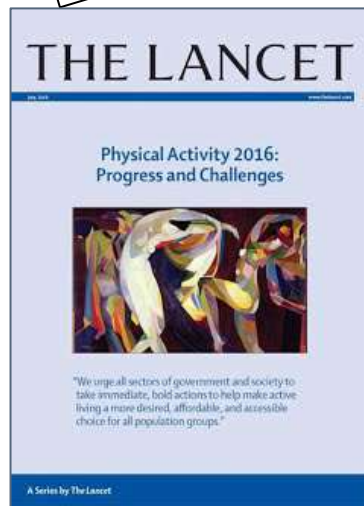


# EXAMPLES OF INCREASING EVIDENCE AND CONNECTED AGENDAS

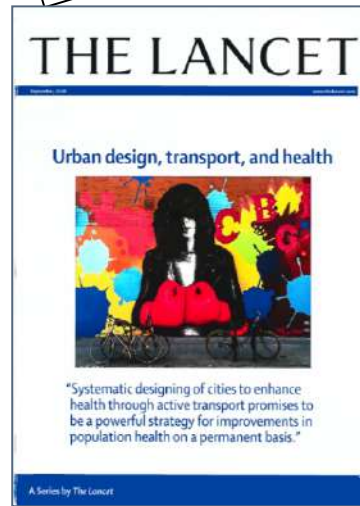
2012



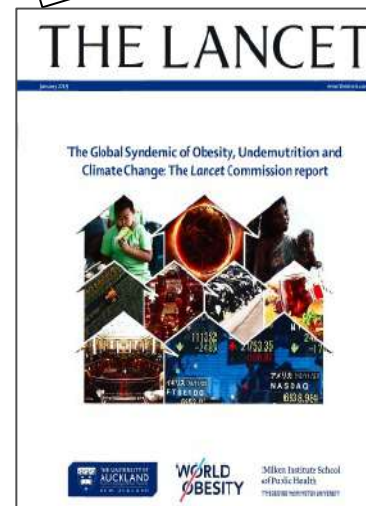
2016



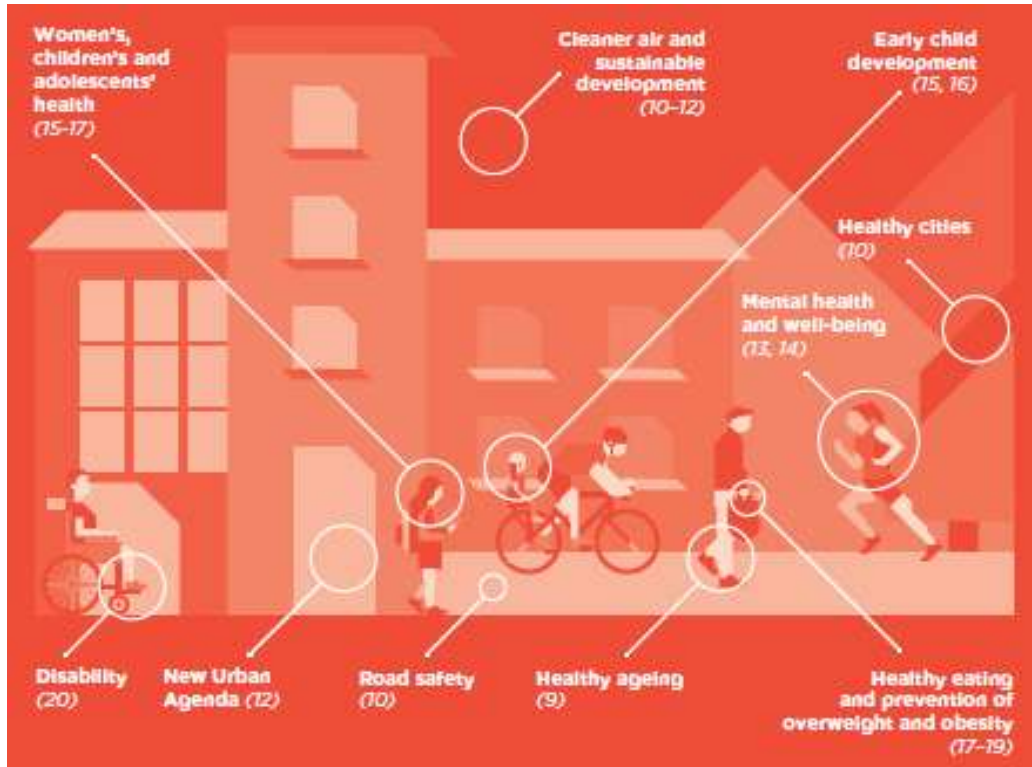
2016



2019



# MULTIPLE BENEFITS OF A MORE ACTIVE SOCIETY



- ✓ Learning outcomes
- ✓ Productivity
- ✓ Community cohesion
- ✓ Integration and inclusion
- ✓ Reduce traffic congestion
- ✓ Reduce air pollution
- ✓ Jobs
- ✓ Tourism

As well as the multiple health benefits!

# Sustainable Development Goals



**Target 3.4:** by 2030, reduce by one-third premature mortality from non-communicable diseases (NCDs) through prevention and treatment, and promote mental health and wellbeing

# NONCOMMUNICABLE DISEASE: A GLOBAL HEALTH PRIORITY

71

**Percent**  
of all deaths due to  
Noncommunicable  
diseases (NCD's)

41

**Million**  
deaths each year

15

**Million**  
premature deaths each  
year (that is between  
ages of 30-70 years)

**TIME  
TO DELIVER**



Third UN High-level Meeting  
on Non-communicable Diseases

2011

2014

2018

# GLOBAL LEVELS OF PHYSICAL INACTIVITY

## Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1·9 million participants

Regina Guthold, Gretchen A Stevens, Leanne M Riley, Fiona C Bull

### Summary

**Background** Insufficient physical activity is a leading risk factor for non-communicable diseases, and has a negative effect on mental health and quality of life. We describe levels of insufficient physical activity across countries, and estimate global and regional trends.

**Methods** We pooled data from population-based surveys reporting the prevalence of insufficient physical activity, which included physical activity at work, at home, for transport, and during leisure time (ie, not doing at least 150 min of moderate-intensity, or 75 min of vigorous-intensity physical activity per week, or any equivalent combination of the



*Lancet Global Health* 2018

Published Online

September 4, 2018

[http://dx.doi.org/10.1016/S2214-1098\(18\)30257-7](http://dx.doi.org/10.1016/S2214-1098(18)30257-7)

See Online/Comment

[http://dx.doi.org/10.1016/S2214-1098\(18\)30257-7](http://dx.doi.org/10.1016/S2214-1098(18)30257-7)

