From: Wanda Vos [mailto:wanda.vos@rivm.nl]
Sent: 22 September 2017 15:48
To: Gappa
Cc: Sonja Kahlmeier; Tatjana Ackermann; Andrea Backovic Jurican; Anne Vuillemin; banzer@sport.uni-frankfurt.de; Bengt Kayser; Finn Berggren; Joske Nauta; Karen Milton; Murphy Marie; Narcis Gusi; niamh murphy; Olov Belander; RACIOPPI, Francesca; tommi.vasankari@uta.fi; van Mechelen Willem
Subject: GAPPA

Dear Madam, dear Sir,

On behalf of the WHO HEPA Europe Steering Committee, please find enclosed the feedback on the draft WHO global action plan on physical activity.

Best regards,

Wanda Wendel-Vos
Senior Onderzoeker Sport Bewegen en Gezondheid
Programmahouder Sport
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Aanwezig: ma, di en do

INTRODUCTION

Background (Bullets 1-3; page 1)

Comments

Mandate (Bullets 4-9; page 2-3)

Comments

General Structure of the action plan (Bullets 10-14; page 4)

Comments
OVERVIEW OF THE GLOBAL SITUATION

Bullets 15-43; page 4-12
In this section, do you feel that the draft GAPPA has missed any critical context, information, or sources of evidence? If yes, please provide comments below.

Comments

In order to really make this section representative for the global situation, it would be good to have examples from a more diverse set of countries.

There are a lot of abbreviations in this part (and other parts) of the documents not being explained.

Although this part of the document contains important information, its location in the document distracts the reader from the core messages. Suggestion to relocate this part, maybe even to an annex.....?

Bullet point 40 is important. These areas could have been highlighted earlier.

Page 8
It seems that reference nr 57 would refer to cities in the Netherlands and Germany. However, in paragraph 30 reference is made to Amsterdam (NL), Copenhagen (DK) and Vancouver (CAN); is this correct?
STRUCTURE OF THE GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY 2018 - 2030

**Bullet 44; page 13**

**Comments**

There is a heading ‘structure of the global action plan on physical activity 2018-2030’, but no text explaining the actual structure of the document under bullet 44

**Vision**

**Bullet 45; page 13**

**Comments**

This is where the document starts ‘being interesting’. Suggestion to start the document with this part.

**Goal**

**Bullet 46; page 13**

**GAPPA presents a goal ‘to have one hundred million people more active by 2030’. Do you think this goal is clear, realistic and achievable? If not please provide comments below**

I would suggest to have the footnote (‘calculated using 2010 adult population estimates as a baseline and computing at 10% change’) in italic text directly under the goal... or at least some explanation to make clear ‘relative to what’....

I might add that the phrasing of the goal puts the focus on individuals rather than populations, and for non-experts it is not clear how it was derived (footnote), but on the other hand, I can see the media and PR appeal.

It should be clear what is meant by active (presumably ‘adhering to the WHO PA Guideline’?)

Consider the possibility of providing a clearer definition on the goal "more active". It is unclear if the goal contains HEPA physical activity (health enhancing physical activity) with moderate intensity and a specific duration or if it is increased physical activity in general on all intensities and duration. Clarify if the goal is related to adults and children or both. In a public health perspective, it is important correctly categorize the population after their physical activity level. The goal is “One hundred million people more active by 2030”. We are uncertain how monitoring if the existing methods can monitor the changes in the physical activity level of moderate intensity in the real life. Maybe one hundred million on global level will increase or decrease their activity level with moderate intensity with plus or minus nine or 12 minutes per day during the next five years. Probably will this increase or decrease in physical activity give an effect on the public health. But we don’t think we can monitor these kind of changes with the existing monitor systems. There are potential big investments for the countries when they will follow up the action plan, for example building bicycle roads, environmental changes, city planning, sport and school activities etc. Compared with these investments the investments for use of the recommended reliable and valid instruments are low. Objectively measures combined with self-reporting and use of big data related to physical activity should be favored.
Cross Cutting Guiding Principles
Bullets 47a-h; page 13-14

GAPPA is informed by eight Cross Cutting Guiding Principles. These are: Life course approach, Equity, empowerment of peoples, families and communities, Human rights-based approach, Evidence based practice, Cross-sectorial engagement and partnership for joint action, Policy coherence, Universal health coverage.

