PROMOTING PHYSICAL ACTIVITY IN THE SOUTH-EAST ASIA REGION

The Regional Committee,

Concerned that insufficient physical activity is the fourth leading risk factor contributing to 3.2 million deaths globally, in particular as a risk for the increasing trend of noncommunicable diseases (NCDs), including cardiovascular diseases, obesity and diabetes,

Alarmed by the increasing trend of sedentary lifestyle and screen time in the population, particularly among children and adolescents,

Recalling World Health Assembly resolution WHA57.17 and its own resolution SEA/RC60/R4 and reaffirming the World Health Assembly resolution WHA66.10, and the global commitment on prevention and control of NCDs, in particular, to reduce by 10% the prevalence of insufficient physical activity by 2025,

Appreciating the efforts by the global community to drive the physical activity agenda, in particular at the side event at the Sixty-ninth World Health Assembly on “Towards achieving the physical activity target 2025 (10x25): are we walking the talk?”, where consensus was reached for a need to foster country actions and monitoring on physical activity,

Recognizing the positive impact of promotion of physical activity on health, the need for Member States to strengthen national action plans on physical activity and non-sedentary lifestyle to sustain the high level of physical activity and address sub-national or population groups with high prevalence of physical inactivity; while at the same time addressing factors contributing to sedentary lifestyle and promote active lifestyle as primary prevention of NCDs,
Further recognizing that physical and social environments are important to promote physical activity and non-sedentary lifestyle and the need for coordinated actions and engagement across all sectors, and

Noting the need to strengthen monitoring and evaluation of physical activity and non-sedentary lifestyle to track the progress in a comprehensive way, and the lack of a regional status report on the subject,

1. **URGES Member States:**
   a) to establish and/or strengthen, and implement the national action plan on physical activity and non-sedentary lifestyle, by adopting the WHO guidelines\(^1\) in line with national context;
   b) to encourage the development of leaders, champions and change agents country-wide, and support them to promote physical activities as role models;
   c) to develop and/or strengthen environments which are conducive to physical activity and non-sedentary lifestyle, through multisectoral coordinated actions, and support widest implementation such as through networks of actors, including but not limited to, community groups, civil society organizations, educational institutions, workplaces in the private sector and government agencies, various ministries and local governments;
   d) to strengthen monitoring and evaluation of physical activity and non-sedentary lifestyle as part of the national monitoring mechanism in harmony with the regional and global monitoring framework,
   e) Promote physical activities already ongoing in many Member States and share the experiences gained from the practice of alternative and traditional methods, including yoga; and encourage and share among Member States other local practices.

2. **REQUESTS the Regional Director:**
   a) to continue promoting and monitoring physical activity among WHO staff and support them to become change agents, leaders and role models in physical activity within the Region;

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b) to support Member States in the development and/or strengthening, and implementation of their national action plans for promoting physical activity;

c) to share regional and global good practices such as yoga and other traditional approaches for physical activity among Member States.

d) to support the creation and promotion of regional and national networks on physical activity and non-sedentary lifestyle, to provide a platform for regular learning and sharing experiences and best practices among leaders and champions in all Member States for strengthening the implementation of the national action plans on physical activity;

e) to support Member States in the development and/or strengthening of the monitoring and evaluation of physical activity and non-sedentary lifestyle;

f) to develop a status report on physical activity and health in the South-East Asia Region and present to the Seventy-first Session of the Regional Committee, and

g) to report progress on implementation of this resolution every two years to the Regional Committee until 2025.