Guthold, Stevens, Riley, Bull.  
The Lancet Global Health.  
Sept 2018

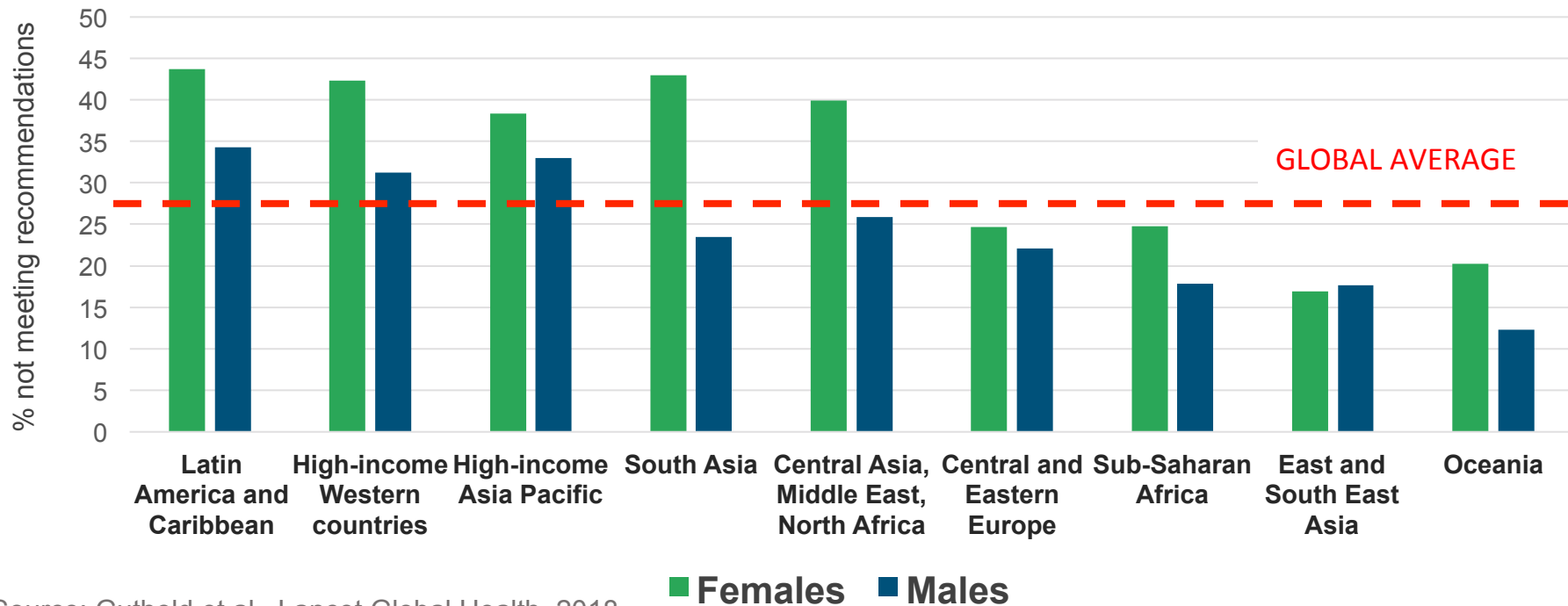
## Globally

# 28%

Of adults do not meet  
recommended levels of  
physical activity

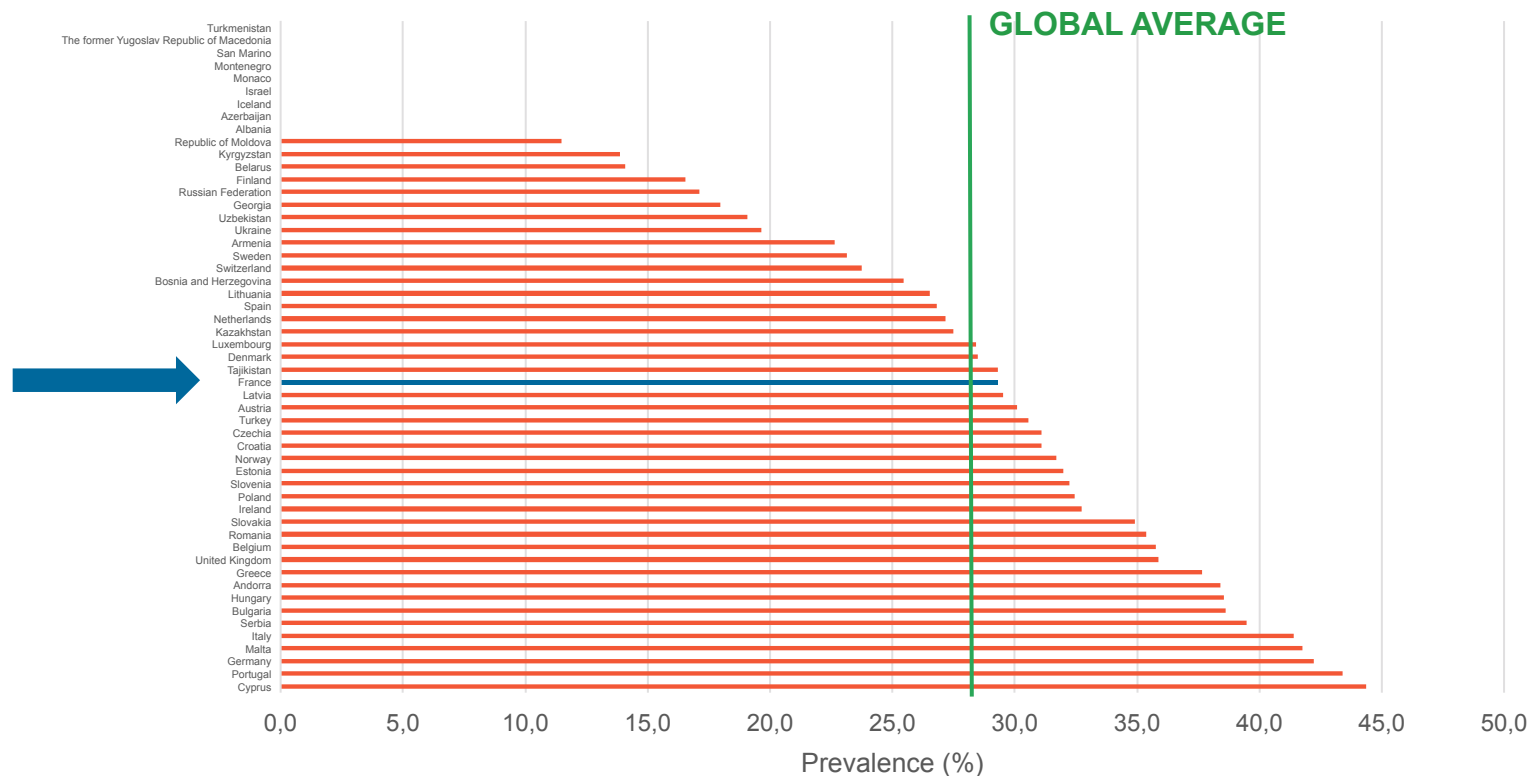


# GLOBAL LEVELS OF PHYSICAL INACTIVITY IN ADULTS (2016): BY SEX AND REGIONAL GROUPINGS



Source: Guthold et al., Lancet Global Health, 2018

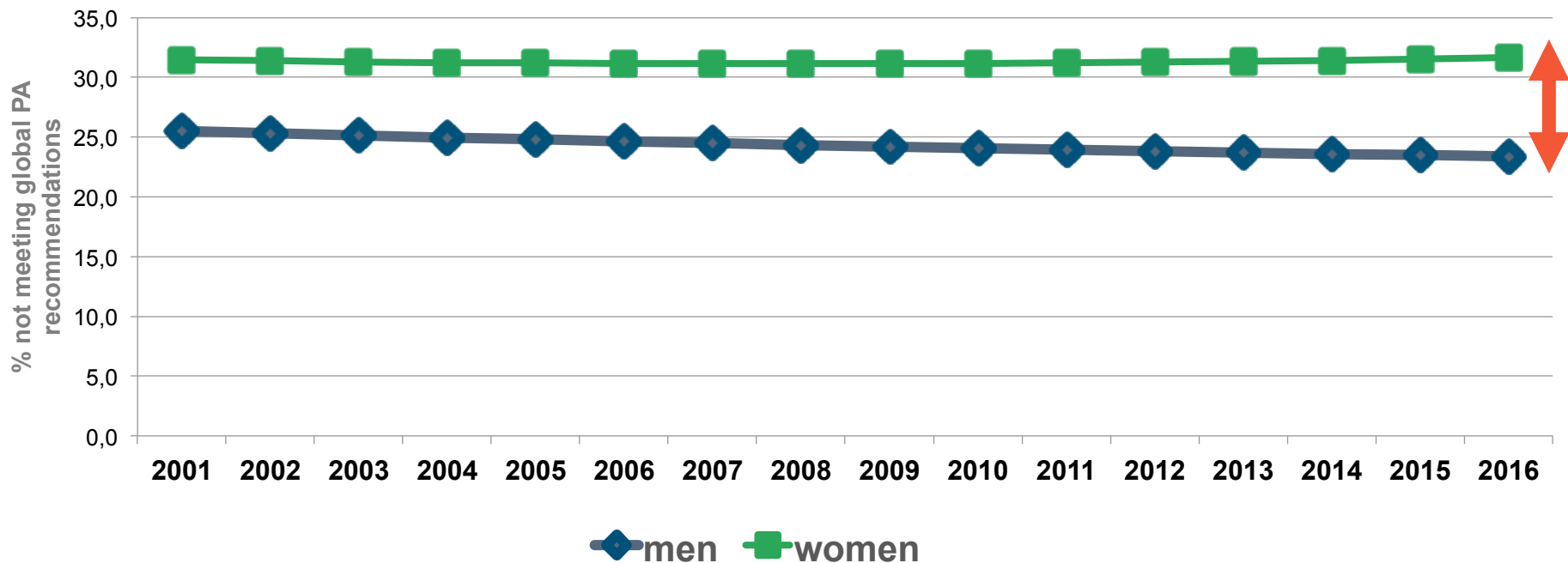
# PREVALANCE OF PHYSICAL INACTIVITY: WHO EUROPEAN REGION (Estimates for Year 2016)



