**Alliance for Health Promotion**

**Meeting:**
Seventy-first World Health Assembly (A71/1)

**Agenda Item:**
12.2 Physical activity for health

**Statement:**

Physical inactivity leads to a major increase in health risks. Thus, the Alliance supports the need for exercise and healthy diet to reduce the morbidity and mortality from early childhood respiratory allergies and lifestyle conditions like hypertension, type 2 diabetes, obesity, depression and protect them from other risk factors associated with non-communicable diseases.

We endorse the need for interplay of policy makers, educationists and health professionals to create an environment that encourages men, women, children and communities to make life-changing decisions in lifestyles and physical activity.

Schools and colleges should introduce at least one hour of physical activity every day as part of their curricula and policies should make it mandatory to have sufficient physical and outdoor activity space for schools and educational institutions. Physical education and yoga among school children have been shown to have a positive impact on their performance academically too. We support the introduction of outdoor games for toddlers and children to avoid early habituation to the use of mobile gadgets and computers to play games and chat.

The rural-urban shift in many developing countries also leads to changes in diet and physical activity. Together with a sedentary lifestyle from desk jobs, these have caused a rapid escalation in NCDs.

In an increasingly stressful environment, physical activity has positive effects on physical and psycho-social well-being. Physical activity is an antidote to stress. And it reduces the socio-economic burden of catering for a population that is chronically unwell. Physical activity can aid the growing population of the elderly to be more healthy and functional thereby improving their quality of life.

The Alliance urges research leading to the development of physical activity and wellness indices of nations.

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