

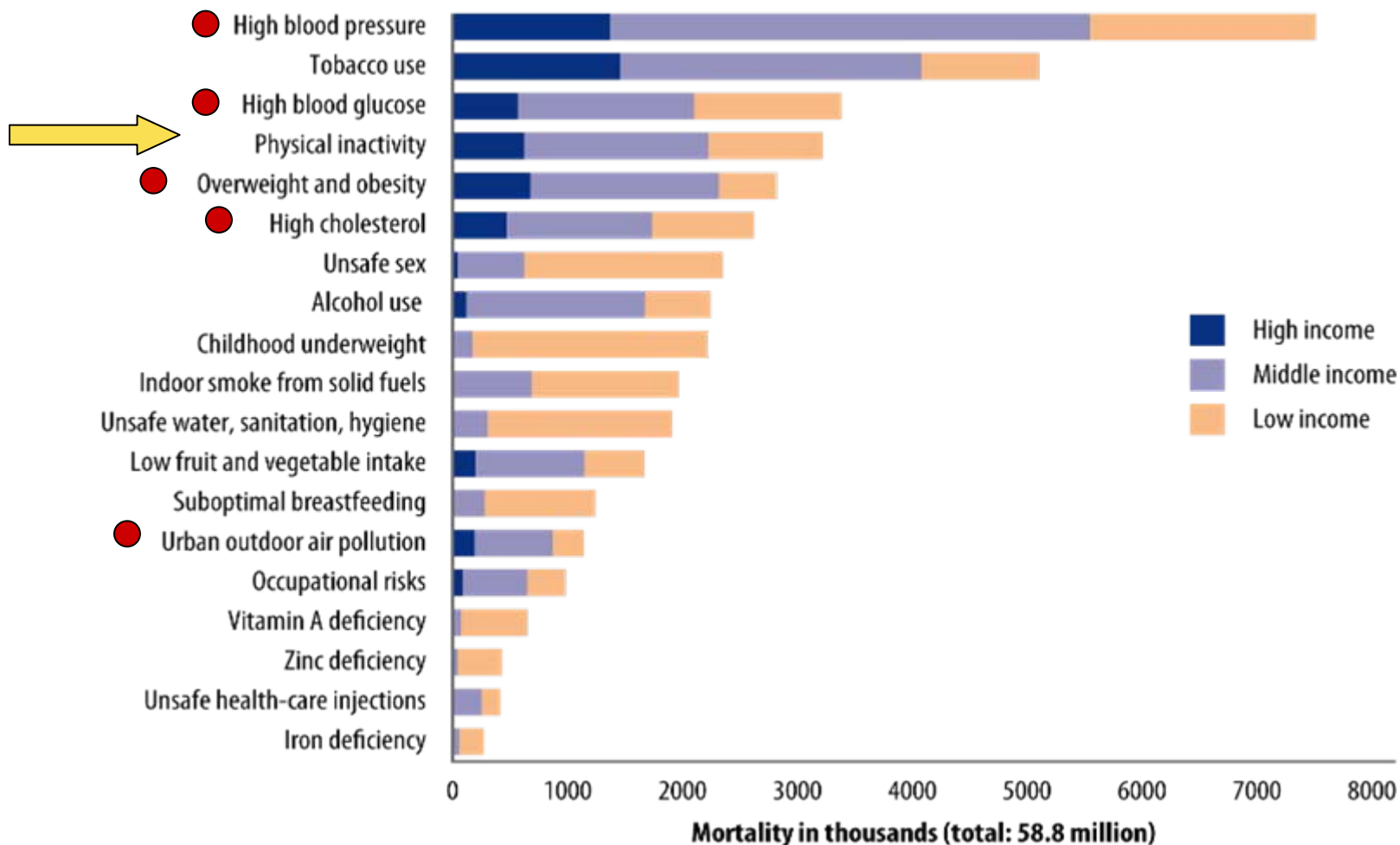
WHO Global Recommendations on Physical Activity for Health

THE PEP Workshop on walking and cycling
30 September - 1 October Batumi, Georgia



Eddy L. Engelsman
Technical Officer
Department of Chronic Diseases and Health Promotion
engelsmane@who.int

Physical inactivity - 4th leading risk factor for global mortality



Source: WHO's report on "Global health risks"

