

# MORE ACTIVE PEOPLE BY 2030:

## HEALTH – SPORT PARTNERSHIPS FOR JOINED UP POLICY AND ACTION

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Regular physical activity through sport, active recreation, walking and cycling provides a wide range of benefits for health, society, the environment and the economy. The physical, social and mental health benefits are well established. The latest evidence and new global recommendations will be available from World Health Organisation (WHO) on physical activity and sedentary behaviour in late 2020. All children and adults should be regularly active, no matter the age or ability. For those less active, it is never too late to start. And all physical activity counts with higher levels of activity providing greater benefits.

In 2018 WHO launched a new *Global Action Plan on Physical Activity [GAPPA] 2018-2030* which set out a road map with 20 recommended policy actions, a call for stronger partnerships and a whole-of-system response by cities and communities. Member states agreed a new global target to increase physical activity by 15% by 2030. This presentation will introduce GAPPA and outline how partnerships between health and sport sector is key to turning global policy into local action and impact.

Stronger alignment between health and sport policy, practice and priorities will be key to getting more people more active and contributing to achieving the 2030 Sustainable

Development Goals. Sports for All needs to be fully realised through strategic priority within the Olympic Movement and mobilizing health and sports partnerships at global, regional, national and local level. WHO's partnership with the IOC and the Olympic family is the start of a new agenda which aims to help countries respond to the impact of COVID-19 and be a catalyst for stronger and more inclusive systems so countries can 'build back better' in health, transport, environment and sports systems.