The International Society for Physical Activity and Health (ISPAH) disseminated an online survey to its membership to gain feedback and input on the draft Global Action Plan for Physical Activity. We received responses from 48 members, from over 20 countries including USA, UK, Australia, India, South Africa, Qatar, Egypt, Czech Republic, Japan, Colombia, Russian Federation, Portugal, Canada, Uruguay, Mexico and Ethiopia. Almost three quarters of respondents were academics, around 17% were practitioners, almost 3% were policymakers and the remaining 6% had other occupations.

Overall the response to the GAPPA from the ISPAH membership was overwhelmingly positive. Many of our members wished to express their gratitude and congratulations to the WHO for advancing this agenda and for the production of an excellent draft plan.

The ISPAH Survey was structured to reflect the format of the draft Global Action Plan. The responses from members are grouped below under each section of the draft plan.

Overview of Global Situation (page 4-12)

- The document is dense, and thus needs an A4 Executive Summary
- Is reference 14 correct at the end of paragraph 16?
- The following publications could be added to the end of paragraph 16:
- In paragraph 17, other vulnerable populations could be added including the elderly, children, and inmates. The following publications could be added:
  - Notthoff N, Reisch P, Gerstorf D. Individual Characteristics and Physical Activity

- In paragraph 18, the following publication could be added:

- In point 18, "household" could be added as a domain.
- Several members felt the document has too much emphasis on sport, given it only appeals to a sub-set of the population.
- It was suggested to add more information on the positive effects of physical activity on mental health and psychological well-being.
- A statement that "every human being has a fundamental right of access to physical education and sport" could be added here, as outlined in the UNESCO Charter http://www.unesco.org/education/educprog/eps/EPSanglais/EVENTS_ANG/international_charter_ang.htm
- More evidence is needed to support the statement that “Globally 23% or one in four adults do not do enough regular physical activity to meet the global recommendations”
- It is better to say 'Global burden of physical inactivity' instead of saying Overview of the global situation. Then, move it into INTRODUCTION subsection as follows: Introduction. Background. Global burden of physical inactivity. Mandate. Guiding principles. Scope of applications.
- It doesn't really provide a realistic consideration of the economic implications in the present economic climate.
- There should be something about what governments can do to encourage workplaces to provide more opportunities for physical activity.

**GAPPA Goal (page 13, Point 46)**
- Given the increasing world population, consider making the goal proportional rather than an absolute number. Population increase alone will probably add 100,000,000 active people.
- It could state that the distribution of the 100 million should be spread throughout all regions.
- The document needs to specify how ‘more active’ is defined. Is there a minimum meaningful threshold?
- The document lacks detail on how achievement of the goal will be monitored/ assessed.
- The goal could be more ambitious.

**Q3 Cross Cutting Principles (page 13, Point 47)**
- The place of the guiding principles should be under the Introduction section.
• Beware of defining "Universal health coverage" as cross-cutting - it is setting specific and out of context with the other principles which are considered cross-cutting.
• The term Universal Health Coverage can be misinterpreted. It is not looked upon favorably in certain countries. Perhaps best to relabel it as "Access to Health and Social Care Services".
• Within section (e) page 14, "Evidence based practice, the text refers to "two policy actions" that have been assessed by the WHO CHOICE model. It would helpful to state which two actions, as the reader is left wondering what they are.
• Implement the infrastructure into the principles. So building healthy places with supporting infrastructure according to national differences and variations.
• 3 is duplicative of 2 and 4.
• Cross sectoral [not cross sectorial] - no "i".
• More focus on greenspace and local community in all areas is needed.
• More emphasis on education at all levels is needed.
• Develop leaders in the field, building capacity for taking the actions further.