Physical inactivity

- Independent risk factor for NCD; not exclusively linked to obesity
- Main cause for:
 - 21–25% of breast and colon cancer
 - 27% of diabetes
 - 30% of ischaemic heart disease



Noncommunicable diseases (NCDs)

- Noncommunicable diseases count **60%** of global deaths
- Global neglect of NCDs
- Not included in the Millennium Development Goals

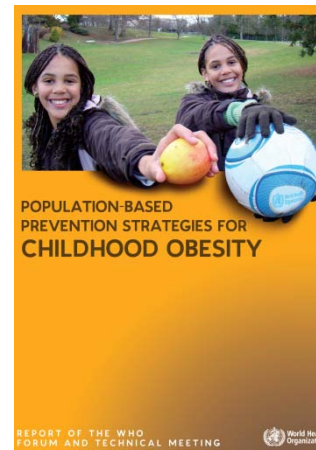
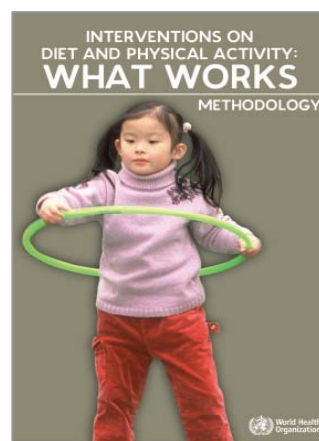
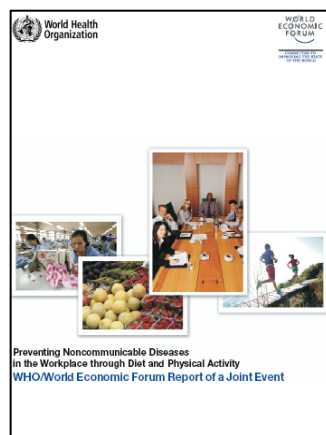
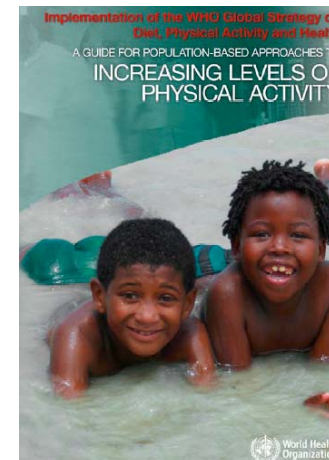
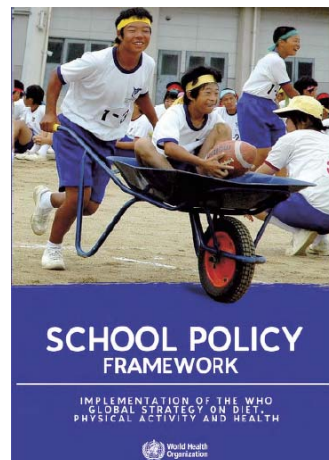
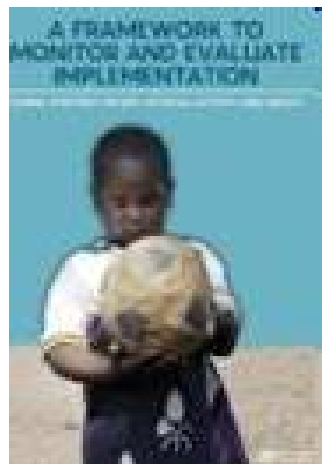


