

GLOBAL STATUS
REPORT ON PHYSICAL
ACTIVITY 2022

WEB ANNEX

Global action plan on physical activity monitoring framework, indicators and data dictionary



**Global status report on physical activity 2022. Web Annex.
Global action plan on physical activity monitoring framework,
indicators and data dictionary**

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This publication forms part of the WHO document entitled Global status report on physical activity 2021. It is being made publicly available for transparency purposes and information.



The Data Dictionary for the WHO *Global action plan on physical activity* (GAPPA) monitoring framework provides full details on all indicators proposed for and reported in the *Global status report on physical activity (2022)*.

- There are a total of 29 indicators.
- The indicators are presented and organized by their alignment with the 20 policy recommendations and within the four strategic objectives outlined in the GAPPA.
- For each indicator the following information is provided: the indicator name, the exact metric, the definition, the data source and question/s (with original question number as used in the source survey), method of computation, availability of baseline data and additional notes if needed.
- Please note that indicator name and numbering as shown in this document follows the order of the policy recommendations as listed in GAPPA. That is the GAPPA strategic objective number, followed by policy action number, followed by indicator number. For example if an indicator is under GAPPA Strategic Objective 1, Policy Action 1.1, and is the first indicator, it is denoted as 1.1.1. This order of indicators and numbering has not been changed to align with the Global status report.
- The format of this GAPPA Monitoring Framework Data Dictionary is based on the documentation styles used by WHO NCD Surveillance Unit and WHO Global Health Observatory to ensure alignment and reporting coherence.

How to navigate this document?

To assist your use of this Data Dictionary document, for each indicator, a cross reference has been provided to the Global status report chapter in table 1.

**Strategic objective 1:
ACTIVE SOCIETIES**

		INDICATOR	GLOBAL STATUS REPORT SECTION
1	National communication campaigns on physical activity	1.1.1	Section 5
2	National communication campaigns on physical activity with integrated links to community-based initiatives	1.1.2	Section 5
3	National communication campaigns on physical activity supported by environmental changes	1.1.3	Section 5
4	National physical activity communication campaigns promoting co-benefits of physical activity	1.2.1	Section 5
5	National mass participation events on physical activity	1.3.1	Section 5

**Strategic objective 2:
ACTIVE ENVIRONMENTS**

		INDICATOR	GLOBAL STATUS REPORT SECTION
6	National policy on walking and cycling	2.2.1	Section 6
7	National policy on public transport	2.2.2	Section 6
8	National road design standards	2.2.3	Section 6
9	National road safety strategy	2.2.4	Section 6
10	Road safety assessment on existing road networks	2.2.5	Section 6
11	Road safety assessment of new road infrastructure projects	2.2.6	Section 6
12	Legislation on speed limits meeting best practice	2.3.1	Section 6
13	Legislation on drink-driving meeting best practice	2.3.3	Section 6
14	Legislation on distracted driving (mobile phone use)	2.3.5	Section 6
15	Legislation on distracted driving (drug use)	2.3.5	Section 6

**Strategic objective 3:
ACTIVE PEOPLE**

		INDICATOR	GLOBAL STATUS REPORT SECTION
16	National protocols/standards for the management of physical inactivity through primary care	3.2.1	Section 7
17	Implementing national policies to promote physical activity in childcare settings	3.3.1	Section 7
18	Implementing national policies to promote physical activity in the workplace	3.3.2	Section 7
19	Implementing national policies to promote community-based physical activity and sports initiatives	3.3.3	Section 7
20	Implementing national policies to promote physical activity in public open spaces (including parks)	3.3.4	Section 7
21	Implementing national policies to promote walking and cycling	3.3.5	Section 7
22	Implementing national policies to promote physical activity as part of active aging	3.4.1	Section 7
23	National mHealth initiative	4.3.1	Section 7

**Strategic objective 4:
ACTIVE SYSTEMS**

		INDICATOR	GLOBAL STATUS REPORT SECTION
24	Operational national NCD policy which includes physical activity	4.1.1	Section 4
25	Operational national physical activity policy, strategy, or action plan	4.1.2	Section 4
26	National guidelines on physical activity	4.1.3	Section 4
27	National physical activity target	4.1.4	Section 4
28	National coordination mechanism for NCDs	4.1.5	Section 4
29	National surveillance of physical activity	4.2.1	Section 4