GAPPA Strategic Areas (page 15, Point 50)

• The strategic areas are not clear: Consider rewording to:
  o Creating an active society
  o Creating active environments
  o Creating active individuals/communities
  o Creating active mechanisms
• #1 and #3 seemed to be somewhat overlapping. Is society not made up of lives?
• Perhaps provide more examples.
• The four strategic areas are too broad and ambiguous as are the objectives. I would have expected a greater emphasis on the 7 Best Investments which are far more meaningful in terms of action. The 7 Best Investments were genius and have helped shape national action, continue to build on this success rather than redefining objectives. Use the 7 Best Investments as the core objectives.
• The draft has no reference to 'eHealth', 'mHealth', 'digital health', 'activity trackers', 'internet', 'online', 'pedometers', 'smartphone apps', 'web-based' interventions, 'technology-based' interventions... While technological innovations are much to blame for the global physical activity pandemic, they can also be part of the solution. Specifically, the use of eHealth solutions to encourage physical activity behaviour could be mentioned under: - Proposed Action 3.2: Implement the integration of patient assessment and provision of advice on physical activity by appropriately trained health and social care providers in primary and secondary healthcare and social services - Proposed Action 3.5: Implement whole-of community initiatives at the city, town or local community level, which combine multiple strategies across different settings to promote and increase participation by people of all ages and abilities.
• A possible addition could be “creating active collaboration amongst regions”.

3
• More focus is needed on greenspace and local community in all areas.
• ‘Creating active schools’ was suggested as a potential addition.
• It was suggested that it might be useful to include SWOT Analysis of GAPPA implementation with these strategic areas.
• Perhaps something around the life stages of each i.e. an active society or active environments for older adults, teens, pre 5s could look very different and require very different interventions.
• Rural as well as urban and suburban strategies that embody active living, transport, sport, and recreation
• Local PA plans that reinforce national plans – but where real change is most likely to occur
• Training across sectors

**OBJECTIVE 1: Creating an Active Society**

**Indicators**

- Include not only 'top-down' approaches but "bottom-up" approaches as well, such as empowering residents to change their own social and physical environments to promote active living.
- Action 53 Obj. 1:IV. Drop this metric associated with air quality. It's too far of a leap to suggest a cause and effect between population levels of physical activity and air quality. It doesn't have anything to do with increasing community-wide knowledge, understanding or literacy.
- Integration of teaching and assessment needs a model curriculum to be taught and examined for appropriate levels of health professions.
- Objective III is not very useful. If large countries like China or India have one such event per year that would not make a difference in population physical activity. The goal would be more useful if stated in terms of a percentage increase in events.

**Proposed actions**

- Place greater emphasis on the power of residents themselves to change their local physical and social environments for physical activity (include not just "top-down" approaches, but "bottom-up" approaches as well).
- Across all objectives there is an assumption that Member States i.e. Ministries are the core power holders and decision makers. Several actions will remain outwith the control of governments and remain in the control of independent bodies e.g. page 17, point 66, a mandate from government is unlikely to achieve change but rather negotiation with the Council of Deans or equivalent. Governments could influence change via funding allocations requirements stating that Universities change curricula content to include physical activity.
- Proposed Action 1.4. I don't mind this being part of the proposed action, but I still
recommend eliminating the air quality metric. One will never be able to connect changes in physical activity to changes in air quality when other policies and programs connected to air quality are being simultaneously implemented.

**Roles of different stakeholders**
- Add more emphasis on inter-generational strategies and approaches
- How will successful achievement of each objective be measured?
- I’d have expected to see great reference to the 7 Best Investments - communication campaigns, community wide approaches etc.
- WHO should help develop networks to aid the development of physical activity teaching globally.
- Identification of “champions”/“leaders” which could provide high understanding of GAPPA for application within each region.
- More examples of active transport could be provided (e.g., running, skateboarding, rollerblading...).
- Create suitable opportunities to share best practice.

**OBJECTIVE 2: Creating Active Environments**

**Indicators**
- Again, residents can be engaged to directly change their own local environments.
- Point 79 - Indicator 2 - How is 'convenient' access to public transport defined/quantified?
- % of population who perceive their environment as safe for walking or cycling.
- How about other indicators that could be easily assessed? For example, mileage of sidewalks or bike lanes. Maybe this is part of Obj. 2 #79.I.
- It may have been helpful to differentiate between built and natural environments.
- I would add an indicator related to the % of land area that is defined as protected areas (e.g., national parks) at the country level.