Physical activity beyond sport

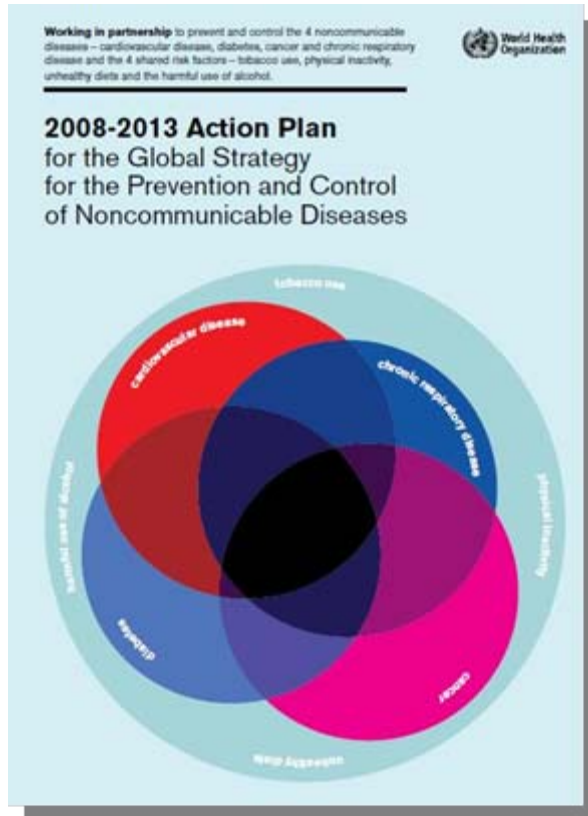
- Sport 5% of all physical activity (in NL)
- Broader concept of physical activity needed
- Everyday life: walking, cycling, playing, etc.
- Urban planning, healthy transport
- Individual vs. government responsibility



DPAS implementation toolbox



Global Action Plan Noncommunicable diseases 2008-2013 (WHA 2008)



Six objectives:

1. Raising the priority accorded to NCD in development work at global and national levels
2. Establishing and strengthening national policies and programmes
3. Reducing and preventing risk factors
4. Prioritizing research on prevention and health care
5. Strengthening partnerships
6. Monitoring NCD trends and assessing progress made at country level

Under each objective actions for member states, WHO Secretariat and international partners

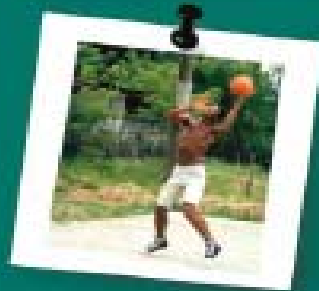
NCD Action Plan 2008 Objective 3: actions for Member States

Ensure that physical environments support safe active commuting, and create space for recreational activity, by:

- **Ensuring that walking, cycling and other forms of physical activity are accessible to and safe for all;**
- **Improving sports, recreation and leisure facilities;**
- **Increasing the number of safe spaces available for active play.**



GLOBAL RECOMMENDATIONS ON PHYSICAL ACTIVITY FOR HEALTH



World Health
Organization

Global recommendations on physical activity for health (1)

● Why?

- Physical inactivity 4th leading risk factor
- Limited existence of national guidelines in low and middle income countries; different guidelines
- Evidence based starting point to promote physical activity
- Political momentum and appeal



Global recommendations on physical activity for health (2)

- Target audience: national policy makers
- PA independent risk factor for:
 1. Coronary heart disease, cardiovascular disease, stroke and hypertension
 2. Diabetes and obesity
 3. Bone health, osteoporosis
 4. Breast and colon cancer
 5. Functional Health and prevention of falls
 6. Anxiety, depression, cognitive functions

http://www.who.int/dietphysicalactivity/factsheet_recommendations



Global recommendations on physical activity for health (3)

- Population based physical activity for 3 age groups:
 - what type (aerobic, strength, flexibility, balance)?
 - how often?
 - for how long?
 - how intense (how hard a person works to do the activity)?
 - how much in total?



Key concepts of the Global Recommendations

Intensity of activity

moderate



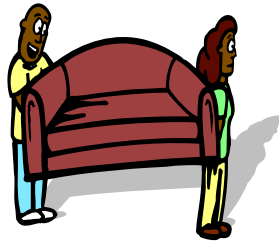
vigorous



Type of activity



Aerobic



Strength



Balance



Flexibility

Domains of activity

recreation



and sports



transportation

household



work/school

Children and youth - aged 5-17 - should:

- Accumulate **at least 60 minutes** of moderate to vigorous intensity physical activity daily.
- Amounts of physical activity greater than 60 minutes provide additional health benefits.
- Most of the daily physical activity should be **aerobic**.
- Vigorous intensity activities should be incorporated, including those that **strengthen muscle and bone at least 3 times/ week**.

http://www.who.int/dietphysicalactivity/factsheet_young_people



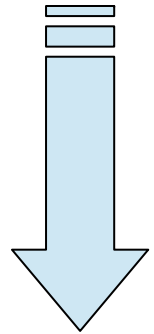
Adults and older adults:

- +18 yrs old: **at least 150 minutes** of moderate-intensity aerobic PA spread throughout the week **or** do at least 75 minutes of vigorous-intensity aerobic PA spread throughout the week **or** an equivalent combination.
- **65yrs old & above** with poor mobility, should perform PA to enhance balance and prevent falls on 3 or more days per week.
- When **65yrs old & above** adults cannot do the recommended amounts of PA due to health conditions, they should be as physically active as their abilities and conditions allow.





