

# Physical activity promotion and measurement - WHO perspective

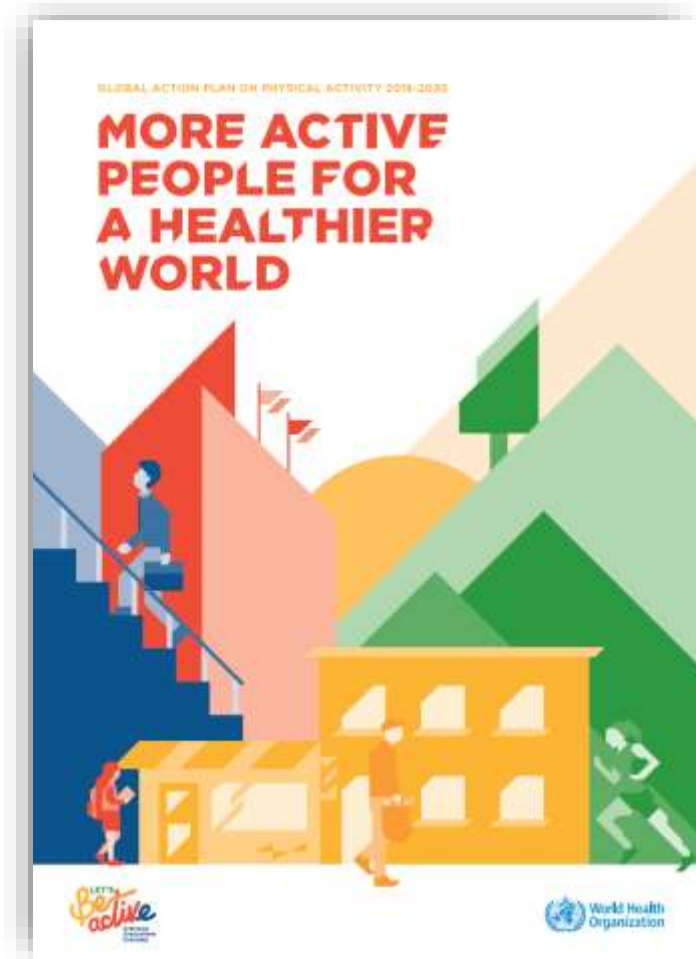
Dr Wendy Snowdon, Team Coordinator  
Pacific NCDs and Health through the Lifecourse

# Global action plan on physical activity 2018-2030 (GAPPA)

- “Downstream approaches”
  - Education and information to public
- “Upstream approaches”
  - Policy actions for socio-cultural change

Single target:

A 15% relative reduction in the global prevalence of physical inactivity in adults and in adolescents by 2030.



# Global action plan on physical activity 2018-2030

## 1 CREATE ACTIVE SOCIETIES

### SOCIAL NORMS AND ATTITUDES

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.

**1.1:** Communication campaigns linked with community action, increase awareness of health benefits.

**1.2:** Awareness campaigns on socio-cultural and environmental benefits

**1.3:** Mass public participation in PA events for positive PA experiences

**1.4:** Improve training for health professionals to increase understanding of their role in PA.

# Global action plan on physical activity 2018-2030

## 2 CREATE ACTIVE ENVIRONMENTS

### SPACES AND PLACES

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.



**2.1:** Include promotion of PA in urban planning and transport policies

**2.2:** Equitably improve public service provision for improved PA.

**2.3:** Implement policies to improve safety of PA, such as road safety.

**2.4:** Provide access to safe, quality, green open spaces & sports facilities

**2.5:** Strengthen regulations for public facilities to promote PA.

# Global action plan on physical activity 2018-2030

## 3 CREATE ACTIVE PEOPLE

### PROGRAMMES AND OPPORTUNITIES

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.



**3.1:** Provide good physical education and positive PA experiences

**3.2:** Implement systems for increasing patient PA as part of UHC

**3.3:** Provide PA programs in public settings, public and private workplaces, and green spaces.

**3.4:** Provide programs for improving PA in older adults

**3.5:** Implement programs and services on PA for the least active social groups

**3.6:** Implement whole-of-community approaches with multiple stakeholders from national to community level

# Global action plan on physical activity 2018-2030

## 4 CREATE ACTIVE SYSTEMS

### GOVERNANCE AND POLICY ENABLERS

Create and strengthen leadership, governance, multisectoral partnerships, workforce capabilities, advocacy and information systems across sectors to achieve excellence in resource mobilization and implementation of coordinated international, national and subnational action to increase physical activity and reduce sedentary behaviour.

