Health for all and all for health • Santé pour tous et tous pour la santé
Salud para todos y todos para la salud • 健康人人，人人健康
Здоровье для всех и все для здоровья • الصحة للجميع والجميع للصحة
Scaling up Multi Sectoral Action to Promote Physical Activity: The Bangkok Declaration

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An NHMRC Centre of Research Excellence in Healthy Liveable Communities
Main Messages

1. Physical activity is central to the Global Health

2. Policy actions on physical activity contribute to Sustainable Development Agenda and Goals

3. City planning and transport systems are central to achieving a “walkable community”

4. The Bangkok Declaration on Physical Activity (launched Nov 19 2016) sets out 6 agendas to tackle current challenges
Physical activity is important for Global Health and is an enabler towards achieving 6 Sustainable Development Goals.
SDG3: Physical activity improves mental, physical and social health and wellbeing

- Physical activity is a cornerstone of NCD prevention - 1 of 4 modifiable lifestyle risk factors
- Inactivity accounts for 9% of premature mortality from NCDs and 69 million DALYs/yr
- Inactivity costs $58 Billion/year to health systems globally
SDG 3 Health and Wellbeing

• Target 3.1 - reduce NCDs
• Target 3.6 - reduce traffic accidents
• Target 3.9 - improving air quality

Provision of adequate, accessible safe infrastructure that supports physical activity through walking, cycling and use of public transport will contribute by

• Reducing traffic accidents particularly those involving pedestrians and cyclists accidents
• Reducing automobile use can contribute to improved air quality

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SDG 11 Inclusive, safe, resilient and sustainable cities and communities

Urban and transport planning policies that require city and regional design to provide access to safe, affordable infrastructure for walking and bicycling, as well as public open spaces and recreational facilities can contribute to:

- sustainable transport systems for all (Target 11.2)
- inclusive and sustainable urbanization (Target 11.3)
- reducing the environmental impact of cities (Target 11.6)
- universal access to green and public spaces (Target 11.7)

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SDG 13 Climate Change
Interventions that support walking, cycling and use of public transport by all can contribute to a reduction in the use of fossil fuels (Target 13.1) and education and awareness (Target 13.2)

SDG 15 Life on Land
Ensuring access and use of natural environments for recreation and play can contribute to the sustainable use, appreciation, conservation and restoration of land (Target 15.1)

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SDG 4 Quality Education
Provision of pre-school and school-based physical education curricula, PA programs and supportive school environments, for all girls and boys, will develop the physical literacy, movement skills, knowledge, attitudes, habits and enjoyment of activity which can improve readiness for primary education (Target 4.2) and educational outcomes (Target 4.1)

SDG Gender Equity
Improving access to safe and affordable opportunities to participate in sport and physical activity for girls & women, particularly in marginalised and disadvantaged communities, will contribute to ending discrimination (Target 5.1)

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Design of Cities and Communities Matters

• Infrastructure for safe walking & cycling
• Provision of facilities for sports and recreation
• Access to safe public open spaces and parks
• Access to retail, services and entertainment within walkable distances

More active people, More sustainable Cities

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

1. Renew commitment and increase investment on physical activity in alignment to the SDG agenda
2. Establish multi-sector coordination platforms
3. Develop workforce capabilities in health workforce and other sectors
4. Increase technical assistance and sharing of experience to support effective implementation
5. Strengthen monitoring and surveillance and timely use of data in policy development and evaluation
6. Support research and evaluation especially in LMICs

Consensus statement: over 850 delegates from over 72 countries

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Thank you

The Bangkok Declaration will be available on www.ISPAH.org

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