Action points for policy makers: 'adopt and adapt'



- Adaptation and translation must consider:
 - Cultural background, ethnic minorities, gender issues.
 - Social norms, religious values.
 - Security situation.
 - Availability of safe spaces.
 - Access and attendance to schools and worksite.
 - Existing infrastructures and urban design.
 - Patterns of participation in all domains of physical activity (leisure, transportation and occupational).
 - Geographical settings, seasons and climate.
 - Involvement of all concerned sectors and actors.
 - Role of municipalities and local leadership.



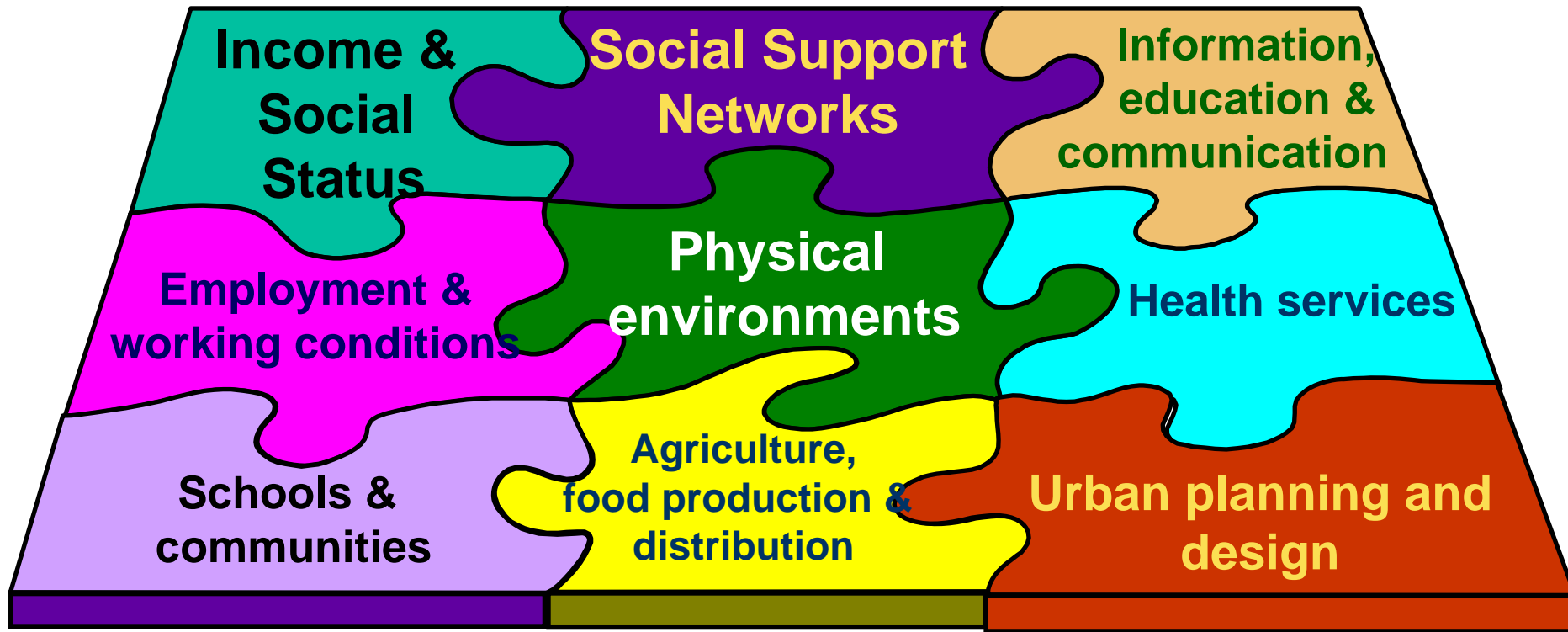
Supportive policies in promoting PA

Possible physical activity promoting interventions include:

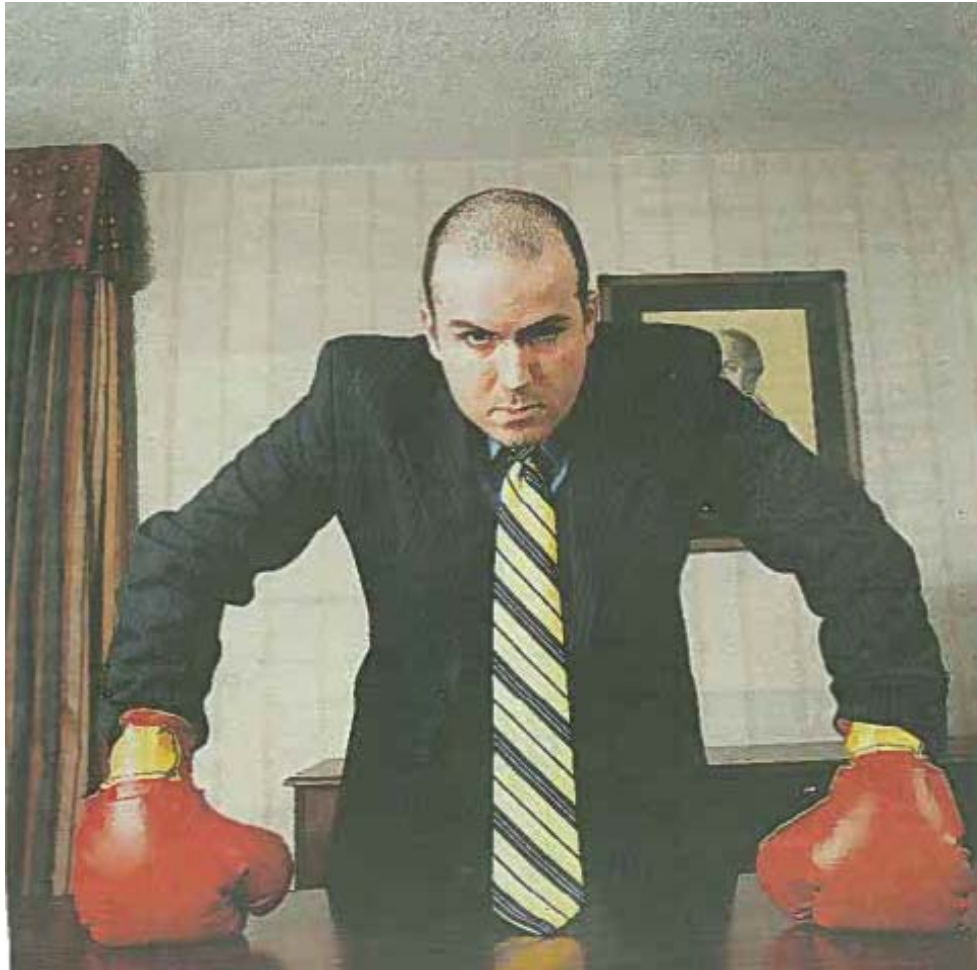
- ensuring that **walking, cycling** and other forms of physical activity are accessible and safe;
- providing local **play** facilities for children (e.g. building walking trails);
- facilitating **transportation** to work (e.g. cycling and walking) and other physical activity strategies for the working population;
- ensuring that **school** policies support the provision of opportunities and programmes for physical activity;
- providing schools with safe and appropriate **spaces and facilities** so that students can spend their time actively;
- providing advice or counsel in **primary care**; and
- creating **social networks** that encourage physical activity.



Policies & interventions: involve all relevant sectors and stakeholders



Others sectors' interests & humility



More information

- Physical activity: <http://www.who.int/dietphysicalactivity/pa>
- Pacific PA guidelines for Adults:
http://www.wpro.who.int/NR/rdonlyres/6BF5EE82-8509-4B2F-8388-2CE9DBCCA0F8/0/PAG_layout2_22122008.pdf
- Framework to monitor and evaluate diet and physical activity policies: <http://www.who.int/dietphysicalactivity/DPASindicators>
- Global Physical Activity Questionnaire:
<http://www.who.int/chp/steps/GPAQ>
- WHO Global Infobase:
<http://infobase.who.int>

