Overview of the Roadmap: the Importance and Key Contents

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THE OUTLINE

1. Rationale to develop the roadmap
2. Developmental process
3. Key contents of the regional roadmap
1 Rationale
RATIONALE

• Building upon the resolution SEA/RC69/R4.
• Insufficient physical activity is one of the leading risk factors in the WHO South-East Asia Region, where NCDs cause around 8.5 million deaths every year.
• The available data shows that the prevalence of physical inactivity among adults is 15% and among adolescents is as high as 74% in the WHO South-East Asia Region.
• Prevalence of insufficient physical activity is still relatively high with considerable variations across countries in the Region.
• Childhood obesity is associated with a higher chance of obesity, premature death and disability in adulthood. An estimated 6.6 million young children under 5 years and one in five adults are currently overweight in SEAR.
Building on a new road map for all countries
The global action plan on physical activity (GAPPA) 2018-2030

There are many ways to be active – walking, cycling, sport, active recreation, dance and play - and many policy opportunities to increase participation.

Website: www.who.int/lets-be-active/en/
Developmental process
Regional roadmap developmental process

1. Review and compile process: Oct-Nov 2020

   - Considering the 2018 Status report on physical activity and health in the south-east Asia region.
   - The recent CCS 2019 data and other update global and regional survey.
   - Mandate from the RC resolution SEA/RC69/R4 on Promoting Physical Activity in the South-East Asia region.
   - Different national and regional realities, capacities, and levels of development.

2. Regional consultation (virtual and online): Dec 2020-Feb 2021

3. Revision and finalization: Mar-Nov 2021

   - Revision and completion of information based on feedback and comments
   - Identify countries to complete Situational Assessment Tool
   - Internal review and finalization process
Key contents of the regional roadmap
Vision
Sufficient physical activity for a healthier and active life for all

Mission
To ensure that all people have access to safe and enabling environments and to diverse opportunities to be physically active in their daily lives, as a means of improving individual and community health and contributing to the social, cultural and economic development of all nations

GOAL TO REDUCE PHYSICAL INACTIVITY

- 10% by 2025
- 15% by 2030
Focus of Prioritization

• The regional road map aim to facilitate cooperation at the regional level, supported by the secretariat through appropriate mechanisms.

• The road map places particular emphasis on supporting the implementation of GAPPAP and its policy actions.

• The regional road map contains priority areas of cooperation that could be supported using the secretariat’s existing expertise and resources, drawing on input from Member States.

• The regional roadmap take into account of different national and regional realities, capacities and levels of development, while respecting Member States’ national development strategies, policy space and priorities.

• The regional roadmap remain consistent with relevant international rules and commitments and creating no new commitments or additional reporting.
Regional Roadmap 2021-2025

• At least eight countries in have already established a national communication plan/strategy.
• The regional and national research prioritization and funding mechanisms

At least four (4) countries have fully completed SAT

At least three (3) countries have a database of good practices in physical activity promotion

• A knowledge-sharing platform and a regional data system
• The second status report on physical activity and in the SEA Region

2021

• The Regional network on physical activity
• At least five countries have established multisector collaboration activities with non-health sectors
• At least five countries have the updated national physical activity plan/strategy
• The Secretariat has established partnerships with other UN agencies and other intergovernmental collaborations

2022

2023

2024

2025

At least one regional activity, such as regional campaigns or joint-research activities on physical activity promotion, is conducted and supported.
### Roadmap policy actions and milestones by priority areas

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<th>Priority areas</th>
<th>Concrete policy actions</th>
<th>Year</th>
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| Multisector collaboration and shared responsibilities| At least four countries in the Region have fully completed the National SAT on Physical Activity.  
At least five countries in the Region have the updated national physical activity plan/strategy                                                                 | 2021    |
| Regional network                                    | The Regional network on physical activity is established.  
The Secretariat has established partnerships with other UN agencies and other intergovernmental and international organizations                                                                                              | 2022    |
| Active environments                                 | At least five countries have established multisector collaboration activities with non-health sectors                                                                                                                                 | 2022    |
| Research, Monitoring and evaluation                 | The regional and national research prioritization and funding mechanisms on physical activity are completed  
At least three countries have a database of good practices in physical activity promotion.  
A knowledge-sharing platform and a regional data system to monitor and evaluate the implementation of GAPPA policy actions  
The second status report on physical activity and in the SEA Region                                                                 | 2023    |
| Mass communication plan/strategy                    | At least eight countries in the Region have already established a national communication plan/strategy.  
At least one regional activity, such as regional campaigns or joint-research activities on physical activity promotion                                                                                       | 2023    |
Implementation: Role and responsibilities

SEAR Member States

- To foster collaboration across and between all stakeholders at the regional, national and subnational levels, especially in reinforcing the capacity of non-health sectors
- To be actively involved in the regional activities and initiatives,
- To regularly update the country's epidemiological and policy profiles and good practices in physical activity

WHO SEARO

- To facilitate technical and financial assistance in implementing concrete policy actions
- To demonstrate leadership by collaborating with UN agencies and other intergovernmental and international organizations
- To establish a knowledge-sharing platform and regional network for Member States to learn, share and advance the physical activity agenda
Tracking the progress

• The progress on implementing this Roadmap will be reviewed biannually as part of the progress report of the Regional Committee Resolution on physical activity in the SEA Region until 2025.

• This process will not create additional reporting requirements for Member States and will be conducted within the existing monitoring and evaluation system.

• In 2025, the Secretariat will publish the second status report on physical activity and health in the SEA Region.
Thank you