1.1.1 National communication campaigns on physical activity.

Metric	% of countries that have implemented national community-wide public education and awareness campaigns on physical activity in the past 2 years.
Definition	Country has completed at least one recent national public awareness programme on physical activity (defined as within the last 2 years).
Data source	WHO NCD Country Capacity Survey (CCS). Completed every two years by country representative.
Questions	<p>NCD CCS Module II – Q28</p> <p>Q28 Has your country implemented any national public education and awareness campaign on physical activity within the past 2 years?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know If No: Go to Question 26</p> <p>If Yes:</p> <p>28a) Does the campaign integrate with community-based programmes?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p> <p>28b) Is the campaign supported by any environmental changes to enable physical activity?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p>
Computation	<p>Yes if Q28 = yes, and the supporting documents and follow up verification provided evidence demonstrating meeting any of the below criteria:</p> <ol style="list-style-type: none"> Conducted public education campaign on PA using mass media channels (i.e. traditional, digital, or both), at a national or large, sub-national scale (this excluded campaigns implemented at only a city/town/community/village scale); where available, evidence of a PA campaign name ('tag line' or branding) was also recorded. Conducted public education activities on PA through participation in a regional or sub regional (multi-country) campaigns which included promotion of PA through media and events and may vary in duration (from one week or one month or longer). Conducted public education activities on PA through implementation of multiple promotional days which included a clear dedicated message(s) aimed to promote PA; these may be recurrent days (i.e. regular days) designated to promote physical activity such as through walking/cycle/car free/sports or multiple days on different aspects of PA, or aimed at different populations, and/or conducted as part of thematic international health days (such as World Heart Day) or national health days (International Walking Day). Reported some activities aimed at promoting participation in physical activity but did not meet the above criteria; programmes may be in specific settings and/or on sub national/local scale, and/or of limited duration. <p>No if Q28 = no or don't know, or the supporting documents and verification did not provide evidence demonstrating meeting any of the above criteria.</p>

Policy Action 1.1

Implement best practice communication campaigns, linked with community-based programmes, to heighten awareness, knowledge and understanding of, and appreciation for, the multiple health benefits of regular physical activity and less sedentary behaviour, according to ability, for individual, family and community well-being.

Baseline	Available in 194 countries. Trend data available from new modified question from 2019.
Notes	<p>This question in NCD CCS has been modified over different years - so careful attention is required if looking at trend data. Original question included from 2013 and was modified in 2019 to reflect WHO NCD Best Buys (updated 2018 and GAPP 2018) and further explain and align with the definition and specific criteria of communication campaigns.</p> <p>New supplementary questions added in 2019 to capture links with the community, environmental changes and campaigns that promote non health / co-benefits of physical activity.</p> <p>WHO NCDs "Best Buy" Interventions recommends: "Implement a community wide public education and awareness campaign for physical activity which includes a mass media campaign combined with other community-based education, motivational and environmental programs aimed at supporting behavioural change of physical activity levels".</p> <p>GAPP Policy Action 1.1 recommends: "Implement best practice communication campaigns, linked with community-based programmes, to heighten awareness, knowledge and understanding of, and appreciation for, the multiple health benefits of regular physical activity and less sedentary behaviour, according to ability, for individual, family and community well-being".</p>

1.1.2 National physical activity communication campaigns with integrated links to community-based initiatives.

Policy Action 1.1

Implement best practice communication campaigns, linked with community-based programmes, to heighten awareness, knowledge and understanding of, and appreciation for, the multiple health benefits of regular physical activity and less sedentary behaviour, according to ability, for individual, family and community well-being.

Metric	% of countries that have implemented national physical activity campaigns for physical activity with community links.
Definition	Country has completed a national campaign on physical activity (defined as using mass media channels and including links to community programmes or environmental supports)
Data source	WHO NCD CCS. Completed every two years by country representative.
Questions	<p>Modified Item in NCD CCS Module II – Q28</p> <p>Q28 Has your country implemented any national public education and awareness campaign on physical activity within the past 2 years?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p> <p>If Yes:</p> <p>28a) Does the campaign integrate with community-based programmes?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p> <p>28b) Is the campaign supported by any environmental changes to enable physical activity?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p> <p>Analysis Coding Descriptive analyses were undertaken with the responses to Q28a and Q28b for those countries meeting “achieved” as identified for Indicator 1.1, that is they reported conducting a national campaign on physical activity.</p>
Computation	Countries report a national PA campaign with links to community programmes Yes if both Q28 and Q28a = yes No if Q28 = no or don't know or Q28 = yes And Q28a = no
Baseline	Available in 194 countries. Trend data available from 2019.
Note	Modified question from 2019 adding sub question to capture links with the community, environmental changes and campaigns that promote non health / co-benefits of physical activity.

1.1.3 National physical activity communication campaigns supported by environmental changes.

Policy Action 1.1

Implement best practice communication campaigns, linked with community-based programmes, to heighten awareness, knowledge and understanding of, and appreciation for, the multiple health benefits of regular physical activity and less sedentary behaviour, according to ability, for individual, family and community well-being.

