As a research group focusing on the promotion of healthy active living, we applaud this initiative from the World Health Organization to develop a Global Plan dedicated to the promotion of physical activity and we are happy to have the opportunity to contribute to it. We acknowledge the importance of the goal of contributing to increase the physical activity level of the global population, in particular among the pediatric population.

We are providing general feedback on the Global Plan in the following paragraphs, and a point by point review of the draft document is provided in the next pages.

Our first point concerns the scope of the plan. While remaining focused on physical activity (PA), it is staying silent on sedentary behaviour (SB)(especially screen time), and the two cannot sensibly be isolated. Many countries in the world are moving to a more integrated conceptualization of movement behaviours (e.g., PA, SB, and sleep) - and so is the WHO (e.g., with the 24-hour early years guidelines) - to ignore this increased integration and related complexity only increases the risk of suboptimal intervention success.

Our second point is that some important contexts of physical activity (i.e., domestic activities/chores, workplace physical activity, leisure-time physical activity) are underdeveloped in comparison with the others, and a better inclusion of them in this Global Action Plan would make it more complete.

Our last point is that in a general manner, several goals and indicators presented in the document need more clarity and precision. We invite you to consult the point by point review of the document in the following pages for more details.

We are looking forward to being involved in the next development stages of this Global Action Plan for Physical Activity.

Best,

Mark Tremblay and Salomé Aubert

On behalf of the Healthy Active Living and Obesity Research Group (HALO)

Introduction

Background

It might be appropriate to add reference to the *United Nations Convention on the Rights of the Child*, especially articles 24 and 31.

Mandate

Paragraph (5) p.2, first line:
“physical inactivity” should be changed to “physical activity”

Paragraph (7), p.3:
The *Report of the Commission on Ending Childhood Obesity 2016* can be added.

General Structure of the Action Plan

Paragraph (13), p.4, 2nd line:
Change “accelerate” to “move”

Overview of the Global Situation

Paragraph (17), p.5:
Consider adding further context to the inequality of physical activity relationship and cite:

Paragraph (18), p.5:
Why is the often used 4th category of domestic activities/chores not included? This is rapidly changing in developing countries.

Paragraph (19), p.5:
The new model of sport financing should come with commensurate protection related to opportunistic and ultimately unhealthy product promotion.

Paragraph (27), p.8:
A new paragraph here seems missing - that deals with the importance of workplace physical activity opportunities and related evidence.
Also missing seems to be a more general paragraph on leisure-time physical activity and its benefits.
Also a paragraph speaking to domestic / chore-related physical activity should be added to be complete - and where such activities are on the decline, substitutes will be necessary - this will also likely open the discussion on excessive screen-time use and the need to educate of its potential consequences (e.g. excessive sitting).
Paragraph (30), p.8, line 1-3:
References should be provided for these examples.

Paragraph (31), p.9, line 7:
When are China and India projected to face 163.5 million of individuals with diabetes?

Paragraph (33), p.10:
This document must be careful not to do the same thing. While remaining focused on physical activity, it is staying silent on sedentary behaviour (especially screen time), and the two cannot sensibly be isolated. Many countries in the world are moving to a more integrated conceptualization of movement behaviours (e.g., PA, SB, and sleep) - and so is the WHO (e.g., with the 24-hour early years guidelines) - to ignore this increased integration and related complexity only increases the risk of suboptimal intervention success.

Paragraph (35), p.10:
It needs to discuss or at least note that characteristics of traditional "walkable" communities may be in conflict with "playable" communities - an adult - child conflict - both need to be considered.

Paragraph (38), p.11:
Be sensitive to the term walking in relation to those with an inability to walk.

**Structure of the Global Action Plan on Physical Activity 2018-2030**

**Vision**

Paragraph (45), p.13:
Perhaps add "where they live, learn, work and play" after “for all citizens to be physically active”.

**Goal**

Paragraph (46), p.13:
This goal is too vague: One hundred million more active while 100 million become less active = goal achieved?
What is the baseline? What does more active mean? An increase in one domain may be matched by a decrease in another. Can we not anchor to the WHO PA recommendations?
Something more specific than this is required.

**Cross cutting Guiding Principle**

Paragraph (47)b), p.13:
Change disability to ability, it gives a positive frame.

