



PREVENTION OF NCDs: Why Physical Activity?

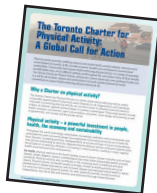
Physical inactivity is the fourth leading cause of deaths due to non communicable disease (NCDs) worldwide. Increasing population-wide participation in physical activity is a major health priority in most high and middle income countries and is a rapidly-emerging priority in lower income countries experiencing rapid social and economic transitions. There is the need for all countries to invest in strategies, programs and supportive environments that inform, motivate and support individuals and communities to be active in ways that are safe, accessible and enjoyable. The benefits of action can cut across health, environment, transport, sport, culture and the economy.

Two key documents provide a summary of the evidence and the actions needed for national action on physical activity:

The Toronto Charter for Physical Activity: A global call for action

(May 2010) – A concise summary of the case for national action on physical activity. A framework for action relevant to all countries.

Access at www.globalpa.org.uk



NCD Prevention: Investments that Work for Physical Activity (Feb 2011)

- Seven specific, evidence based, cost-effective actions relevant for all countries that are the best investments to increase physical activity.

Access at www.globalpa.org.uk





Act Now on Physical Activity for Better Health, Wellbeing and Prevention of NCDs

KEY MESSAGES FROM GAPA

1. There is **enough evidence** on health and other benefits of physical activity **to act now**.
2. We have **global physical activity guidelines** based on international scientific **evidence and consensus**.
3. **We can measure** and have tested tools to assess **population levels** of physical activity
4. We know **inactivity is an increasing problem** in **BOTH** high-income countries (**HIC**) and low and middle-income countries (**LMIC**), particularly in countries experiencing rapid urbanization
5. **We have solutions** – across different settings and these require cross sector partnerships
6. **All countries can and should increase** their **action** to increase physical activity **across the life span**.
7. **It works** – **we have examples** of effective large scale national strategies on physical activity **in the LMIC context**.

GAPA is the Advocacy Council for the International Society of Physical Activity and Health. GAPA aims to support an increase in commitment to national level action on physical activity and encourage governments and interested parties to develop, disseminate and implement policies, programmes, services to support physical activity.



For more information on the evidence and actions on physical activity please visit GAPA at www.globalpa.org.uk or email info@globalpa.org.uk