# GLOBAL TREND IN PHYSICAL INACTIVITY IN ADULTS

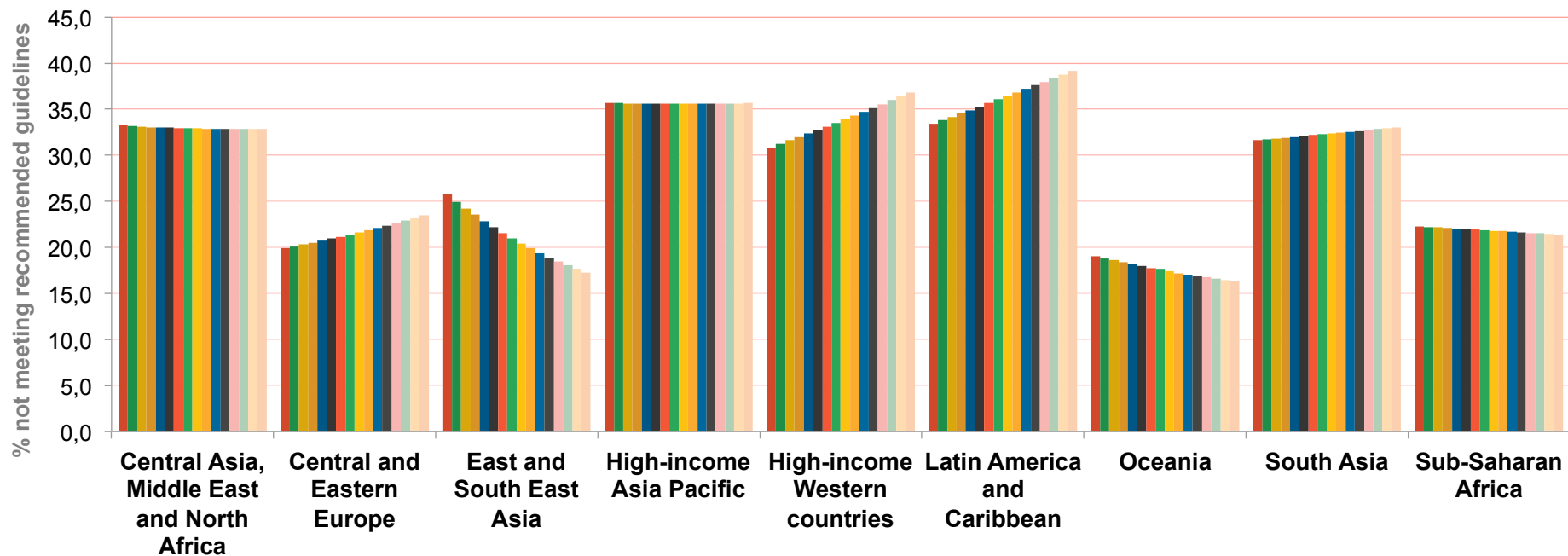
## 2001-2016:

### BY MEN AND WOMEN



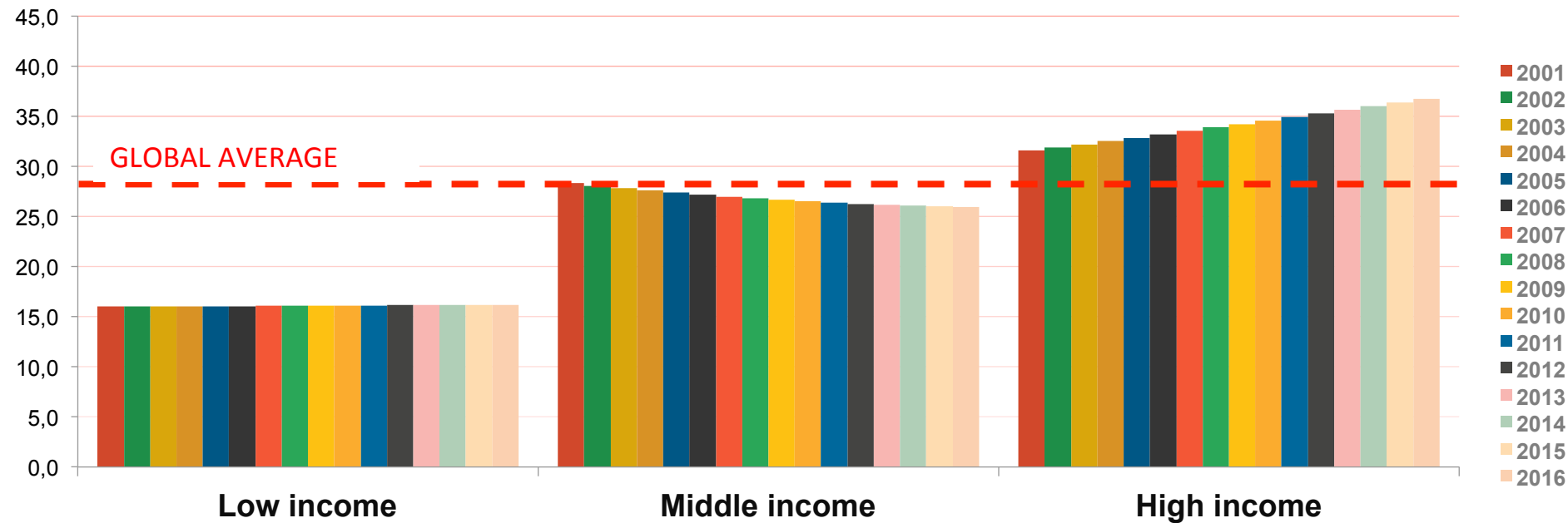
Source: Guthold et al., Lancet Global Health, 2018

# GLOBAL TRENDS IN PHYSICAL INACTIVITY 2001-2016: BY SUPER REGIONAL GROUPS FOR MEN AND WOMEN COMBINED



Source: Guthold et al., Lancet Global Health, 2018

# GLOBAL TREND IN PHYSICAL INACTIVITY: BY WORLD BANK INCOME GROUPS



Source: Guthold et al., Lancet Global Health, 2018



# WHO EXECUTIVE BOARD 142 (JAN 2017)

## A CALL FOR NEW ACTION PLAN ON PHYSICAL ACTIVITY

- Latest evidence
- Link with SDGs
- A 'road map' for action
- Accelerate implementation



# GLOBAL EXPERT ADVISORY MEETING: 17-18 JULY 2017



## Public Health, Medical and Allied Health

- Ministry of Health, Morocco
- British Journal of Sports and Medicine, University of British Columbia
- World Medical Association
- International Union for Health Promotion and Education (IUHPE)
- International Association of Gerontology and Geriatrics
- World Federation for Physical Therapy
- NCD Alliance
- International Association of National Public Health Institutes (IANPHI)

## Sports sector

- The Association of International Sports for All (TAFISA)
- International Council of Sports Science and Physical Education (ICSSPE)
- International Olympic Committee
- Association of Summer Olympic International Federation (ASOIF)
- International Red Cross Red Crescent Movement
- Women Sport International (WSI)

## Transport, Planning and Environment

- Global Road Safety Partnership
- European Cyclists' Federation
- Walk21
- Global Alliance of NGO's for Road Safety
- International Federation of Pedestrians (IFP)
- Urban Planning, Space Syntax
- Transport Engineers

## Research Community

- International Society for Physical Activity and Health (ISPAH)
- International Society of Behavioural Nutrition and Physical Activity (ISBNPA)
- AGITA MUNDO

## WHO Collaborating Centres

- WHO CC on Physical Activity and Public Health, Institute for Sport Science and Sport
- WHO CC in Physical Activity, Nutrition and Obesity, Sydney University
- WHO CC for Physical Activity, University of Zurich
- WHO CC on Population Approaches for NCD Prevention, University of Oxford



World Health Organization

**DRAFTS**

WHO Discussion Paper (version dated 3 August 2017)