**Proposed actions**
- Leverage the power of residents as "citizen scientists" as well.
- By what mechanism will Member States be held to account for ensuring that these actions are taken forward?
- Have to consider the social movement though the civil organizations which are very connected with the different domains Example: Work: with syndicalism organization; schools: with the Parents school Society; user land communities such as bike organizations.
- There is no reference to Blue space i.e. Water based activities that can contribute significantly to Physical Activity in some countries?
Roles of different stakeholders

- I'd expect to see reference to the 7 Best Investments - transport strategies, urban design and natural environment. Be explicit. The 7 Best Investments were genius and have helped shape national action, continue to build on this success rather than redefining objectives. Use the 7 Best Investments as the core objectives

OBJECTIVE 3 Creating Active Lives

Indicators

- Inter-generational approaches should be emphasized further.
- There are many indicators for youth but less for adults. Maybe add one or a few more actions for adults?
- Obj. 3 I, II, III: may want to delineate what level of schooling (or associated age groups). For example, ages 5-18 years or grades K-12.
- An indicator for cultural situations which could limit physical activity could be added.
- Can we include an indicator of physical fitness evaluation program? because is the only way and evidence about the impact of promoting active living at schools, clinics and community.
- Could include some measure of services/policies provided for children with disabilities.
- Group activities in parks
- Define G-SHPPS

Proposed actions

- Basically these actions comprise of the 7 Best Investments areas related to Education and Health Care
- The entire draft does not refer to 'eHealth', 'mHealth', 'digital health', 'activity trackers', 'internet', 'online', 'pedometers', 'smartphone apps', 'web-based' interventions, 'technology-based' interventions... While technological innovations are much to blame for the global physical activity pandemic, they can also be part of the solution. Specifically, the use of eHealth solutions to encourage physical activity behaviour could be mentioned under: - Proposed Action 3.2: Implement the integration of patient assessment and provision of advice on physical activity by appropriately trained health and social care providers in primary and secondary healthcare and social services - Proposed Action 3.5: Implement whole-of community initiatives at the city, town or local community level, which combine multiple strategies across different settings to promote and increase participation by people of all ages and abilities On a different note, the proposed actions under Proposed Action 3.3 are too much focused on sports participation. Sports participation only captures a small segment of the population for a brief period of time.
- Proposed Action 3.1: Some will not know what a secondary or tertiary educational
institution is. At least not those in the United States. Proposed Actions 3.3 and 3.4 seem redundant and could be combined.

- Proposed Action 3.3 and 3.4 should have indicators related to it

**Role of different stakeholders**

- Point 129 is hard to read - maybe split into 2 sentences.

**OBJECTIVE 4: Creating Active Systems**

**Indicators**

- Provide training to the countries in need
- It is difficult if not impossible to measure 'research funding mechanisms' as physical activity may be included in a wide range of research fields including transport, play, work, sport, education, community development, health & wellbeing, tourism etc.

**Proposed actions**

- Proposed Action 4.4 #163-166. This is where the rubber meets the road - funding! Maybe this needs its own stand alone section so it isn't lost in the forest of a large document and call to action.
- Generate collaboration between institutions from same region.

**Roles of different stakeholders**

- Mandatory follow-up and reporting will be required on country implementation.

**Glossary (pages 31 & 32)**

- Mass-reach communication refers to tobacco instead of physical activity.
- Maybe add recreational physical activity.
- Add terms like Exercise, fitness, sport, physical inactivity & sedentary behaviour
- I have my concerns about "Whole of Community". The definition of community is quite difficult but can define as the space and an aggregation of people living and sharing together places, activities and cultural aspects.
- Active people, active youth, personal exercise prescription, healthy life expectancy.

**GAPPA relevance to different countries**

- More emphasis should be placed throughout on information technologies and the Web as strategies for communication and change. Emphasize this further in environmental approaches.
- For all countries, there needs to be further discussion/emphasis on the power of information technologies and the Web as a means of reaching people, organizations, and systems worldwide and empowering them to make relevant changes to impact physical activity.
- Could be relevant, but clearly there will be areas across and within the different objectives that will be constrained by government funding and interest (particularly in
the US and UK). Concerns about achieving objectives when changes in government re-focus funding, which then challenges the ability to achieve overall strategic goal.