Do you disagree with any of the eight principles and are there any others which should be considered?

Comments

Agreement with the principles.

Suggestion to regroup in such a way that the more or less content-based principles (a, b, c, d and h) and process-based principles (e,f,g) are clustered.

PROPOSED ACTIONS FOR MEMBER STATES, SECRETARIAT AND INTERNATIONAL AND NATIONAL PARTNERS

Bullets 48-49; page 14-15

Comments

The regional PA networks could be mentioned specifically (including HEPA Europe) ?

Bullet 48: reference is made to « ... schools, workplaces, health care setting and local communities »: we propose to add “social care setting”.

Bullet 49: Media is a central sector; consider including this sector also. Ref the WHO Global Strategy on Diet, Physical Activity and Health from 2004, where medias role was highlighted.

Bullet 49: we propose not to restrict to the associations of health care professionals and to add “associations of professionals contributing to health”.

The indicators. I’m not sure if it’s realistic to follow up all the indicators. Are they valid and reliable?

Four strategic areas
Bullet 50; page 15

GAPPA presents four strategic areas: Creating an Active Society, Creating Active Environments, Creating Active Lives, Creating Active Systems.

Do you have any comments or suggested improvements for the four strategic areas?

Comments

Not sure about the phrasing of these areas being objectives.....it seems they are more like visions.
Strategic objectives
Bullet 51; page 15

Comments

Question: how will a range of proposed actions, with different choices being made in different
member states result the indicators representing the actions taken? Isn’t there a substantial chance
that not all actions will result in measurable changes in the particular indicators?

Strategic objective 1: creating an active society
Bullet 52-53; page 16

Comments

Indicator IV does not automatically follow out of the text under bullet 52; also it seems too
ambitious to expect that the suggested actions will result in a measurable change in this indicator.

Indicator IV: While it is good to link the promotion of walking and cycling to the wider
environmental agenda, including air pollution, it is uncertain to which extent an increase in walking
and cycling would contribute to cities/countries meeting the WHO air quality guidelines, due to the
highly complex determinants and interactions. Adding instead an indicator on safety of cycling and
walking would be more directly linked, and would put a focus on an often-neglected policy area.

It is unclear which indicator links up with which action

Please be explicit about in exactly which instrument will deliver the indicator. Important to be
transparent.

Strategic action 1.1: proposed actions for member states
Bullet 54-56; page 16

Comments

Strategic action 1.1: proposed actions for the secretariat
Bullet 57-58; page 16

Comments

Strategic action 1.1: proposed actions for the international and national partners
Bullet 59-61; page 17

Comments

Why only global promotion days? .... Also regional and national ‘days’?
Strategic action 1.2: proposed actions for member states
Bullet 62; page 17

Comments

Strategic action 1.2: proposed actions for the secretariat
Bullet 63; page 17

Comments

Strategic action 1.2: proposed actions for the international and national partners
Bullets 64-65; page 17

Comments

Question: wouldn’t bullet 61 better fit here?

Strategic action 1.3: proposed actions for member states
Bullets 66-68; page 17-18

Comments

Strategic action 1.3: proposed actions for the secretariat
Bullets 69-70; page 18

Comments

Strategic action 1.3: proposed actions for the international and national partners
Bullets 71-73; page 18

Comments

Add the media or communication sector; We also need to include building capacities of journalist to appropriate dissemination of positive messages.
Strategic action 1.4: proposed actions for member states
Bullet 74; page 18

Comments

The climate / sustainability element does not link up with the text under bullet 52.