## Draft WHO global action plan on physical activity 2018 - 2030

## INTRODUCTION

## Background

- In response to the decision at the 140th session of the Executive Board in January 2017, the Secretariat has prepared this WHO discussion paper (version dated 1 August 2017) which includes the 'zero draft' of the global action plan on physical activity 2018-2030. During August and September 2017 this WHO Discussion Paper will be used as the basis for informal discussions and consultations between Member States and views from these consultations on the proposed draft action plan set out below. This will, in turn, enable the Secretariat to submit a final draft action plan for consideration by Member States at the 142<sup>nd</sup> Executive Board session in January 2018.
- Health is a universal right, an essential resource for everyday living, a shared social goal and a political priority for all countries. The UN Sustainable Development Goals (SDGs) establish a duty to invest in health, ensure universal health coverage and reduce health inequalities for people of all ages. The SDGs also recognise that people's health can no longer be separated from the health of the planet and that environmental sustainability is critical to health improvement.
- Insufficient physical activity<sup>1</sup> is one of the leading risk factors for death worldwide.<sup>2</sup> Adults who do not meet the global guidelines on physical activity have a higher risk of all-cause mortality compared with those who do.<sup>3</sup> Globally, physical inactivity is estimated to contribute for between 6% and 9% of the global burden of disability-adjusted life years and related costs.<sup>4</sup>

## Mandate

4. Following the Political Declaration of the High-level Meeting on the prevention and control of non-communicable diseases 2011,<sup>6</sup> WHO developed the Global Action Plan for the Prevention

<sup>2</sup> A glossary of terms is provided at the back of this document.

2. World Health Organization. Global Status Report on Noncommunicable Diseases 2014. Geneva: World Health Organization; 2014 ([http://apps.who.int/iris/bitstream/handle/10665/116114/1/9789241565854\\_eng.pdf?ua=1](http://apps.who.int/iris/bitstream/handle/10665/116114/1/9789241565854_eng.pdf?ua=1)).

<sup>a</sup> Adults are recommended to do at least 150 minutes of moderate-intensity physical activity per week, or equivalent. WHO

Global Guidelines on Physical Activity and Health, 2010  
[http://www.wbns.int/dietphysicalactivity/factsheet\\_recommendations/en](http://www.wbns.int/dietphysicalactivity/factsheet_recommendations/en)

<sup>4</sup> I-Min Lee, Eric J Shiroma, Felipe Lobelo, Pekka Puska, Steven N Blair, Peter T Katzmarzyk. Effect of physical inactivity on major non-communicable diseases worldwide: an analysis of burden of disease and life expectancy. *Lancet* 2012; 380: 219-29.

<sup>5</sup> UN General Assembly, Political Declaration of the High-Level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases, New York: United Nations, General Assembly, 2011.

[http://www.who.int/nmh/events/un\\_ncd\\_summit2011/collateral\\_declaration\\_en.pdf?ug=1](http://www.who.int/nmh/events/un_ncd_summit2011/collateral_declaration_en.pdf?ug=1)

[Downloaded from www.worldscientific.com by UNIVERSITY OF NEWCASTLE on 09/06/18. See my library on Cambridge Core.](#)

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ment, and the commitment for its 17 goals made it an opportunity to refocus, renew and combine collections as opportunities for urgent prioritization and scaling in health and wellbeing and physical activity can a SDG include: road and nutrition security, specific obesity (SDG2-2); improved health and wellbeing of accidents and improved air quality (SDG3-4, 5, 6); readiness for primary, quality (SDG3-4, 5, 6); equity contributing to ending discrimination and improved health promoting equal opportunity (SDG 10-2); though sustainable transport and urbanization (SDG 11, 12, 13, 14, 15); mitigation of climate change (SDG 13, 14); and peaceful and inclusive societies or non-discrimination policies (SDG 16, 17, 18, 19); important reciprocal opportunities for health and prioritise investments in more considered and

agenda: United Nations conference on housing and

1. Geneva: World Health Organization; 2013.  
<http://www.who.int/mediacentre/factsheets/fs104/en/>

Assembly, Geneva, 23-28 May 2016

Children's and Adolescents' Health (2016-2020): 2015  
[Strategy Report 200915.pdf?ua=1](#)  
 Preventable Death

Available Deaths. Geneva: World Health  
Organization. Every Newborn Action Plan.  
2021. <https://www.who.int/publications/m/item/every-newborn-action-plan>

2021, Geneva: World Health Organization 2025  
doi:10.1181/wh-11  
https://www.who.int/

[info@openoffice.org](mailto:info@openoffice.org)

100





**SEAR**  
23-25 Aug



**PAHO 14-15**  
September



**EMRO**  
29-30 Aug



**WPRO Consultation**  
12-15 September  
Tokyo, Japan



# SURVEYS OF MEMBERS AND STAKEHOLDERS

- WHO CCs: Oxford, Zurich & Erlangen
- ISPAH /ISBNPA members
- HEPA Europe Network
- IAPHI
- NCD Alliance
- Go-PA, Council of ISPAH
- ACSM, IHRSA, ACE,
- AGTIA MUNDO

**MANY THANKS**





# WORLD HEALTH ASSEMBLY MAY 2018

RESOLUTION

WORLD HEALTH ASSEMBLY  
Agenda item 12.2

WHA71.6  
26 May 2018

## WHO global action plan on physical activity 2018–2030

The Seventy-first World Health Assembly,

Having considered the report on physical activity for health,<sup>1</sup>

Concerned by the rapidly growing burden of noncommunicable diseases, mental health disorders and other mental health conditions globally, and its negative impact on health, well-being, quality of life, and socioeconomic development;

Acknowledging that increasing physical activity and reducing sedentary behaviour can prevent at least 3.2 million noncommunicable disease-related mortalities globally per year,<sup>2</sup> reduce related disability and morbidity and the financial burden on health systems, and increase the number of healthy life years;

Recalling the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases (2011),<sup>3</sup> the outcome document of the high-level meeting of the General Assembly on the comprehensive review and assessment of the progress achieved in the prevention and control of non-communicable diseases (2014),<sup>4</sup> the 2030 Agenda for Sustainable Development,<sup>5</sup> Health Assembly resolutions WHA51.18 (1998) and WHA53.17 (2000) on the prevention and control of noncommunicable diseases, WHA51.23 (2002) on diet, physical activity and health, WHA57.17 (2004) on the global strategy on diet, physical activity and health, and WHA66.10 (2013) on follow-up to the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases, which endorsed the global action plan for the prevention and control of noncommunicable diseases 2013–2020, and which adopted a voluntary global target to, by 2025, achieve a 10% relative reduction in prevalence of insufficient physical activity;

Acknowledging the Secretary's work in providing Member States with tools, including WHO's global Noncommunicable Diseases Progress Monitor, and guidelines to promote physical activity,<sup>6</sup> and further acknowledging that supplementary tools and guidelines may need to be

<sup>1</sup> Document A71/18.

<sup>2</sup> Global Status Report on Noncommunicable Diseases 2014. Geneva: World Health Organization; 2014, page 33.

<sup>3</sup> United Nations General Assembly resolution 66/2 (2011).

<sup>4</sup> General Assembly resolution 68/200 (2014).

<sup>5</sup> General Assembly resolution 70/1 (2015).

<sup>6</sup> Global recommendations on physical activity for health. Geneva: World Health Organization; 2010 (<http://www.who.int/dietphysicalactivity/publications/7802415999?lang=en>, accessed 22 January 2018).

ENDORSED

World Health



World Health  
Organization

WHO Discussion Paper (9 April 2018)

## Physical activity for health More active people for a healthier world: draft global action plan on physical activity 2018–2030

### BACKGROUND

1. Regular physical activity is a well-established protective factor for the prevention and treatment of the leading noncommunicable diseases (NCD), namely heart disease, stroke, diabetes and breast and colon cancer<sup>1</sup>. It also contributes to the prevention of other

**Mandate**  
4. Following the Political Declaration of the high-level Meeting on the Prevention and Control of Non-communicable Diseases 2011,<sup>1</sup> WHO developed the Global Action Plan for the Prevention and Control of Non-communicable Diseases 2013–2020.

<sup>1</sup> A glossary of terms is provided at the back of this document.

