GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY [GAPPA] 2018-2030
MONITORING AND EVALUATION OF GAPPA IMPLEMENTATION

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There are many ways to be active – walking, cycling, sport, active recreation, dance and play - and many policy opportunities to increase participation.
WORLD HEALTH ASSEMBLY MAY 2018

FIVE REQUESTS FROM COUNTRIES

1. Update the 2010 global guidelines on PA
2. Support countries to implement – how to start and build collaborations with relevant partners
3. Develop a Monitoring & Evaluation framework
4. Produce Global Status Report on PA by 2020
5. Report on progress on implementation in WHA 2021, 2026 and 2030
PROGRESS ON IMPLEMENTATION ACROSS FOUR STRATEGIC POLICY ACTION AREAS

1. CREATE ACTIVE SOCIETIES
   Social norms and attitudes

2. CREATE ACTIVE ENVIRONMENTS
   Spaces and places

3. CREATE ACTIVE PEOPLE
   Programmes and opportunities

4. CREATE ACTIVE SYSTEMS
   Governance and policy enablers
GAPPA calls for a “SYSTEMS APPROACH”

So….. monitoring will also require a “systems approach”
MONITORING FRAMEWORK FOR GAPPA – “LOGIC MODEL”

1. Creating an Active Society
2. Creating Active Environments
3. Creating Active People
4. Creating Active Systems

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>PROCESS</th>
<th>OUTCOME</th>
<th>IMPACT</th>
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<tbody>
<tr>
<td>Policy actions outlined in GAPPA</td>
<td>Indicators of implementation of policy actions</td>
<td>Change in population levels of physical inactivity in adults and adolescents</td>
<td>On Health, Environment and the Economy</td>
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<td>process indicators</td>
<td>% physical inactivity adolescents</td>
<td>Metrics of impact on health, environment, and the Economy</td>
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<td>4. Build workforce capacity &amp; capabilities</td>
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<td><strong>2. Creating Active Environments</strong></td>
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<td>% physical inactivity in adults</td>
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<td>6. Implement city &amp; community-wide initiatives</td>
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GLOBAL DATA SOURCES: WHO NCD COUNTRY CAPACITY SURVEY

Tracking progress on 10 key indicators towards 2025/2030

- Completed by all Member States (n=194)
- Electronic survey sent to MoH
- Assesses presence / absence and additional supporting details across key recommended policy actions to address NCDs and their risk factors
- Requests supported documents to be uploaded
- Conducted every 2 years
- 100% response rate achieved in 2017, 2019 & 2021
GLOBAL DATA SOURCES: WHO ROAD SAFETY SURVEY
Tracking progress on road safety policy actions & indicators for Second Decade of Action

- Completed by Member States – through transport focal points
- Usually conducted every 2 years
- Around 175 countries responded 2016/2017 data collection for 2018 report
- Survey changes, additions and modifications
- Few if any supporting documents requested – follow up undertaken by HQ/RO
NATIONAL POLICY AND GOVERNANCE

1. National policy on NCD including physical activity
2. National physical activity policy, strategy, or action plan
3. National guidelines on physical activity - and by age groups
4. National targets on National NCD and physical activity
5. National surveillance of physical activity - and by age groups, tools and currency
6. National NCD coordination mechanism
POLICY ACTIONS

CHANGING KNOWLEDGE AND MINDSETS

1. National physical activity communication campaigns
   - Campaign linked with community
   - Campaign supported by environmental changes
   - Campaign using messages on co-benefits of physical activity

2. National mass participation events on physical activity
1. National urban planning policy - compact design
2. Active and sustainable transport
   - National walk & cycle policy/plan
   - National public transport policy
   - National road safety strategy
3. Design and Deliver Safe Streets
   - Design standards for separated infrastructure, safe crossings and safe speed
4. Road safety assessment
   - New infrastructure & existing roads
5. Ensure Safe Road User Behaviour
   - Legislation (best practice) and enforcement of speed limits
   - Legislation (best practice) and enforcement of drink-driving
   - Legislation on distracted driving
6. Public Open Space
INTERVENTIONS AND PROGRAMMES PROVIDING OPPORTUNITIES FOR PA

1. Key Settings
   - Primary health care - National protocols for the management of physical inactivity
   - Educational settings - QPE
   - Workplace
   - Childcare
   - Sport
   - Public open spaces
   - Walking and cycling

2. Key Populations
   - Active aging
   - People living with disability

3. Digital and virtual settings
   - National digital/mhealth initiatives
OUTCOME INDICATORS
LATEST GLOBAL ESTIMATES FOR PHYSICAL INACTIVITY
TREND 2001-2016: BY SUPER REGIONAL GROUPS FOR MEN AND WOMEN COMBINED

Source: Guthold et al., Lancet Global Health, 2018
GLOBAL REPORTING ON GAPPA IMPLEMENTATION - 2022

1. Creating Active Societies
   1. Implement public education PA campaigns
   2. Promote the co-benefits of PA
   3. Promote through mass participation events
   4. Build workforce capacity & capabilities

2. Creating Active Environments
   1. Integrated transport and urban planning policies
   2. Improved walking and cycling networks
   3. Strengthen road safety
   4. Improved access to public open spaces
   5. Implement pro PA building policies

3. Creating Active People
   1. Enhance PE and school based programmes
   2. Incorporate PA into primary health care
   3. PA through sports, workplace and key settings
   4. Improved opportunities older adults
   5. Prioritize programmes for the least active
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4. Creating Active Systems
   1. Strengthen policy, leadership and governance
   2. Improved and integrated data systems
   3. Build research and development
   4. Expand advocacy
   5. Develop innovative finance mechanisms

GLOBAL STATUS REPORT ON PHYSICAL ACTIVITY
As requested by Resolution WHA71.6
Emerging Key Messages (Draft)

Global results are showing:

1. Better progress in some areas of PA and slow progress in other policy areas
2. Better quality data &/or more detailed data are needed to improve monitoring for some policy actions
3. Data gaps - need for development of both indicators and data collection for some policy areas
4. Data collection is needed across all key government sectors related to policy actions on PA – collaborations and coordination
NEXT STEPS AND TIMELINES

1. Complete internal & external review: Nov 29 2021
2. Finalise analyses and report: Mid Dec 2021
3. Clearance, design and translation: Jan-March 2022
4. Summary and derivative communication products: Dec-March 2022
5. Global launch & regional supporting events – From April (TBC)
Thank you