

World Health Organisation Progress Report 2018

This document provides a snapshot of the overview of the World Health Organisation's Physical Activity Strategy for the WHO European Region 2016-2025.

The strategy was prepared in light of existing voluntary global targets for the prevention and control of noncommunicable diseases 2013-2020. It focuses on physical activity being the leading factor in Health and Wellbeing; covering 5 priority areas:

Priority 1: Providing leadership and co-ordination for the promotion of physical activity.

- The European Union Physical Activity Focal Points Network has significantly improved the co-ordination of physical activity promotion at both national and European levels.
- The Regional Office prepared a publication focusing on surveillance called "Factsheets on health-enhancing physical activity in the 28 European Union Member states of the WHO European Region.
- Network has been instrumental in the sharing of knowledge between different countries and in identifying effective policies and strategies for promoting physical activity.
- Inspired the development of a global action plan on physical activity 18-2030
- Conducted an analysis of physical activity in educational settings reviewing the amount of activity CYP do in schools.
- Progress has been made in supporting countries to develop national physical activity plans or strategies.
- The conference "Asian Games 2017..." discussed the role of sports and high profile sporting events such as the Asian Indoor and Martial Arts Games in promoting healthy diets, physical activity and gender equality.



Priority 2: Supporting the Development of Children & Adolescents

- The Country factsheets address issues such as the promotion of health-enhancing physical activity in the education sector.
- Assisted Member States in the development and dissemination of guidelines on physical activity during pregnancy and on physical activity for children under five years of age, also launching an infographic.
- The "Adolescent obesity and related behaviours report looks at trends in risk factors for obesity, pointing to physical activity promotion a priority.



Priority 3: Promoting Physical Activity for all adults as part of daily life

- Train health workers in tackling preventable and treatable physical inactivity-related health problems, including through physical activity on prescription.
- Training courses in counselling and brief interventions to promote physical activity were conducted.
- Stresses importance of built environments and published a booklet offering guiding principles for the WHO European Region to move towards increased physical activity in urban settings by transforming public spaces as well as a focus on urban planning.
- Guidance needed to facilitate a shift towards more cycling and walking for transport.



Priority 4: Promoting physical activity among older people

- Policy dialogues were organised in several countries on creating enabling environments and promoting active living and mobility with the aim of placing health-enhancing physical activity at all ages into the wider context of effective and efficient prevention and control of NCDs.
- Support to some Member States to implement community-based physical activity programmes for older adults with diabetes and other chronic diseases through innovative initiatives such as walking football.



Priority 5: Supporting action through monitoring, surveillance, evaluation and research.

- Member states have established surveillance systems using the WHO STEPwise approach.
- Large number have prioritised physical activity surveillance through the European network.
- Regional Office has published the Health Behaviour in School-aged children survey
- Countries have participated in the WHO European Childhood Obesity Surveillance Initiative which collects data on childhood overweight and obesity.
- Working together to validate tools and instruments used to evaluate physical activity levels.