<sup>2</sup> World Health Organization. Global Status Report on Noncommunicable Diseases 2014. Geneva: World Health Organization; 2014 (<http://www.who.int/dietphysicalactivity/publications/7802415999?lang=en>, accessed 22 January 2018).

<sup>3</sup> Global guidelines on physical activity and health, 2020 ([http://www.who.int/dietphysicalactivity/factsheet\\_recommendations/en/](http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/)).

<sup>4</sup> Global guidelines on physical activity and health, 2020 ([http://www.who.int/dietphysicalactivity/factsheet\\_recommendations/en/](http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/)).

<sup>5</sup> UN General Assembly. Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases. New York: United Nations; General Assembly; 2011.

<sup>6</sup> <http://www.who.int/dietphysicalactivity/publications/7802415999?lang=en>

# WORLD HEALTH ASSEMBLY MAY 2018

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WHA71.6  
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<sup>1</sup> Document A71/18.

<sup>2</sup> Global Status Report on Noncommunicable Diseases 2014. Geneva: World Health Organization; 2014, page 33.

<sup>3</sup> United Nations General Assembly resolution 66/2 (2011).

<sup>4</sup> General Assembly resolution 68/300 (2014).

<sup>5</sup> General Assembly resolution 70/1 (2015).

<sup>6</sup> Global recommendations on physical activity for health. Geneva: World Health Organization; 2010 (<http://www.who.int/dietphysicalactivity/publications/7802415997?lang=en>, accessed 22 January 2018).

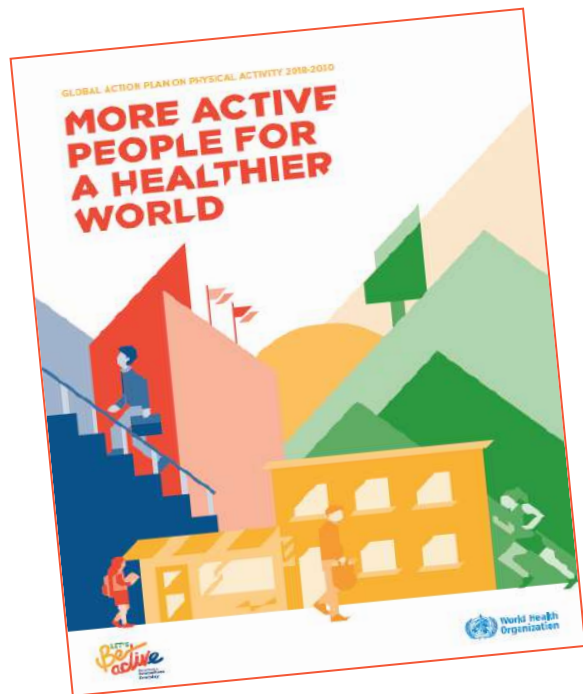
## FIVE REQUESTS

1. Support countries to implement – how to start and build collaborations with relevant partners
2. Develop a Monitoring & Evaluation framework
3. Produce WHO Global Status Report on PA by 2020
4. Update the 2010 global guidelines on PA for youth, adults and older adults
5. Report on progress on implementation in WHA 2021, 2026 and 2030

2

## What is the global action plan?

# A ROAD MAP FOR ACTION FOR ALL COUNTRIES



*There are many ways to be active – walking, cycling, sport, active recreation, dance and play – and many policy opportunities to increase participation.*

## GOAL TO REDUCE PHYSICAL INACTIVITY

**BY 2025**

**10%**

**BY 2030**

**15%**

Website: [www.who.int/lets-be-active/en/](http://www.who.int/lets-be-active/en/)

# FOUR POLICY ACTION AREAS: 20 RECOMMENDATIONS





# 4 POLICY RECOMMENDATIONS

## STRATEGIC OBJECTIVE

Create a paradigm shift in all of society by enhancing knowledge and understanding of, and appreciation for, the multiple benefits of regular physical activity, according to ability and at all ages.



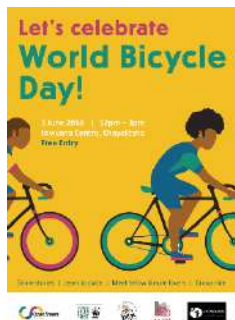


# CULTURAL AND SOCIETAL NORMS



# KEY POLICY ACTIONS

## Public education campaigns



f /GMCycling @GMCycling gmcc.org.uk



## Public Events





# 5 POLICY RECOMMENDATIONS



## STRATEGIC OBJECTIVE

Create and maintain environments that promote and safeguard the rights of all people, of all ages, to have equitable access to safe places and spaces, in their cities and communities, in which to engage in regular physical activity, according to ability.





# URBAN SPRAWL

THE UNCONTROLLED EXPANSION OF URBAN AREAS











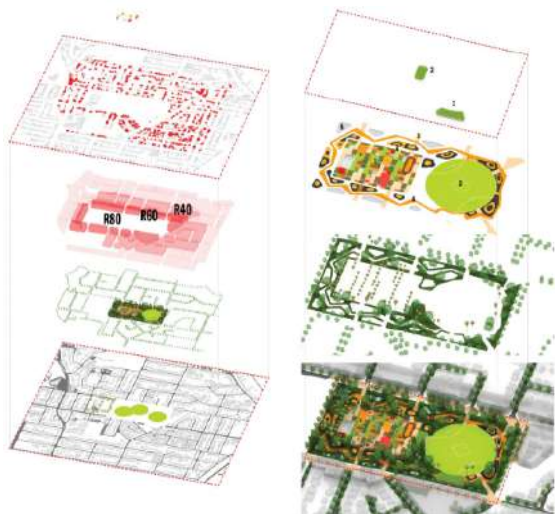






# CREATING BETTER PLACES FOR PEOPLE

Understanding how urban design influence behaviors



Informing how we design



And how we allocate and share spaces



## 6 POLICY RECOMMENDATIONS



### STRATEGIC OBJECTIVE

Create and promote access to opportunities and programmes, across multiple settings, to help people of all ages and abilities to engage in regular physical activity as individuals, families and communities.

CHILDCARE  
SETTINGS

OLDER ADULTS

CITIES

PUBLIC OPEN SPACES

WOMEN

HEALTH CARE

DISADVANTAGED COMMUNITIES

YOUNG CHILDREN

WORKPLACES

SCHOOLS

ADOLESCENTS

GIRLS

SHOPPING MALLS

SPORTS FOR ALL

People living with disabilities



# POLICY RECOMMENDATION 3.2: Integrate promotion of physical activity in primary and secondary health care services



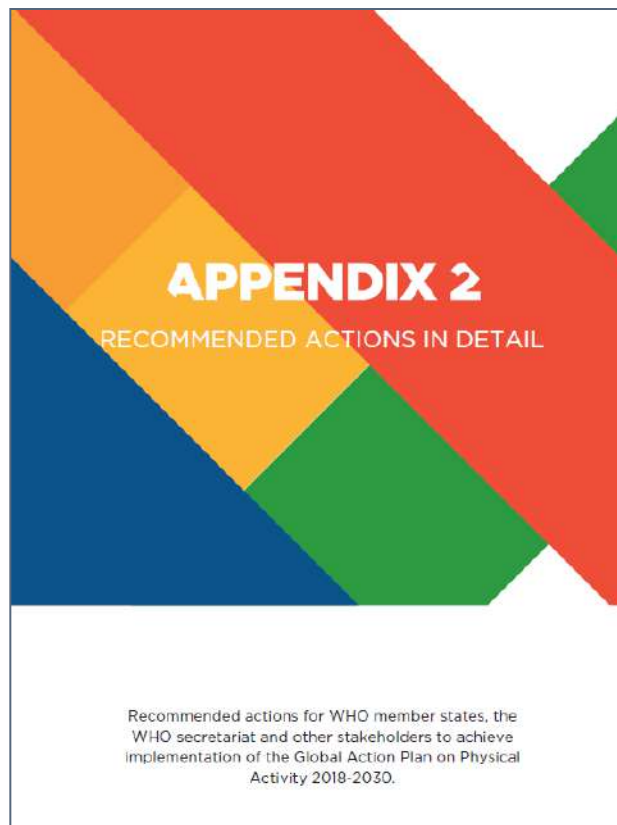


## 5 POLICY RECOMMENDATIONS

### STRATEGIC OBJECTIVE

Create and strengthen leadership, governance, multi-sectoral partnerships, workforce, advocacy, research and information systems across sectors to achieve excellence in resource mobilization and implementation of coordinated international, national and subnational action

