Dear Secretariat,

As a national non-profit organization tasked with helping Canadians move more and sit less, we are in full support of the World Health Organization’s decision to develop a Global Action Plan on Physical Activity. Particularly in light of growing rates of physical inactivity and sedentary behaviours, coordinated and concerted efforts across multiple sectors are needed to combat the rising rate of non-communicable diseases and promote population health.

Overall, we believe it is a well-written and comprehensive document highlighting the need to implement / adopt a common framework for physical activity across the globe. Below, we provide some high-level feedback for your consideration.

First, though the document has done an excellent job of highlighting important considerations regarding physical activity, we believe the coverage of sedentary behaviours has been inadequate. Given current trends and the high prevalence of such behaviours as well as its adverse health outcomes, we believe increased attention to these behaviours is warranted. Some attention to sleep would also be helpful given the increasing uptake of 24-Hour Movement Guidelines (integrated behaviour guidelines – physical activity, sedentary behaviours, and sleep).

Second, active commuting is an important aspect of active living across all age groups, and the large emphasis on this activity domain in the document rightly reflects its importance. However, it may be somewhat limiting to only refer to “cycling” and “walking” in this activity domain. We suggest using the term “active transportation” which would be more inclusive of all types of active commuting, regardless of mode choice and ability.

A final observation would be to use positive and person-first language consistently throughout the document.

We appreciate the opportunity to provide feedback on the draft document and look forward to reviewing future iterations.

Sincerely,

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Knowledge Translation Manager
Submitted on behalf of ParticipACTION’s Research Advisory Group.

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