

Non Communicable Disease Alliance

Agenda 9.6- Promoting physical activity in the WHO South-East Asia Region

The South-East Asia Regional NCD Alliance welcomes the Regional Committee's resolution SEA/RC69/R4 on promoting physical activity. Physical inactivity is a leading risk factor for NCDs and remains a pressing challenge in the SEAR: one in four adults and more than 80% of adolescents fail to achieve the WHO-recommended levels of physical activity. The region's rapid decline in physical activity levels is driven by urbanization, unsafe environments, limited access to green and public spaces, and the growing reliance on motorized transport. These inequities particularly affect women, children, and marginalized groups, exacerbating health disparities.

In line with the commitments in the Political Declaration of the 4th High-level Meeting on NCDs and mental health, we urge Member States to:

1. Scale up the implementation of SEA/RC69/R4, embedding physical activity promotion across primary health care, communities, schools, and workplaces.
2. Adopt whole-of-government approaches, including urban planning and transport policies, to design safe and accessible environments for walking, cycling, and recreation.
3. Strengthen multisectoral partnerships—linking health, education, transport, urban development, and civil society—to create supportive environments that make physical activity easier, safer, and more equitable.
4. Invest in monitoring and accountability systems, using standardized data collection to track progress towards the targets of the WHO Global Action Plan on Physical Activity 2018–2030 and align these with the global, regional, and national NCD targets on physical activity.

Promoting physical activity is a public health priority and an investment in economic growth, productivity, and sustainable development. With political commitment, innovative policies, and community engagement, our Region can advance towards 'more active people for a healthier world.'