



# Roadmap for Implementing the Global Action Plan on Physical Activity

in the WHO South-East Asia Region



World Health  
Organization  
REGIONAL OFFICE FOR  
South-East Asia



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# Foreword




Insufficient physical activity is a leading risk factor for noncommunicable diseases (NCDs) globally and in the South-East Asia Region, where NCDs cause around 8.5 million deaths every year, many of them premature. Globally, 23% of adults and 81% of adolescents aged 11–17 years do not meet WHO recommendations for physical activity. In the Region, physical inactivity among adults is around 15% and as high as 74% among adolescents. By 2025, all countries globally aim to achieve a 10% relative reduction in the prevalence of physical inactivity and a 15% reduction by 2030, as required by the Global Action Plan on Physical Activity (GAPPA).

Globally and in the Region, progress towards these targets has been slow. The Region's 2018 status report concluded that business-as-usual would have substantial and costly long-term consequences, identifying the need for countries to accelerate action, in line with the Region's Flagship Priority on preventing and controlling NCDs. Since then, the COVID-19 pandemic has underscored the critical importance to all countries of promoting good health throughout the life course, for which cohesive and collaborative action involving all relevant sectors – from health and transport, to education, sports and urban development – must be mobilized.

This Regional Roadmap for implementing the GAPPA aims to facilitate context-specific activities that will help achieve the GAPPA targets, and which will ensure all people have access to safe and enabling environments and to diverse opportunities to be physically active in their daily lives. The Roadmap recognizes that countries are at different stages in their efforts to reduce physical inactivity, encouraging them to conduct situational assessments using an innovative situational assessment tool (SAT) aimed at gauging policy coherence across sectors. The Roadmap contains a series of milestones intended to track national and Regional progress.

By 2021, at least four countries of the Region should have fully completed the national SAT, and at least three countries should have a database of good practices in physical activity promotion. By 2022, the Regional network on physical activity should be established, and by 2023 at least eight countries should have established national communication plans and strategies. By 2024, at least one Regional activity – such as a Regional campaign or research activity – should be conducted and supported. By 2025, the second status report on physical activity in the Region must be published.

To achieve these and a range of other milestones, WHO will continue to provide Member States its ongoing and unmitigated support. Together, we must reduce physical inactivity, increase healthy lifestyles, and achieve a healthier, more sustainable future for all.



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