

# THE BANGKOK DECLARATION ON PHYSICAL ACTIVITY FOR GLOBAL HEALTH AND SUSTAINABLE DEVELOPMENT

THE 6<sup>th</sup> ISPAH INTERNATIONAL  
CONGRESS ON PHYSICAL ACTIVITY  
AND PUBLIC HEALTH  
**Bangkok, Thailand**  
**16-19 November 2016**

# The Bangkok Declaration on Physical Activity for Global Health and Sustainable Development

An output from the delegates and hosts of the 6th International Congress on Physical Activity and Public Health, the biennial meeting of the International Society for Physical Activity and Health (ISPAH), with representatives from 72 countries and held in Bangkok, Thailand and ISPAH Members:



The International Congress on Physical Activity and Public Health

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# Physical activity .....

- includes all forms of human movement and active living including walking, exercise as well as sport and is a natural behaviour that confers many benefits;
- Is a cornerstone strategy for addressing noncommunicable diseases (NCDs) including type 2 diabetes, cardiovascular diseases, numerous cancers, respiratory disease, dementia, and poor mental health;
- Has low prevalence globally and there are inequalities across the life-course in those meeting the WHO Global Recommendations on Physical Activity (especially relating to gender, disability, and regional and socio-economic disparities);
- Has a key role in contributing to global strategies such as the WHO Commission on Ending Childhood Obesity (2016), Decade of Action on Nutrition (2016-2025), New Urban Health Agenda (Habitat III), Mobilizing Sustainable Transport for Development (2016); Every Woman Every Child (2010); and the forthcoming WHO Global Action Plan on Dementia (draft 2015);
- Provides important co-benefits, can significantly reduce health care costs, increase economic productivity and provide effective return on investments in sectors such as transport and tourism;
- Has drivers that are linked to societal and environmental changes including technology, globalisation and urbanisation, which are transforming how people live, work, travel and play and increasing levels of sedentary behaviours.



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- **Actions in line with this Bangkok Declaration will contribute at scale to achieving specific SDGs in an evidence-based, cost efficient and sustained way that will move nations, communities and individuals into everyday physical activity.**





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- Policy actions across multiple settings which lead to an increase in population levels of physical activity will **contribute to reducing NCDs (Target 3.4)**;
- providing infrastructure that supports physical activity through equitable access to safe walking, cycling and use of public transport, by all ages, can **contribute to reducing road traffic accidents** particularly those involving pedestrians and cyclists **(Target 3.6)**; and
- reduced automobile use **can contribute to improved air quality (Target 3.9)**.



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Policy actions that ensure, and monitor, equitable provision of pre-school and school-based physical education curricula, physical activity programs and environments that are inclusive and enable all girls and boys to develop the physical literacy, fundamental movement skills, knowledge, attitudes, habits and the enjoyment of physical activity, **can contribute to enhancing readiness for primary education (Target 4.2) and improved educational outcomes (Target 4.1).**



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Policy actions which promote physical activity through improved access to safe and affordable opportunities to participate in sport and physical activity by girls and women across the life course, particularly those in marginalised and disadvantaged communities, **can contribute to ending discrimination (Target 5.1)** in sports and physical activity.



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**SDG 10 Reduce inequalities:** Policy actions that maximise the potential of sports and physical activity programmes, including major sporting events, to promote inclusion and empowerment regardless of individual traits **can contribute to empowering and promoting the social, economic and political inclusion of all (Target 10.2) and promoting equal opportunity (Target 10.3).**

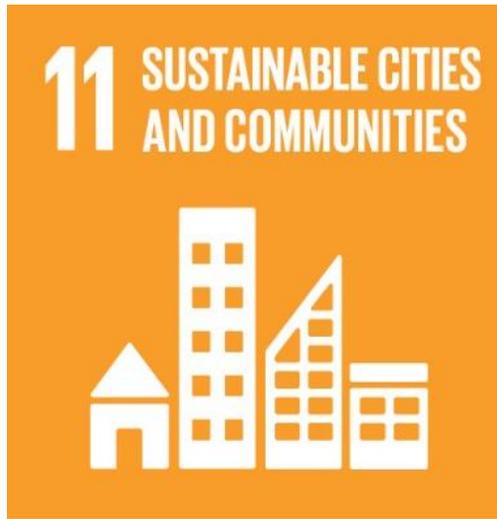


Action on Physical Activity can contribute to achieving 8SDG



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- **Inclusive, safe, resilient and sustainable cities and communities:** Development, implementation and monitoring of urban and transport planning policies that require city and regional designs to provide equitable access to safe, affordable infrastructure for walking and bicycling, as well as public open spaces and recreational facilities **can contribute to:**
  - **achieving sustainable transport systems for all (Target 11.2);**
  - **enhancing inclusive and sustainable urbanisation (Target 11.3);**
  - **reducing the environmental impact of cities (Target 11.6) and**
  - **achieving universal access to green and public spaces (Target 11.7).**



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- Land use and transport policy, combined with fiscal, environmental and educational interventions that support walking, cycling and use of public transport by all **can contribute to a reduction in the use of fossil fuels and climate change mitigation (Target 13.1)** and **improved education, awareness, and human and institutional capacity on climate change mitigation and adaptation (Target 13.2).**



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- Policy actions that ensure adequate access to, and use of, natural environments for physical activity, recreation and play by children and adults can **contribute to the sustainable use, appreciation, conservation and restoration of land, biodiversity (Target 15.1) and terrestrial and inland freshwater ecosystems (Targets 15.5).**



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- Policy actions that leverage the capability of sports to nurture positive social values such as respect and fairness and to unite people of different age, gender, socioeconomic status, nationality and political beliefs **can contribute to reducing violence and conflicts (Target 16.1)** as well as **corruption and bribery (Target 16.5)** and **promoting non-discriminatory laws and policies (Target 16.b).**



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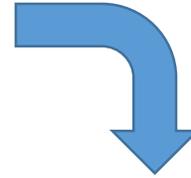


# A call for higher priority

- Global efforts to decrease physical inactivity have been insufficient, despite its significant role in preventing NCDs
- There is now an urgent need to strengthen and scale the development, prioritisation, financing and implementation of evidence-informed national physical activity plans
- This will enable all countries to achieve the WHO global NCD target for reducing physical inactivity for children and adults by 10% by 2025
- This will contribute to achieving 2030 Agenda goals (SDGs 3, 4, 5, 10, 11, 13, 15, and 16)

# How do we strengthen and scale the development, prioritisation, financing and implementation of evidence-informed national physical activity plans?

1. Renew commitments to invest in and implement at scale and pace policy actions to decrease physical inactivity across the life course as a contribution to reducing the global burden of NCDs and achieving 2030 Agenda goals (SDGs 3, 4, 5, 10, 11, 13, 15, and 16)
2. Establish national multi-sector engagement and coordination platforms
3. Develop workforce capabilities
4. Increase technical assistance and share experience
5. Strengthen monitoring and surveillance
6. Support and promote collaboration, research, and policy evaluation.



**The Bangkok Declaration on Physical Activity for Global Health and Sustainable Development** calls upon governments, policymakers, donors and stakeholders including the WHO, the United Nations and all relevant non-governmental organisations to:



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- **We urge WHO, United Nations agencies, all global health agencies and initiatives, Member States, State and Local governments, and City Officials to work together with civil society including academia, professional bodies, and non-governmental organisations, as well as private sector and the media, to provide leadership and maximise the potential of our combined resources to meet shared goals for health and sustainable development and effectively implement all aspects of this Bangkok Declaration on Physical Activity for Global Health and Sustainable Development.**