Different toolkits for policy development and implementation to promote physical activity

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WHO HQ
Guidelines in themselves do not change behaviour. It is what we do with them that matters!
1 in 4 adults are not active enough: 28%

4 in 5 adolescents are not active enough: 81%
1. Build knowledge & skills
2. Supportive environments
3. Ensure safety
4. Work with families and caregivers

https://apps.who.int/iris/handle/10665/345926/
1. Quality PE
2. Active travel
3. Active after school
4. Active recess
5. Active classroom
6. Inclusive of children with disability
1. **ASSESS** – how much PA, contraindications
2. **ADVISE** – tailored advice
3. **AGREE** – help set goals
4. **ASSIT** – link to community opportunities
5. **ARRANGE** – arrange follow-up
• 2-way SMS
• can be tailored
• 4-6 weeks

- motivate & support
- initiate, increase and maintain a regular (daily) walking routine.
FORTHCOMING

• Promotion of physical activity
  - for older adults
  - through communications campaigns
  - for people living with disability

• Guidance on policy recommendations to support walking and cycling

• Guidance on policy development (GAPPA/SAT)
Regional Meeting on Physical Activity
22-23 November 2021

Physical activity Fact sheet