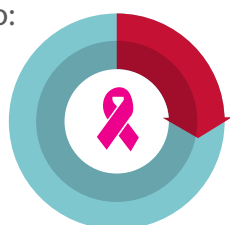
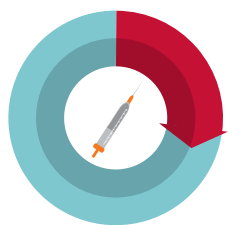


Physical inactivity is a public health priority

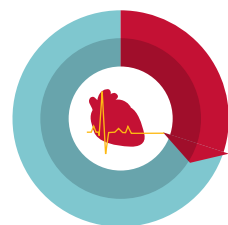
- The 4th leading risk factor for global mortality causing about 3.2 million deaths globally each year
- As serious as high blood pressure, tobacco use and high blood glucose
- Contributes to:



21–25%
breast and colon
cancers



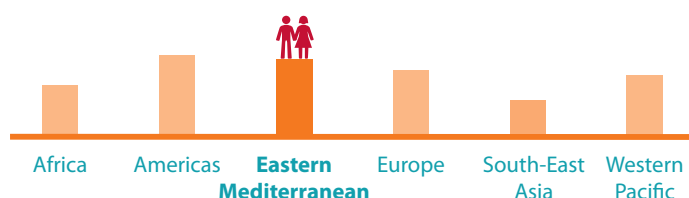
27%
diabetes



30%
ischaemic heart
disease

Physical inactivity is a major concern in the Region

Every year, 219 000 people die early as a result of being inactive: 8000 from high-income countries and 211 000 from low and middle-income countries



The Region has one of the highest rates of physically inactive people in the world



One out of three men and one out of two women are below the minimum recommended levels for physical activity

Physical activity is critical for population health

- Promotes healthy growth and development in children and youth
- Supports healthy aging and prevents osteoporosis
- Lowers the risk of several diseases (heart disease, diabetes, colon and breast cancer)
- Prolongs life, enhances productivity and contributes to economic prosperity



Why are people not active enough?

- Inadequate knowledge about the health impact of being physically inactive
- Living environments that restrict mobility and provide no space for recreation
- Change in lifestyle with greater reliance on personal vehicles
- Inadequate public transportation
- Limited access to sports clubs
- Time constraints with overlapping life priorities
- Long working hours limiting physical activity



How active should people become?

Youth aged 5–17 years

At least 60 minutes of moderate- to vigorous-intensity physical activity every day. More than 60 minutes will provide additional health benefits.

Adults aged 18–64 years

At least 150 minutes of moderate-intensity aerobic physical activity per week or at least 75 minutes of vigorous-intensity aerobic physical activity per week or an equivalent combination of moderate- and vigorous-intensity activity.

Adults over 65 years

As for adults aged 18–64 years, with the following provisions. Adults with poor mobility should perform activity to enhance balance and prevent falls at least 3 times a week. If adults of this age group cannot do the recommended amounts of activity due to health conditions, they should be as physically active as their abilities and conditions allow.

What can be done to promote physical activity?

1. 'Whole-of-school' programmes that include physical activity in all schools
2. Transport policies and systems that prioritize walking, cycling and public transport
3. Urban design regulations and infrastructure that provide for equitable and safe access for physical activity
4. Physical activity and noncommunicable diseases prevention integrated into primary health care systems
5. Public education, including media campaigns to raise awareness and change social norms
6. Community-wide programmes that mobilize and integrate community resources
7. Sports systems and programmes that promote 'sport for all' and encourage participation by all



Progress in physical activity requires multi-level and multi-sector approaches involving education, labour, health, youth and sports, media and information, urban planning and transport.

Based on the recommendations of the World Health Assembly and the United Nations General Assembly¹, it is urgent we act now

- Concerted efforts to recognize physical activity as a public health priority
- Shared commitment to reduce physical inactivity by 10% in 2025
- Multisectoral action and development of national plans to reduce physical inactivity



¹ See: United Nations. Political declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases. Resolution adopted by the General Assembly, New York, 19 September 2011 (A/Res/66/2) http://www.who.int/nmh/events/un_ncd_summit2011/en/; World Health Assembly resolutions WHA57.17, WHA61.14, WHA63, WHA66.10 <http://apps.who.int/gb/or/> and WHO Regional Committee for the Eastern Mediterranean resolutions EM/RC59/R.2, EM/RC60/R.4 <http://www.emro.who.int/about-who/regional-committee/regional-committee.html>.