**4.1:** Strengthen policies for leadership, governance and accountability supporting PA

**4.2:** Enhance monitoring systems for surveillance of physical inactivity

**4.3:** Strengthen research and evaluation capacity

**4.4:** Escalate high-level advocacy at regional, national and global levels

**4.5:** Secure sustainable financing

# Global guidelines

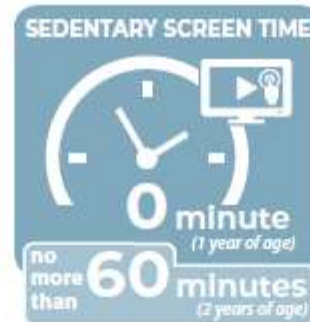
The WHO has developed global guidelines for physical activity in any setting

<b>Age 5-17 years old</b>	<ul style="list-style-type: none"><li>• <b>≥60 minutes of moderate to vigorous</b> physical activity daily</li><li>• &gt;60 minutes has additional health benefits</li><li>• Mostly aerobic, vigorous at least <b>3 times per week</b></li></ul>
<b>Age 18-64 years old</b>	<ul style="list-style-type: none"><li>• <b>≥150 minutes moderate</b> aerobic PA per week or</li><li>• <b>≥75 minutes vigorous</b> aerobic PA per week</li><li>• <b>≥10 minute bouts</b></li><li>• Muscle-strengthening on <b>≥2 days</b> per week</li><li>• Any combination or additional PA has health benefits</li></ul>
<b>Age &gt;65 years</b>	<ul style="list-style-type: none"><li>• As with 18-64 years old plus</li><li>• 3 or more days per week if poorly mobile or</li><li>• As active as possible considering health condition</li></ul>

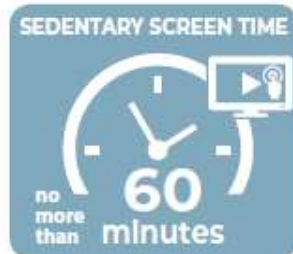
<1 yr



2-3 yrs



3-4 years





# Monitoring PA

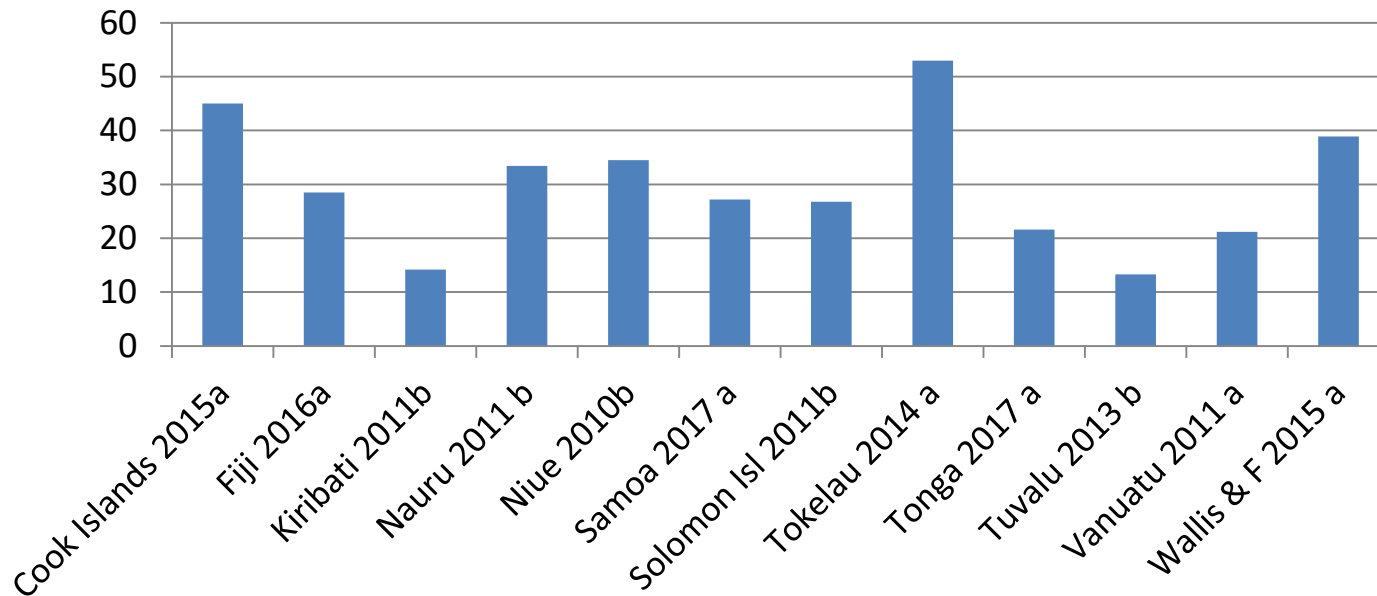
- Monitoring GAPPA target calls for baseline data from 2016.
- Member States to report on progress in 2021, 2026, 2030.
- Pacific Healthy Islands Monitoring Framework has
  - Insufficiently PA adults and Inadequate PA in adolescents
  - Tools: STEPS and STEPS-like surveys (adults), GSHS and school-based surveys (Adolescents)

# Monitoring PA

A = 13-17 yrs

B = 13-15 yrs

## Insufficient Physical Activity (PA) in adolescents



**Monitoring Trends**  
**Progress towards targets**

# Summary

- Guidance developed globally to guide actions to improve PA
- Guidance also provided on levels of PA recommended
- Monitoring framework in place, globally and regionally
- Tools exist for monitoring in adolescents and adults