Dear colleagues,

Many thanks for the draft global action plan and for the consultation.

I am pleased to submit below the following proposals on behalf of Portugal:

- # 32 - replace "mental disorders among other conditions" with "mental health conditions among other conditions"; (based on HRC resolution 32/18)

- Proposed action 2.2 (after # 90) - "and those people with physical or mental disability" with "and persons with physical, mental, intellectual or sensory disabilities" (based on article 1 of the UN Convention on the Rights of Persons with Disabilities)

- # 118 - replace "mental health disorders" with "mental health conditions"; (based on HRC resolution 32/18)

Best,

Eduardo
Exmo. Senhor
Diretor-Geral de Política Externa
Palácio das Necessidades
Largo do Rilvas
1399-030 Lisboa

Sua Referência
48089/2017 DGPE/SEM-24/2017

Sua Comunicação

Nossa Referência
OF/2657/2017/DSCCRI

Data
28-09-2017

Assunto: OMS - Consulta sobre o projeto de Plano Mundial de Ação 2018-2030 sobre atividade física para a promoção da saúde

No seguimento do assunto em epígrafe, tenho a honra de remeter a V. Exa. os comentários da área governativa da educação referentes à consulta pública sobre o projeto de Plano Mundial de Ação 2018-2030 sobre atividade física para a promoção da saúde.

Com os melhores cumprimentos,

O Secretário-Geral da Educação e Ciência,

- Raúl Capaz Coelho –
Contributos da Secretaria-Geral da Educação e Ciência para a OMS - Consulta Pública ao projeto de Plano Mundial de Ação 2018-2030 sobre atividade física para a promoção da saúde

Overall, the document is well structured and sound-based framework considering the arguments, policy actions, roles, and links to SGD agenda. Further, the document reads well and is very useful for the end users policies and assessment of good integrated plans and practices.

Below, please find five selected scientific-based suggestions to the document (bold and underline):

- **OVERVIEW OF THE GLOBAL SITUATION: #26 (page 7)**

  Investments in PE and increasing physical activity during school is an investment in better child development and better educational outcomes and the attainment of SDG 4. Over and above the health benefits of physical activity for the children, being active, and especially fit, is associated with improved cognition, and academic achievement.

  **Rationale:** The current knowledge suggests a clearer positive relationship between cardiorespiratory fitness and academic achievement, as compared with the relationship between both, objective measured and self-reported physical activity and academic achievement\(^1\).

- **STRATEGIC OBJECTIVE 3: CREATING ACTIVES LIVES: Indicators of success II (page 22)**

  ... % of schools where students are taught basic motor skills, movement patterns and health-related fitness needed to perform a variety of physical activities and promote lifelong health and wellness.

  **Rationale:** Together with motor skills and movement patterns, health-related fitness education is a predictor of lifelong physical activity and related outcomes\(^2\).

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• PROPOSED ACTIONS FOR MEMBER STATES: # 110 (page 23)
Develop and implement age appropriate programs and opportunities in all educational
settings (from early years to tertiary level) that encourage a variety of different forms of
physical activity, in primary and secondary schools; this should include both opportunities for
active classroom and outside formal curriculum such as during recess and immediately
before and after the formal school day.

Rationale: It has been shown that standing desks could be an effective strategy to reduce
sitting time in students.3

• Proposed Action 4.3: (page 28)
Build and improve national data systems to inform action, including: population surveillance
across all ages and multiple domains of physical activity and related moderators and
determinants; policy and program evaluation; and regular monitoring and reporting of
progress on implementation of national actions.

Rationale: Personal, physical environment, sociocultural environment, and behavioral
correlates and determinants of physical activity dimensions are required to implement
effective public policies.

• PROPOSED ACTIONS FOR MEMBER STATES (page 28)
Add one more action with the following description:

Develop public repositories with the populations surveillance information for media
and stakeholders use.

Rationale: Public repositories are instrumental for web-based provide information at the
national and international levels.

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4 Minges, K. E., A. M. Chao, M. L. Irwin, N. Owen, C. Park, R. Whittemore and J. Salmon (2016). "Classroom