Strategic action 1.4: proposed actions for the secretariat
Bullets 75-76; page 18

Comments

Strategic action 1.4: proposed actions for the international and national partners
Bullet 77; page 19

Comments

Strategic objective 2: creating active environments
Bullets 78-79; page 19

Comments

Be explicit about the data source

Strategic action 2.1: proposed actions for member states
Bullets 80-84; page 19

Comments

Strategic action 2.1: proposed actions for the secretariat
Bullets 85-87; page 20

Comments

Strategic action 2.1: proposed actions for the international and national partners
Bullets 88-90; page 20

Comments
Strategic action 2.2: proposed actions for member states
Bullets 91-92; page 20

Comments

Strategic action 2.2: proposed actions for the secretariat
Bullet 93; page 20

Comments

Strategic action 2.2: proposed actions for the international and national partners
Bullet 94; page 20

Comments

Strategic action 2.3: proposed actions for member states
Bullets 95-97; page 21

Comments

Strategic action 2.3: proposed actions for the secretariat
Bullet 98; page 21

Comments

Strategic action 2.3: proposed actions for the international and national partners
Bullet 99; page 21

Comments

Strategic action 2.4: proposed actions for member states
Strategic action 2.4: proposed actions for the secretariat
Bullet 103; page 22

Comments

Strategic action 2.4: proposed actions for the international and national partners
Bullets 104-106; page 22

Comments

Strategic objective 3: creating active lives
Bullet 107; page 22

Comments

Which data collection instruments are we talking about?
Try to avoid abbreviations

Strategic action 3.1: proposed actions for member states
Bullets 108-112; page 23

Comments

Strategic action 3.1: proposed actions for the secretariat
Bullets 113-114; page 23

Comments

Strategic action 3.1: proposed actions for the international and national partners
Bullets 115-116; page 23

Comments
Strategic action 3.2: proposed actions for member states
Bullets 117-118; page 23-24

Comments

Strategic action 3.2: proposed actions for the secretariat
Bullets 119-120; page 24

Comments

Strategic action 3.2: proposed actions for the international and national partners
Bullets 121-122; page 24

Comments

Strategic action 3.3: proposed actions for member states
Bullets 123-128; page 24-25

Comments

Strategic action 3.3: proposed actions for the secretariat
Bullets 129-130; page 25

Comments

Strategic action 3.3: proposed actions for the international and national partners
Bullets 131-132; page 25

Comments
Strategic action 3.4: proposed actions for member states
Bullets 133-134; page 25

Comments

Add an indicator relating to these actions?

Strategic action 3.4: proposed actions for the secretariat
Bullet 135; page 25

Comments

Strategic action 3.4: proposed actions for the international and national partners
Bullets 136-137; page 25-26

Comments

Strategic action 3.5: proposed actions for member states
Bullet 138; page 26

Comments

Strategic action 3.5: proposed actions for the secretariat
Bullet 139; page 26

Comments

Strategic action 3.5: proposed actions for the international and national partners
Bullet 140; page 26

Comments

Strategic objective 4: creating active systems
Comments

See earlier comments regarding data sources

Strategic action 4.1: proposed actions for member states
Bullets 142-145; page 27

Comments

Strategic action 4.1: proposed actions for the secretariat
Bullets 146-149; page 27-28

Comments

The document underscores schools as a central arena in terms of physical activity. This is important and in sections 4.1, no. 147 and no. 148 the youngest children are mentioned especially. It is also important to involve the activity arenas for the pre-school children, (e.g. kindergarten and playgrounds etc.).

Bullet 149: In many parts of the world the proportion of older people will increase in the coming years and this should be taken into account in the development of the draft action plan as concrete actions for the elderly are important to ensure healthy life years.

Strategic action 4.1: proposed actions for the international and national partners
Bullets 150-151; page 28

Comments

Strategic action 4.2: proposed actions for member states
Bullets 152-153; page 28

Comments

Strategic action 4.2: proposed actions for the secretariat
Bullets 154; page 28

Comments
Strategic action 4.2: proposed actions for the international and national partners
Bullets 155; page 28

Comments

Strategic action 4.3: proposed actions for member states
Bullets 156-158; page 28

Comments

Strategic action 4.3: proposed actions for the secretariat
Bullets 159-160; page 28-29

Comments

Strategic action 4.3: proposed actions for the international and national partners
Bullets 161-162; page 29

