La Misión Permanente de México ante la Oficina de las Naciones Unidas y otros Organismos Internacionales con sede en Ginebra, saluda muy atentamente a la Organización Mundial de la Salud (OMS), y tiene el honor de hacer referencia al Proyecto de Plan de Acción Mundial para la Promoción de la Actividad Física.

Al respecto, la Misión Permanente tiene el agrado de transmitir los elementos proporcionados por la Secretaría de Salud, acerca del citado proyecto.

La Misión Permanente de México ante la Oficina de las Naciones Unidas en Ginebra y otros Organismos Internacionales con sede en Ginebra, aprovecha la oportunidad para reiterar a la Organización Mundial de la Salud las seguridades de su más alta y distinguida consideración.

Ginebra, a 09 de septiembre de 2017

A la Organización Mundial de la Salud,
Ginebra
Comentarios de la Dirección General de Promoción de la Salud al proyecto de Plan de Acción Mundial para la Promoción de la Actividad Física

We believe that the document addresses the development of the policy of physical activity in a very complete and comprehensive way. In addition, it has all elements in the theoretical framework to justify policy actions that go beyond a promotion, but regulate schools, transportation, cities, work and include the entire population.

However, in a theoretical framework there is an important omission and it is the lack of mention and subsequent approach of sedentary behavior in children and adolescents and, of course, in adulthood. That is, the difference between sedentary behavior and insufficient physical activity is not made, however, in the actions proposed later in the Action Plan, the document does mention sedentary behavior.

Basically the following should be stressed:

There is a difference between a person who is sedentary and a person who is physically inactive. Being ‘physically inactive’ means not doing enough physical activity (in other words, not meeting the physical activity guidelines). However, being ‘sedentary’ means sitting or lying down for long periods. So, a person can do enough physical activity to meet the guidelines and still be considered sedentary if they spend a large amount of their day sitting or lying down at work, at home, for study, for travel or during their leisure time.

It is not possible to assume that when insufficient physical activity is mentioned, they are covering sedentary behavior, whose health consequences are more harmful than inactivity and if this behavior is combined with inactivity, health risks are enormous and mortality increases dramatically. Hence, the suggestion would be to clarify this omission and to address these clearly separated constructs within the theoretical framework.