
Bangkok Declaration on Physical Activity for Global Health and Sustainable Development launched



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At the recent International Society for Physical Activity and Health (ISPAH) 2016 Congress held in Bangkok, delegates, ISPAH members and Congress co hosts launched a new position statement on the importance of physical activity for global health, the prevention of NCDs and how the co benefits of population based actions on physical activity can contribute to achieving **eight of the 2030 Sustainable Development Goals (SDG)**.

The Declaration outlines **6 strategic areas for investment and action** at country, regional and global levels, which if implemented in all countries, would advance progress towards achieving the 2025 target of increasing levels of physical activity by 10%.

It calls for partnerships with sectors inside and outside of health and alignment with the shared goals of the 2030 Agenda for Sustainable Development.

The new road map and advocacy tool is a follow up to the Toronto Charter: A call for global action (2010) and the 7 Best Investments for Physical Activity (2011).

The Declaration is part of a set of regional and global efforts to support and accelerate a global social movement on physical activity. Working closely with all interested sectors and international agencies in all regions, the global movement will include efforts to secure a WHO Resolution on Physical Activity at the World Health Assembly in 2017/2018.

According to the *2014 Global Status Report on NCDs*, physical inactivity contributes to 3.2 million deaths and 69.3 million disability-adjusted life years (DALYs) each year. Physically active persons on the other hand have lower rates of coronary heart disease, high blood pressure, stroke, diabetes, colon and breast cancer, and depression.

As a leading risk factor in the development of NCDs, a range of sectors need to be engaged to integrate strategies to decrease physical inactivity in communities and reduce the burden of ill health on children and adults from developed and developing countries alike.

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