# IMPLEMENTATION: SPECIFIC ACTIONS BY STAKEHOLDER



<b>CREATE ACTIVE SOCIETIES</b>	
<b>ACTION 1.2</b>	
<p>Conduct national and community-based campaigns to enhance awareness and understanding of, and appreciation for, the social, economic, and environmental co-benefits of physical activity, and particularly more walking, cycling and other forms of mobility involving the use of wheels (including wheelchairs, scooters and skates), and thereby make a significant contribution to achievement of the 2030 Agenda for Sustainable Development (Sustainable Development Goals SDG2, SDG3, SDG4, SDG5, SDG9, SDG10, SDG11, SDG13, SDG15 and SDG16).</p>	<p>onal and global aviour, including</p>
<b>PROPOSED ACTIONS FOR MEMBER STATES</b>	<p>on the promotion World Heart Day,</p>
<ol style="list-style-type: none"> <li>1. Conduct mass reach communication campaigns to increase knowledge of, and positive attitudes towards, the multiple co-benefits of physical activity, including but not limited to, the impact of increasing walking and cycling, and use of public transport on air quality and the environment, local economies, sustainable development, quality of life and well-being of societies.</li> <li>2. Support and, where appropriate, partner with national, regional and international campaigns on issues related to physical activity, such as Breathe Life (air quality),<sup>1</sup> Vision Zero (road safety),<sup>2</sup> Transport Delivers (sustainable transport),<sup>3</sup> and Trees for Cities.<sup>4</sup></li> </ol>	<p>th organizations, or partner with awareness among</p>
<b>PROPOSED ACTIONS FOR WHO SECRETARIAT</b>	<p>ness of different those targeting re base on cost-</p>
<ol style="list-style-type: none"> <li>3. Support Member States and other stakeholders, where appropriate, with national, regional and international campaigns on co-benefits of physical activity.</li> <li>4. Develop and disseminate resources to promote awareness and understanding of the contribution of physical activity to achieving the 2030 Agenda and targets.</li> <li>5. In consultation with UN agencies and the Secretariat of the United Nations Framework Convention on Climate Change, develop and disseminate resources to promote awareness and understanding of the value of increasing walking and cycling to economic and environmental sustainability.</li> </ol>	<p>gical development noncommunicable</p>
<b>PROPOSED ACTIONS FOR STAKEHOLDERS*</b>	
<ol style="list-style-type: none"> <li>6. All stakeholders should lead and support national and subnational implementation of communications campaigns to promote awareness of the contribution that physical activity, and particularly walking, cycling and use of public transport, and the sports sector can contribute to social, economic, development and environmental sustainability agendas.</li> <li>7. Researchers should develop and evaluate different communication methods and messages on the co-benefits of physical activity (e.g. cleaner air, safer roads, stronger local economies, improved educational outcomes) that are most effective at engaging policymakers, civil society and grassroots communities in different regions, countries and contexts.</li> </ol>	
<p><small>*such as NGOs, civil society organisations, academic and research community, donors, international and regional development organizations, cities and municipalities, private sector entities.</small></p>	

# A 'WHOLE SYSTEMS' APPROACH TO PHYSICAL ACTIVITY



3

## LAUNCH AND DISSEMINATION



# GLOBAL LAUNCH – JUNE 4 2018

We must get the world moving.



Prime Minister of Portugal



WHO DG Dr Tedros

It will take political commitment at the highest level, and action from all sectors, in a coordinated way.



# GLOBAL LAUNCH – JUNE 4 2018



Promoting Walking  
Walk 21



Promoting Cycling  
ECF



# GAPPA LAUNCH AND DISSEMINATION



Dr Svetlana Akselrod, ADG NCDS

Social media: **#BeActive**

Email: **letsbeactive@who.int**



Let's Be Active (90 sec)

<https://www.youtube.com/watch?v=uZX14W4rVCU>

دعونا  
نكون  
نشطین  
الكل  
في كل مكان  
كل يوم

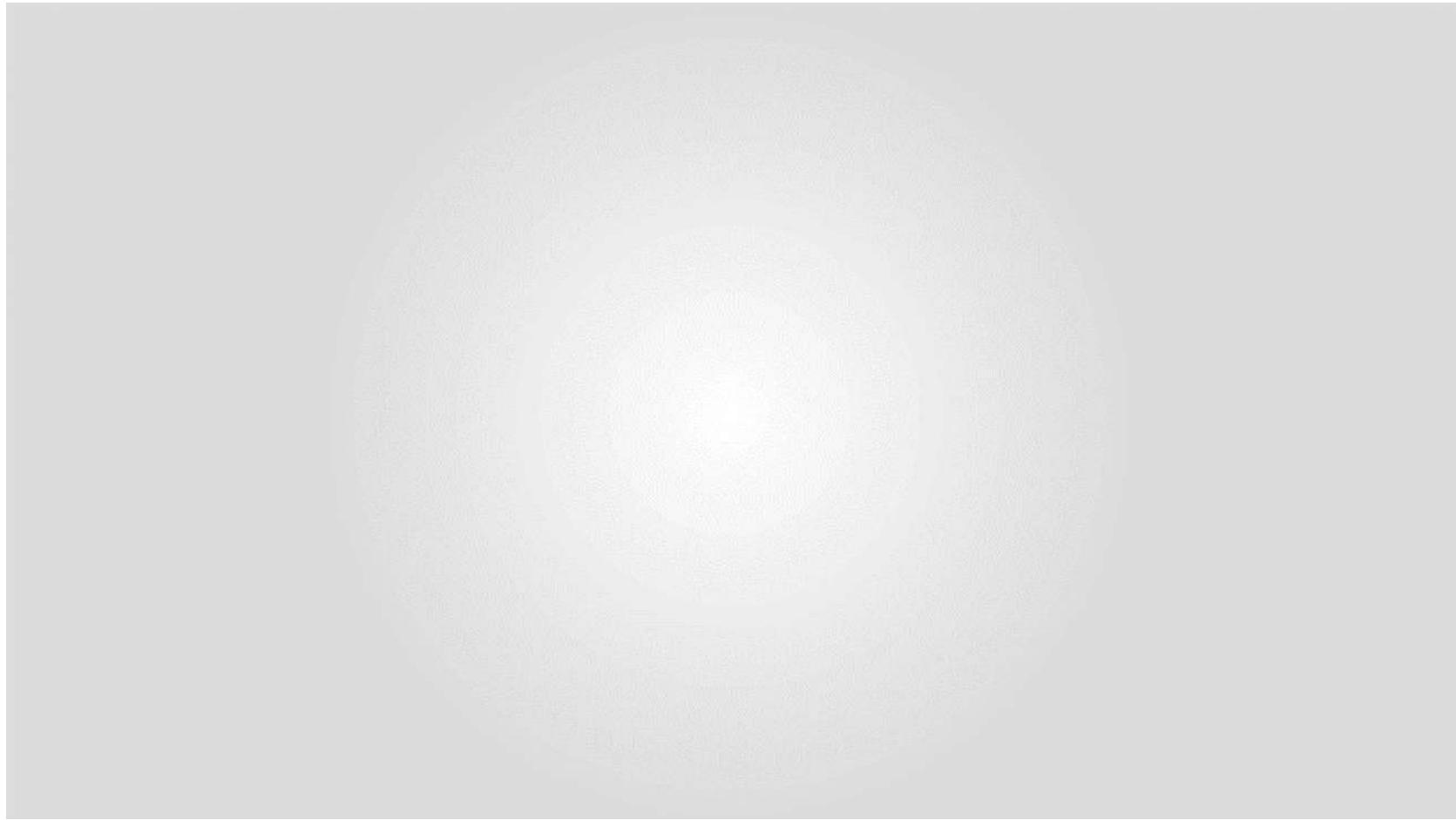
Seamos  
activos  
Todos  
En todos lugares  
Todos los días