Comments

Strategic action 4.4: proposed actions for member states
Bullets 163; page 29

Comments

Strategic action 4.4: proposed actions for the secretariat
Bullet 164; page 29

Comments

Strategic action 4.4: proposed actions for the international and national partners
Bullets 165-166; page 29

Comments

Strategic action 4.5: proposed actions for member states
Bullet 167; page 29

Comments

Strategic action 4.5: proposed actions for the secretariat
Bullet 168; page 29

Comments

Strategic action 4.5: proposed actions for the international and national partners
Bullets 169-171; page 30

Comments

Strategic action 4.6: proposed actions for member states
Bullets 172-173; page 30

Comments

Strategic action 4.5: proposed actions for the secretariat
Bullet 174; page 30

Comments

Strategic action 4.5: proposed actions for the international and national partners
Bullet 175; page 30

Comments
Please use this space to provide any specific comments on the Glossary

Comments

Add sedentary behavior

Add explanation for the various abbreviations used in the document

Please use this space to comment on any other aspects of the draft GAPPA not already addressed by the previous questions. For example, resourcing, links with other sectors not yet well identified, opportunities to shorten the GAPPA / amalgamate actions etc

Comments

It is relatively hard to read the document with all the bullet points in it. A regular paragraph structure would help.

The emphasis in the draft action plan on environment, climate, urban development and social inequalities is important.

The gains in quality of life and productivity based on the suggestions in the draft action plan are mentioned a few times. We suggest developing and relating this work and gains clearer to the different sectors. This could be extended with a description of gains in both short/acute phase and in a longer perspective in different sectors.

Even if the existing recommendations for physical activity are under review, the existing global recommendations could be defined in the beginning of the document.

The private sectors contributions to increase the physical activity level are precisely described in the WHO EURO’s document "Physical activity strategy for the WHO European Region 2016–2025". We believe that the abovementioned strategy should be considered as an issue that is also relevant in a global context on physical activity.

The Action plan could be more concrete on the use of new technologies role in measuring different aspects of physical activity in daily life, during travel and other activities and how this knowledge can be used in the work with urban development, city planning, active travel to school and work and
outdoor recreation. The traditional public health researchers and public health workers should be stimulated to collaborate with research in this area. The WHO Euro physical activity strategy (2015) is more distinct in this area: “Collaboration with national experts, academic institutions and civil society, as well as with sectors beyond health, and at different levels, such as cities, should be promoted in this area in order to ensure timely and innovative sources of data.”

In several points (e.g.) adding: reducing inequalities "and promoting the interaction among different social groups”. (note: it is relevant to avoid ghettos, violence, etc. and promote integration/exchange in cultures)

It is relevant to introduce tourism due to its economic and social relevance-

We propose to add a paragraph inviting each member state to adapt the GAPPA to its priorities (context, population, etc.) and procedures

We propose to add a paragraph asking to each member state to undertake to select and set up 1 or 2 significant action(s) in each strategic objective. WHO will carry out the commitment monitoring.

We propose to develop an integrated socio-ecological approach on physical activity. We propose to encourage to develop projects based on integrated approach and the socio-ecological model.

We propose to integrate the Corporate social responsibility for physical activity promotion in workplace and to refer to the United Nations Global Compact (https://www.unglobalcompact.org).

We propose to integrate physical activity in the healthcare pathway and to add an indicator of success in the GAPPA.

We propose to encourage member states:
  • to assess the potential impact of their decisions on the physical activity of the population (physical activity impact assessment, inspired by health impact assessment).
  • to develop the culture of the evaluation (process and outcomes) of policies, programs, actions, with an independent way.

We propose to encourage member states to apply the HEPA Policy Audit Tool (PAT) to analyze their PA policies.

We propose to develop and support a knowledge transfer system useful for the elaboration of policies, plans programs and actions

How will the actions for the secretariat and the international and national partners be monitored? There is no mention of these aspects in the document?

References to add
  • Adelaide Statement on Health in All Policies, 2010
  • Ottawa Charter, 1986
  • Shanghai Declaration on promoting health in the 2030 Agenda for Sustainable Development 2016