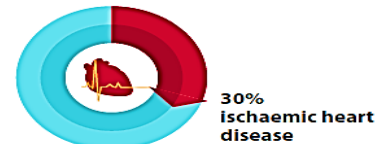
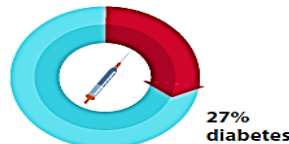


Global Move for Health Day 10 May



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:



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



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.