

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



# Physical activity .....

- includes all forms of human movement and active living
- Is a cornerstone strategy for addressing noncommunicable diseases (NCDs)
- Has low prevalence globally
- Has a key role in contributing to global strategies
- Provides important co-benefits
- Has drivers that are linked to societal and environmental changes



- **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.**





- 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)**.



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.



**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)**.



- 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).**



- 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).**



- 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)**.



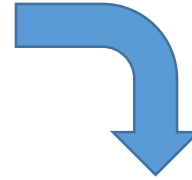
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# How do we strengthen and scale the development, prioritisation, financing and implementation of evidence-informed national physical activity plans?

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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