Soyons  
actifs  
Tout le monde  
Partout  
Tous les jours

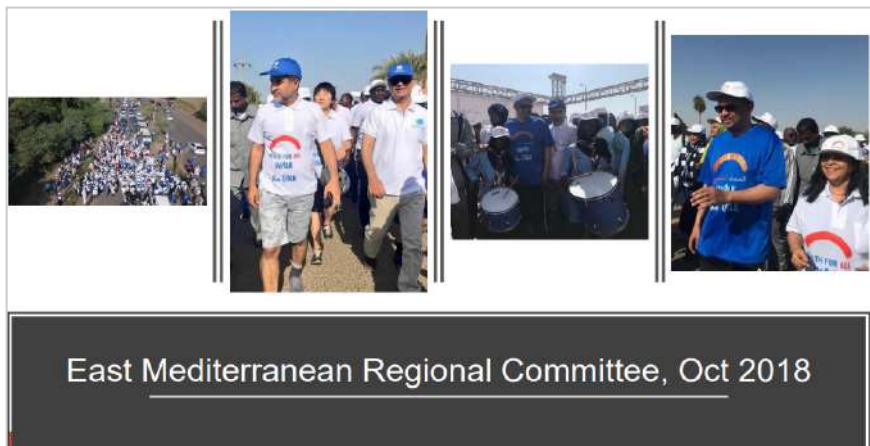
动起来  
每个人  
为了环境  
每天

Будь  
активным  
каждый из нас  
везде  
каждый день

All available at: [www.who.int/lets-be-active/en/](http://www.who.int/lets-be-active/en/)







# DISSEMINATION: TRANSLATION



Six UN Languages



# 4

## IMPLEMENTATION AND CHALLENGES

# HOW WILL WHO SUPPORT COUNTRY IMPLEMENTATION



**Facilitate and promote multisector partnerships**



**Develop and disseminate policy, guidelines and tools**



**Catalyse innovation and digital solutions**



**Advocate for policy action, partnerships and community participation**



**Support knowledge transfer**



**Promote investment in research and evaluation**



**Support resource mobilization**



**Provide technical support**



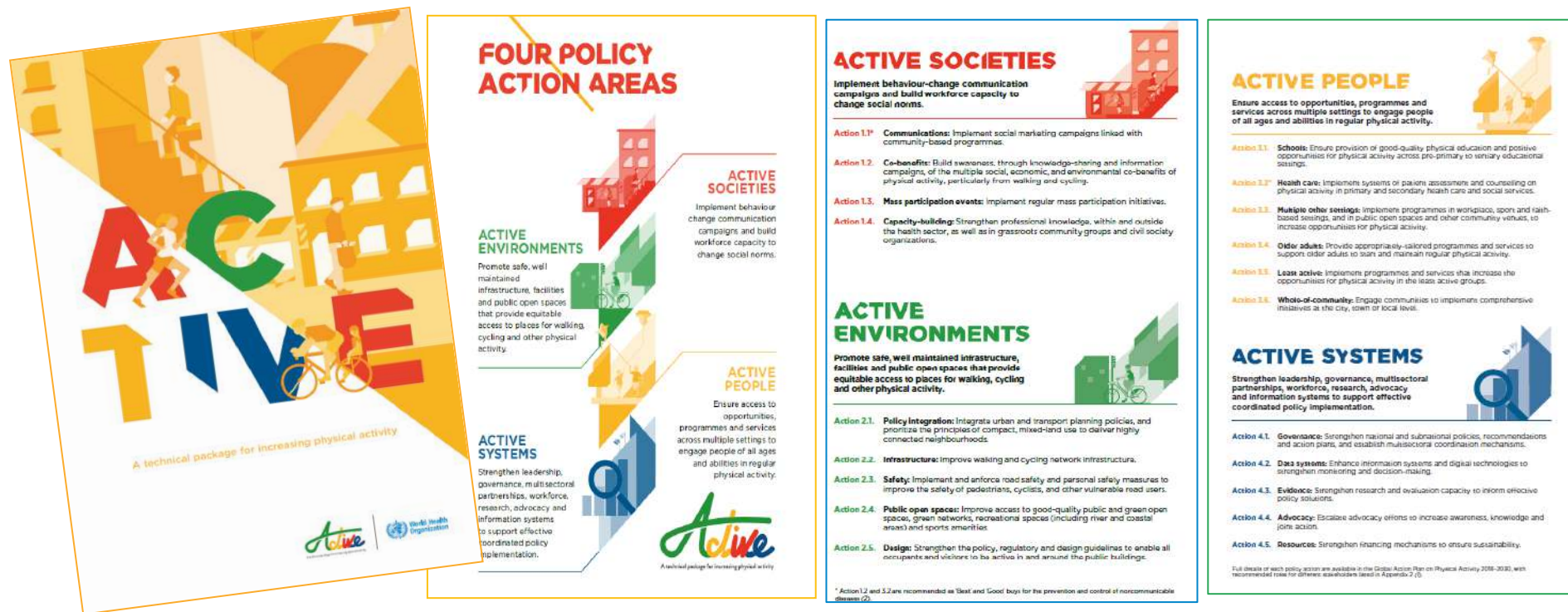
**Partner to strengthen workforce capacity**



**Monitor progress and impact**

**10  
AREAS**

# ACTIVE: A SET OF TECHNICAL GUIDANCE TOOLS FOR EACH POLICY AREA



IS ALSO A USEFUL SHORT 2 PAGE SUMMARY OF RECOMMENDATIONS

# EVIDENCE BASED 'HOW TO' IMPLEMENTATION TOOLS



- Why
- What
- How
- Examples



# HOW WILL WHO SUPPORT COUNTRY IMPLEMENTATION



Facilitate and promote multisector partnerships



Develop and disseminate policy, guidelines and tools



Catalyse innovation and digital solutions



Advocate for policy action, partnerships and community participation



Support knowledge transfer



Promote investment in research and evaluation



Support resource mobilization



Provide technical support



Partner to strengthen workforce capacity



Monitor progress and impact

10  
AREAS

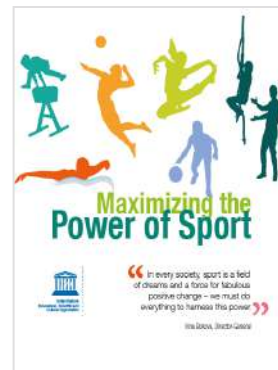
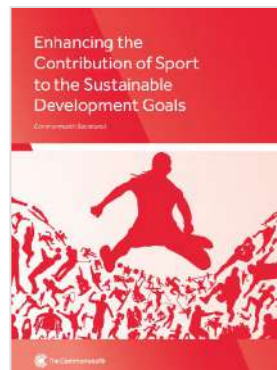
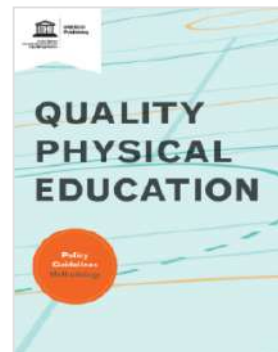
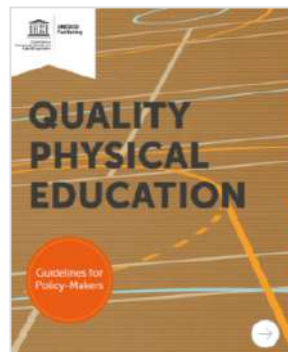
## COLLABORATION ACROSS THE UN SYSTEM

- **UN Inter-Agency Task Force on NCDs (UNIATF)**
- WHO Global Coordinating Mechanism (GCM)
- UNESCO & The Commonwealth Institute – Kazan Action Plan
- UN Sport Development and Peace



# COLLABORATION ACROSS THE UN SYSTEM

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- UN Sport Development and Peace



# COLLABORATION WITH PRIVATE SECTOR: SPORTS INDUSTRY

WHO DIALOUGE WITH SPORTS INDUSTRY WHO DIALOUGE WITH SPORTS INDUSTRY



1<sup>st</sup> Dialogue - 4 Dec 2018



2<sup>nd</sup> Dialogue – 25/26 Feb 2019

**Representatives included:** Sports manufacturers, global, national & regional gym/club operators, wearable technologies industry, exercise and fitness training and accrediting organizations

Details and reports available at <https://www.who.int/ncds/governance/private-sector/en/>



# HOW WILL WHO SUPPORT COUNTRY IMPLEMENTATION



Facilitate and promote multisector partnerships



Develop and disseminate policy, guidelines and tools



Catalyse innovation and digital solutions



Advocate for policy action, partnerships and community participation



Support knowledge transfer



Promote investment in research and evaluation



Support resource mobilization



Provide technical support



Partner to strengthen workforce capacity



Monitor progress and impact

10  
AREAS

# 4 Objectives

# 20 Policy Actions

# Indicators

1. Creating an Active Society

FOUR POLICY ACTIONS



PROCESS

What has been done

IMPACT

What has changed?

