Dear ladies and gentlemen,

thank you for the invitation to comment the Draft WHO global action plan on physical activity 2018 – 2030.

The German Society of Sports Medicine and Prevention (DGSP = Deutsche Gesellschaft für Sportmedizin und Prävention) welcomes the action plan to support physical activity and fight against sedentary behaviour as one of the leading causes in terms of the development of non communicable diseases (NCDs). On a national and international level we will support the implementation by integrating the goals into our curriculum, into our initiative “exercise is medicine” and a transfer into health care systems.

We just suggest the following points for a further discussion:

- Within the background the importance of physical fitness as a surrogate parameter for health and a result of increasing physical activity should be named.

DGSP: Die Deutschen Sportärzte
• To undermine the importance of a global action plan and the political responsibility the role of gene-environment-interactions should be added (e.g. p. 10; paragraph 35). The so called epigenome has been heralded as a key “missing piece” of the etiological puzzle for understanding how a healthy development may be influenced by the surrounding environment for individuals and subsequent generations.

• Additionally, this issue may be added within the visions: .. “of nations and over generations” (p. 13).

• Within paragraph 47 (p. 13/14) a scientific approach should be added: in terms of quality management, scientific monitoring among measurements and what kind of projects/campaigns are successful and sustainable and what do scientists/and practitioners learn from failures and from each other. In addition, scientific/standardised methods in terms of the assessment of physical fitness/physical activity/sedentary behaviour have to be developed.

Kind regards

Prof. Dr. med. Dr. C. Graf - Prof. Dr. med. W. Bloch - Prof. Dr. med. K.-M. Braumann