Sharing Experience of Promotion for Physical Activity in Indonesia

Director of Occupational and Sports Health
Directorate Occupational and Sports Health
Directorate General of Public Health
Ministry of Health of Republic Indonesia
Background

1. Population: 272,229,372 jiwa
2. Area: 7,81 juta km²
3. Islands: 17,499
4. Province: 34
5. City: 104
6. District: 409
7. Sub district: 7,252
8. Village: 83,820
9. Ethnics: 1,340
10. Lang: 801

Source: BPS June 2021

The Proportion of least active population > 10 y.o:
2013: 26, 1 %, 33,5 % (2018)

Source: Riskesdas 2013 & 2018
Background

The increasing of less physical activity in line with the prevalence of NCD in 2018.
# Integration Strategy GAPPA & GERMAS the Implementation

<table>
<thead>
<tr>
<th>GAPPA</th>
<th>GERMAS</th>
<th>MANDATORI</th>
<th>IMPLEMENTATION</th>
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<tbody>
<tr>
<td><strong>1. CREATE ACTIVE SOCIETIES</strong></td>
<td>increased education and campaigns on physical activity</td>
<td>Kemenkes, Kemenpora, Kemenkominfo</td>
<td>CFD in 34 province, more city/district, community sport competition to celebrating independence day, virtual sport through med sos.</td>
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<td><strong>2. CREATE ACTIVE ENVIRONMENTS</strong></td>
<td>Facilitating the provision of physical/sports activity facilities, green open spaces, motorized vehicle-free areas, pedestrian paths, speed lanes, intermodal transportation connectivity + parks</td>
<td>Kemenpora Kemen PU &amp;PP Kemenhub, BPN, Bupati/Walikota</td>
<td>Pedestrian lane widening for run, special lanes for cyclists, physical activity facilities, green open spaces, intermodal transportation connectivity</td>
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<td><strong>3. CREATE ACTIVE PEOPLE</strong></td>
<td>Services for physical activity programs/activities in the community, workplaces (companies, government agencies), schools/madrasah, and education units</td>
<td>Kemenaker, Kemenpan RB, Kemendikbud, Kemenag</td>
<td>Exercise program challenges and weight loss challenges to encourage the culture of physical activity that is integrated with fitness measurement through the SIPGAR application</td>
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<td><strong>4. CREATE ACTIVE SYSTEMS</strong></td>
<td>cross-sector and local government advocacy, partnership with stakeholders, IT-based Monev</td>
<td>Kemenkeu, B appenas, Kemenko PMK, Kemendagri</td>
<td>Central and Regional Regulations, GERMAS campaign with the legislature, Cooperation with sports community groups (Kormi), professionals, development of monitoring and evaluation systems through the SIPGAR application</td>
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Regional Meeting on Physical Activity
22-23 November 2021
## RENCANA AKSI NASIONAL AKTIFITAS FISIK (RAN-AF)
National Action Plan for Physical Activities
Base on Situational Analysis Tool (1)

<table>
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<tr>
<th>No</th>
<th>Kementerian/Lembaga</th>
<th>INPRES NO.1 GERMAS</th>
<th>GAPPA</th>
<th>Actions</th>
<th>Indicator</th>
<th>Baseline 2021</th>
<th>Target Indicator</th>
<th>Keterangan</th>
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<tr>
<td>1</td>
<td>All</td>
<td>Increased physical activity</td>
<td>create active people</td>
<td>1. Streaching</td>
<td>1. the work unit performs joint stretching at least 1 time/day</td>
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<td>2</td>
<td>MoH</td>
<td>Increased education for physical activity</td>
<td>create active people</td>
<td>1. Assistance in measuring physical fitness of Ministries, institutions, and local governments</td>
<td>1. Number of ministries, institutions, local governments that help measure physical fitness</td>
<td>50%</td>
<td>65%</td>
<td>80%</td>
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Physical Fitness Collaboration

- Orientation for Movement Physical Activities
- Workshop for Student and football school
- Workshop for Student
- Gurulypics and Siswalympics
- Mask Campaign dan Launching SIPGAR
- Center of Excellent Healthiest City
- Workshop Physical Fitness for Santri
- Physical fitness measurement Workshop for student
- Workshop Physical fitness for preschool teacher

Regional Meeting on Physical Activity
22-23 November 2021
Obstacles

- IT-based recording and reporting systems are still not running well, related systems and resource capabilities.

Support Needed

- Consultants, especially for the implementation of the NAP for Physical Activities;
- Development of Recording and Reporting System.
CONCLUSION

A. Indonesia has implemented physical activity programs, that has been strengthened by Presidential Instruction no. 1 of 2017 about GERMAS, but still need more to converge.

B. IT-based recording and reporting systems that need to be further developed

C. NAP for physical activities has 5 actions to be implemented by all institutions:
   1. Stretching
   2. Massal Physical Exercise/Gymnastics
   3. Physical Fitness Measurement
   4. Sports activities in commemoration of national holidays
   5. Setting up parking spaces and using stairs in offices to increasing the number of daily steps

D. Indonesia has developed an exercise challenge program and a weight loss challenge program that’s integrated with the measurement of physical fitness in the SIPGAR application
THANK YOU