

Global status report on physical activity 2022



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Foreword

Supporting people to be more active through walking, cycling, sport, and other physical activity has huge benefits not only for the physical and mental health of individuals, but also for societies, environments, and economies.

However, this first *Global status report on physical activity* shows that progress towards the Global action plan on physical activity target of a 15% relative reduction in physical inactivity by 2030 is slow and unequal. The COVID-19 pandemic set things back even further.

This must change – and change fast.

That is why it is important to implement evidence-based, effective policies, as outlined in WHO's Global Action Plan on Physical Activity. For example, policies to encourage walking and cycling can reduce air and noise pollution and mitigate climate change. And increased participation in sport can help bring communities together and build valuable life skills.

These actions can also help reduce the financial and systemic burden on national health systems through prevention and management of noncommunicable diseases.

This report proposes five recommendations for enhanced leadership, practical guidance, engaging

communities, better data, and sustainable funding. To accelerate progress and achieve the physical activity targets for 2025 and 2030, all countries, especially low- and middle-income countries (who have the most to do and the least resources), will require varying levels of financial and technical support. WHO provides global guidance and tools to support regional and country capacity-building and to strengthen country implementation. More training is needed to develop skills and capabilities to deliver programmes and services.

Advocates and influencers have a vital role to play, as does engaging with local communities and policy makers at all levels across multiple sectors about the need for change and the potential gains for improved health and well-being, sustainable environments, and socioeconomic development.

Future global reports will track progress towards reaching the physical activity targets for 2030. In the meantime, WHO urges all countries to promote physical activity in primary health care plans and NCD policies, sustainable mobility plans and sport policies, as well as national COVID-19 response and recovery plans.

We hope countries and partners will use this report and its recommendations to build more active, healthier, and fairer societies for all.



Dr Tedros Adhanom Ghebreyesus
Director-General
World Health Organization

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