- The level of translation required is significant. It is only because I am familiar with national PA policy development that I can understand what is being set out. Given that many Civil Service and government departments are now run by generic staff they may struggle to make sense of the content. I feel that greater use and reference to The 7 Best Investments would enhance the document significantly. The inclusion of clear sections related to workforce development and financial mechanisms would also be beneficial.

- In Qatar the hot climate is a huge barrier, also the culture has a need of being assessed maybe more points within GAPPA for these points will help.

- In Romania there are not many interventions for health, and I’m not sure if there are guidelines with this regard. Maybe there is a need for support in communicating all this great information for further action.

- I think it will be good to compare physical activities held in our country with those held all over the world and share the best of them.

**Additional feedback which was not captured in other parts of the survey**

- Two major ones: Emphasize the power of information technologies and the Web in reaching massive numbers of people as well as policy makers worldwide and discuss this further in environmental approaches (since it's part of the information environment). Second, further emphasis on resident engagement and citizen science as a "bottom up" approach that can complement the "top down" strategies that are the primary emphasis so far of this document.

- Major suggestions include: Further discussion/emphasis on information technologies as a means for creating and supporting physical activity-enhancing changes on all levels of impact (individual, social, environmental, organizational, policy); and empowering residents as "citizen scientists" to play an active role in creating changes in their own physical and social environments.

- I would include actions such as “Foster public-private partnerships to create business innovations contributing to active society from the viewpoint of Creating Shared Value (CSV) strategy.”

- Colombia is written as Columbia. Please correct.

- Content-wise there is little limited examples from European countries.

- The development of technical tools/materials to aid implementation are key. I would have liked to have seen some of these elements reflected in the plan.

- Collaboration with sports science universities, implementing within their curriculum this physical activity for health subject.

- Arrangement of contents should be revised. Monitoring & Evaluation should be added using GoPA country cards. Financing of the GAPPA should be explained.
• You can emphasise more about the civil organizations which can promote physical activity.

• Implementation will need new capacity in Ministries of Health, alongside greater capacity within the WHO HQ and Regional Offices to support future manuals, toolkits, guidance and other materials. These two area will limit any uptake of the GAPPA unless more direct investment is levered at national level and at WHO HQ level.

Research Priorities

• Research is mentioned less frequently than implementation or evaluation. Just as countries will be at different stating points for GAPPA utilization so will their needs and a capacity for research. What are the research priorities for LMICS? Can ISPAH, WHO CCs or others help broker these needs to WHO HQ? (Research appears 13 times in document – in two senses (i) research organizations or (ii) types of research. Evaluation appears 6 times in sense of policy or programme, frameworks, at national level. Implementation 36 times).

• Nations will start at different points to implement policy actions and will need to assess their research and evaluation capacity. The focus of researchers, policymakers, medical and social research funding agencies and NGOs should not only support developing the evidence base across multisectors but also the science of implementation of policy actions.

• A priority for research should be to explore interventions that specifically target those who are most inactive and support their movement into sustained health enhancing levels of physical activity. This research will improve our understanding what is the optimal blend of the mix of policy actions, between the seven sectors.

• Develop methods to capture the impacts and processes of implementation research at the population level of interventions including policy adoption, formative evaluation, community coproduction and process evaluation.

• Identify the reach and impact of policy, environmental and sector based interventions, especially at transition points where deficits emerge i.e. moving from primary to secondary school/puberty, urbanization and transition to work, retirement, conflict, especially in low-income and middle-income countries.

• Identify how to maximize the use of existing research to support land use, transport, housing and urban planning systems to co-create and maintain active environments.

• Capture the multisectoral economic benefits, cost benefits and cost utility of interventions, including actions aimed at economic regeneration, transport and development, sustainability outcomes, and quality of life, and the development of
common metrics of cost effectiveness and return on investment to compare impacts and benefits across sectors.