2. Creating Active Environments

FIVE POLICY ACTIONS



PROCESS

What has been done

IMPACT

What has changed?

3. Creating Active People

SIX POLICY ACTIONS



PROCESS

What has been done

IMPACT

What has changed?

4. Creating Active Systems

FIVE POLICY ACTIONS



PROCESS

What has been done

IMPACT

What has changed?

OUTCOME

Change in population levels of physical activity

Overall and disaggregated

# GLOBAL MONITORING FRAMEWORK: INDICATOR SET

## GLOBAL INDICATORS

All countries

Monitored and reported by WHO

Mandated by WHA71  
12.6 to report in  
2021, 2026 & 2030

## NATIONAL INDICATORS

Global indicators 'plus'

Expanded set of  
additional &/or more  
granular indicators

Collected and reported  
by individual country or  
Regions

## CITY LEVEL INDICATORS

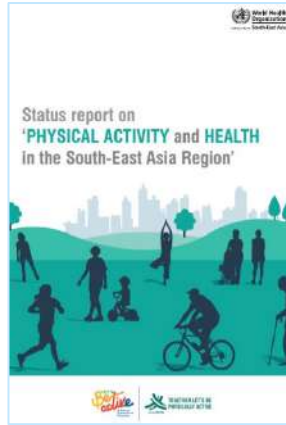
Indicators to track  
change at city level

Aligned to global /  
country

Expanded &/or more  
granular indicators

Collected by city /  
countries

# GLOBAL PROGRESS ON PA NATIONAL POLICY & ACTION PLANS



<https://apps.who.int/iris/handle/10665/274308>

Health Sector Supporting System for National Capacity for physical activity (PA) assessment

Indonesia

WHO/UNEP/WHO (2017) PA assessment tool (2017) PA assessment tool (2017) PA assessment tool (2017)

Availability of operational guidelines for assessment, agency or institution relevant to physical activity promotion: Yes

Availability of policy, strategy, action plan for PA promotion: Yes

Availability of public awareness campaign to raise the physical activity and health dialogue: Yes

Support for the establishment of assessment framework for physical activity: Yes

Availability of policies to promote walking/cycling: Yes

Availability of policies to encourage transport and/or public life support: Yes

Availability of policies to promote transport and/or public life support: Yes

1. How many countries have been assessed? 100 100 100 100

2. How many countries have been assessed? 100 100 100 100

3. How many countries have been assessed? 100 100 100 100

4. How many countries have been assessed? 100 100 100 100

5. How many countries have been assessed? 100 100 100 100

6. How many countries have been assessed? 100 100 100 100

7. How many countries have been assessed? 100 100 100 100

8. How many countries have been assessed? 100 100 100 100

9. How many countries have been assessed? 100 100 100 100

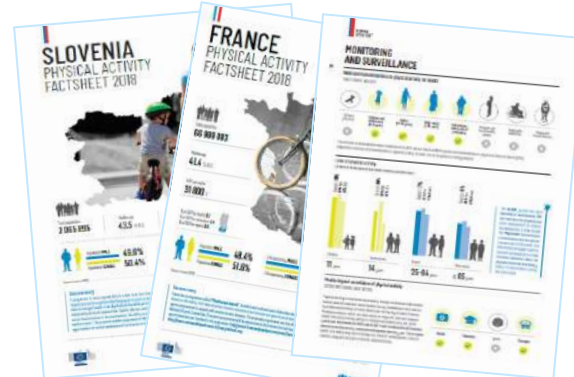
10. How many countries have been assessed? 100 100 100 100



[www.who.int/nmh/publications/ncd-profiles-2018/en/](http://www.who.int/nmh/publications/ncd-profiles-2018/en/)

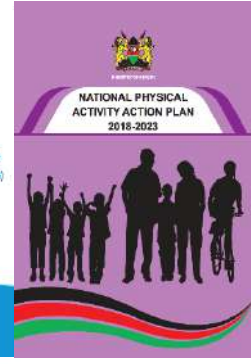
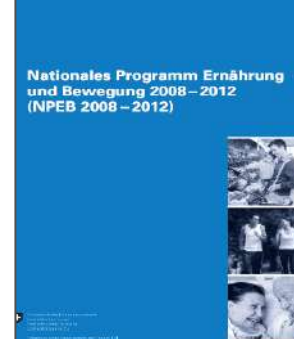
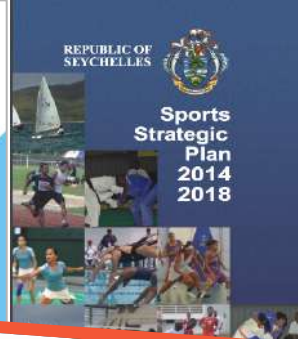


<http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity>

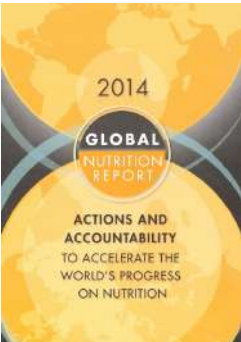
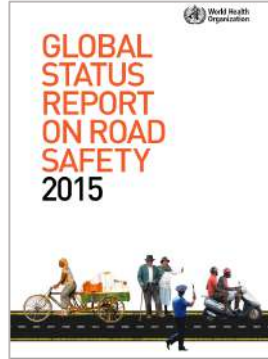
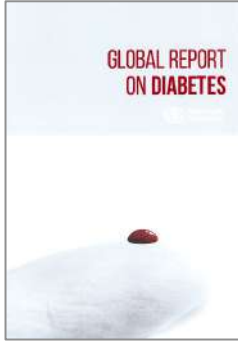


<http://www.globalphysicalactivityobservatory.com/>





UNDER DEVELOPMENT



# GLOBAL STATUS REPORT ON PHYSICAL ACTIVITY 2020

Requested by WHA71  
Resolution 12.6

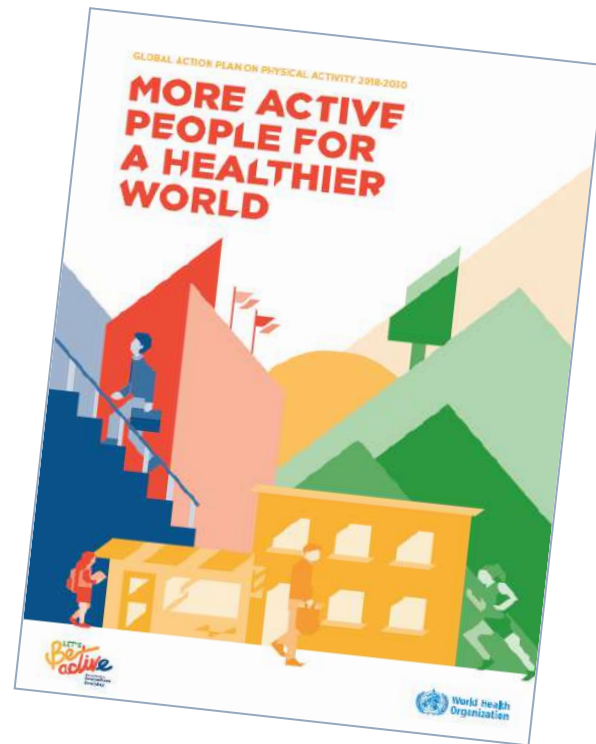
## SUMMARY

1. Promoting physical activity has benefits to health, communities, environment, and economy - win win win win
2. Global action plan provides menu of effective actions - adopt, adapt and tailor to country / local contexts
3. Adopt a 'whole of system' approach and effective partnerships and with sectors outside of health
4. Invest in advocacy, capacity building & knowledge sharing
5. Implement and effectively use monitoring & evaluation to report results and drive future investment and action



LET'S  
**Be active**  
Everyone  
Everywhere  
Everyday

**Thank you**



Resources available at [www.who.int/lets-be-active/en/](http://www.who.int/lets-be-active/en/)

Contact: [bullf@who.int](mailto:bullf@who.int)