Metric	% of countries that have implemented national physical activity campaigns for physical activity which includes supportive environment links.
Definition	Country has completed a national campaign on physical activity (defined as using mass media channels and including environmental changes or supports).
Data source	WHO NCD CCS. Completed every two years by country representative.
Questions	<p>Modified Item in NCD CCS Module II – Q28</p> <p>Q28 Has your country implemented any national public education and awareness campaign on physical activity within the past 2 years?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p> <p>If Yes:</p> <p>28b) Is the campaign supported by any environmental changes to enable physical activity?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p> <p>Analysis Coding Descriptive analyses were undertaken with the responses to Q28a and Q28b for those countries meeting “achieved” as identified for Indicator 1.1, that is they reported conducting a national campaign on physical activity.</p>
Computation	Countries report a national PA campaign with environmental support Yes if both Q28 and Q28b = yes No if Q28 = no or don't know or Q28 = yes And Q28b = no
Baseline	Available in 194 countries. Trend data available from 2019.
Note	Modified question from 2019 adding sub question to capture links with the community, environmental changes and campaigns that promote non health / co-benefits of physical activity.

1.2.1 National communication campaigns promoting co-benefits of physical activity.

Metric	% of countries which have conducted a public education and awareness campaign focused on promoting the co-benefits of physical activity.
Definition	Country has conducted public education and awareness campaign focused on promoting the co-benefits of physical activity. Co-benefits of physical activity refer to social (better social cohesion through physical activity), environmental (such as reducing the carbon footprints or helping climate change) and economic benefits of physical activity (such as reduced sick leaves or more active at work and hence, increase productivity), in addition to the health benefits.
Data source	WHO NCD CCS. Completed every two years by country representative.
Questions	<p>NCD CCS Module II – Q28</p> <p>Q28 Has your country implemented any national public education and awareness campaign on physical activity within the past 2 years?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know If No: Go to Question 29</p> <hr/> <p>If Yes:</p> <p>28c) Does the campaign address any of the social, environmental and economic benefits of physical activity, in addition to the health benefits?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p> <hr/> <p>Analysis Coding</p> <p>Descriptive analyses were undertaken with the responses to Q28c for those countries meeting “achieved” as identified for Indicator 1.1, that is they reported conducting a national campaign on physical activity.</p>
Computation	<p>Countries report a national PA campaign promoting the co-benefits of physical activity</p> <p>Yes if both Q28 and Q28c= yes</p> <p>No if Q28 = no or don't know or Q28 = yes and Q28c = no</p>

Policy Action 1.2

Conduct national and community-based campaigns to enhance awareness and understanding of, and appreciation for, the social, economic, and environmental co-benefits of physical activity, and particularly more walking, cycling and other forms of mobility involving the use of wheels (including wheelchairs, scooters and skates) and thereby make a significant contribution to achievement of the 2030 Agenda for Sustainable Development (SDGs 2, 3, 4, 5, 9, 10, 11, 13, 15 and 16).

Baseline	Available in 194 countries. Trend data available from 2019.
Note	Modified question from 2019 adding sub question to capture campaigns that promote non-health / co-benefits of physical activity.

1.3.1 National mass participation events on physical activity.

Policy Action 1.3

Implement regular mass-participation initiatives in public spaces, engaging entire communities, to provide free access to enjoyable and affordable, socially and culturally appropriate experiences of physical activity.

Metric	% of countries which have conducted at least one free mass participation event on physical activity.
Definition	Country has completed at least one recent (with the last 2 years) free national or subnational mass participation events to encourage physical activity by the general community (people of all ages and abilities).
Data source	WHO NCD CCS. Completed every two years by country representative.
Questions	<p>NCD CCS Module II – Q29</p> <p>Q29 Has your country implemented any national or subnational mass participation events to encourage participation by the general public in free opportunities for physical activity within the past 2 years? Examples of mass participation events include national walk to school days/weeks; other free events; cycling, yoga, Tai chi, dance. Note this does NOT include hosting of major competitive sporting events like marathons, which require paid participation.</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p> <p>29a) Please provide details of the event(s):</p> <p>.....</p> <p>Analysis coding Simple descriptive frequency counts of the number of countries reporting implementing a mass participation (free) community event. For countries reporting yes, the supporting information was reviewed to assess against the following criteria:</p>

Baseline	Available in 194 countries. Trend data available from 2019.
Note	<p>New question in 2019.</p> <p>This question provided opportunity to report PA initiatives which did not meet communication campaign definition according to NCD Best Buys and GAPPA and yet may be events which are conducted in the community aimed at mass participation, involve advocacy and may be of different durations and repetition e.g. day/week/month in duration and repeated weekly, monthly, or annually.</p>

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