Paragraph (47)e), p.13:
Paragraph (47)h), p.14:
The universal health coverage could adopt a 24h-approach: “the whole day matters”.
Just as comparison, the UNICEF Child and Youth Wellbeing Index uses the following guiding principles
1. ethical
2. evolutionary/sustainable
3. integrated
4. unified
5. rights-respecting
6. child-focused (obviously)
7. reconciliatory
8. transformational
9. distinct
10. fit for purpose

Proposed Actions for Member States, Secretariat and International and National Partners

Paragraph (49), p.15:
Include sport, physical activity and recreation organizations.

I. Creating an Active Society

Could "walking and cycling" be replaced by "active transport" - which is more inclusive?
Many communities transport through waterways, or on snow... - consider changing throughout the document.

IV. Creating Active Systems

It would be interesting to develop the sustainable, progressive, transformative part of this topic.

Strategic Objective 1: Creating an Active Society

Paragraph (52), p.16:
We would prefer this string be "active transportation, active recreation, sport participation and active living" - or something much more inclusive than the existing list.

Paragraph (53), p.16, II.:
This latter part is poorly worded and too nonspecific to be meaningful - is the denominator all possible sectors?

Paragraph (53), p.16, Ill.:
This is too vague, it needs clearer definition. All countries will be able to claim this was met.

Proposed Action 1.1 - Proposed Action for the International Partners

Paragraph (59), p.17:
Add “and harmonization of messages” to “to improve efficiency and effectiveness”.

**Proposed Action 1.2 - Proposed Action for the International and National Partners**

Paragraph (65), p.17:
They could also offer free trial opportunities - as done with Sports Day in Canada as an example.

**Proposed Action 1.4, p.18:**
Replace “walking and cycling” by active transportation.

Paragraph (77), p.19:
Add “and programs” to “lead and support communication campaigns”.

Paragraph (79), p.19:
What about access and availability of facilities for the same groups? And what about services (coaching, programs)?

Paragraph (102), p.22:
Add examples of “appropriate end of trip facilities”.

Paragraph (106), p.22:
This recommendation is too vague as it is, it needs to be more specific.

**Strategic Objective 3: Creating Active Lives**

Paragraph (107), p.22:
This list of indicators does not do justice to the objective - very PE focused, which is fine, but all other sectors, age-groups and abilities need addressed too.
Indicator IV.: Please be more specific with what type of counselling.

**Proposed Action 3.1, p.23, line 1-4:**
Do you want to include the term "physical literacy"?

Paragraph (111), p.23:
Add “or poor physical literacy” to “young people with disabilities”.

**Proposed Actions 3.2**

**Proposed Actions for the International and National Partners, p.23:**
The "International and National Partners" section generally ignores the research sector - you may want to deliberately include a research priority for each recommendation.

**Proposed action for Member States**

Paragraph (117), p.23:
As mentioned elsewhere - this should be a whole day approach - and include advice on sedentary behaviours, especially screen time, and sleep.

**Proposed Action for the Secretariat**

Paragraph (119), p.24:
Where does the development of Global Guidelines or Recommendations for Physical Activity fit? Such guidelines are necessary to be taught in PE classes, and used as benchmarks for surveillance, and as guidance for public health/child care providers.

Paragraph (120), p.24:
This will require capacity building and a training pyramid.

**Proposed Actions 3.5**

**Proposed action for Member States**

Paragraph (138), p.26:
Add “social media” in the list of multiple channels.

**Strategic Objective 4: Creating Active Systems**

Paragraph (141), p.26:
3rd indicator of success: Can we add the monitoring of screen time/sedentary behaviours? and sleep?

**Proposed Actions 4.2**

**Proposed action for the secretariat**

Paragraph (154), p.28:
Add “and surveillance” to “to strengthen capacity for research”.

**Proposed Actions 4.4:**

**Proposed action for the secretariat**

Paragraph (164), p.28:
Also provide guidance on appropriate funding partners from the private sector?

**Proposed Actions for the International and National Partners**

Paragraph (165), p.28:
Replace “physical activity promotion” by “healthy active living promotion”.

**Proposed Action 4.5**, p.9:
Add the “global level”.

**Glossary p.31**

Add the definition of Physical Literacy:
Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.