

Discussion and sharing of ideas about principles and practice around PA plans

Adrian- principles of national plans

Fiona- examples of national plans
showing case studies of *actual plans*

A Framework for Discussion of Follow Up Actions

Developing National Physical Activity Plans

**CDC/WHO COLLABORATING CENTER WORKSHOP ON
GLOBAL ADVOCACY FOR NATIONAL PHYSICAL ACTIVITY PLANS**

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CONSIDER.....

WHAT IS THE CURRENT STATUS ON PA
PLANS PROGRAMS AND POLICY

WHAT IS HAPPENING IN YOUR REGION/
COUNTRY ?

NATIONAL PLAN AND POLICY IMPLEMENTATION:

- is there a written **implementation plan** or **Action Plan**?
- what strategies are proposed ?
- how will it be supported ?
- how is it / will it be resourced ?
- what happens next ?

FOR DISCUSSION IN THE MEETING

- **ADVOCACY AGENDA:** - consider how advocacy efforts are used to develop PA policy, inform stakeholders about the policy, and encourage its usage?
- **PLANS, POLICY and ADVOCACY:
STRENGTHS AND WEAKNESSES or
BARRIERS AND FACILTATORS**

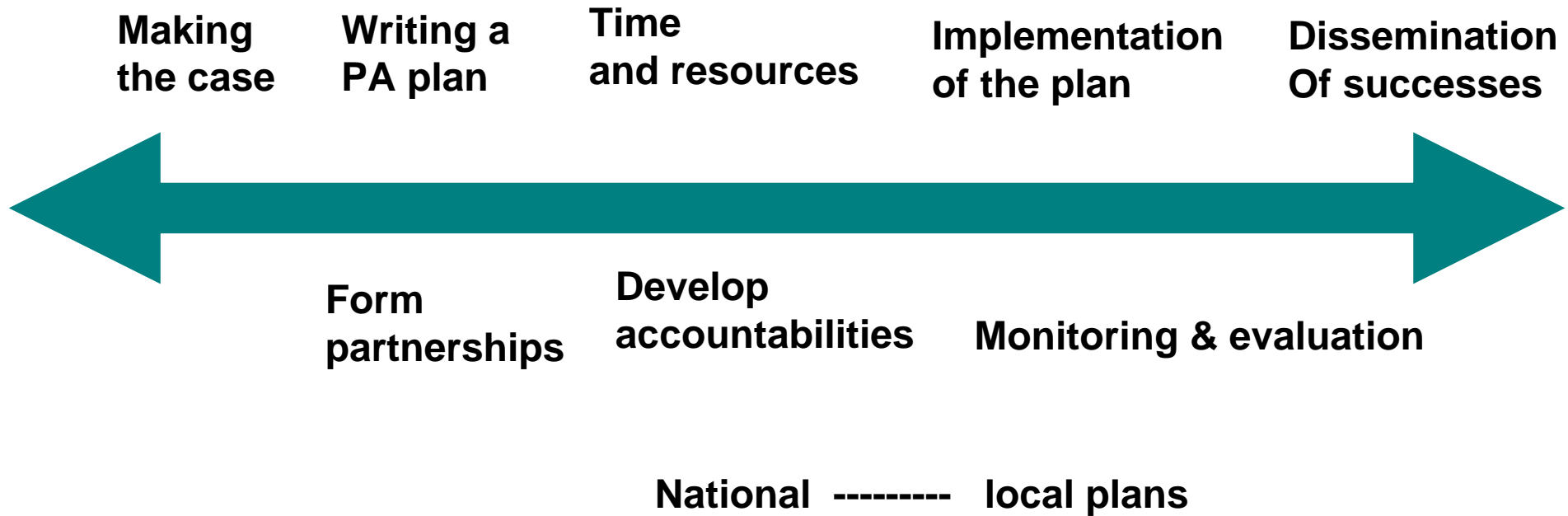
GUIDING PRINCIPLES FOR A POPULATION-BASED APPROACH TO PHYSICAL ACTIVITY

- High-level political commitment AND Funding
- Integration in national policies
- Identification of national goals and clear objectives
- Support from stakeholders
- Cultural sensitivity
- Integration of physical activity within other related sectors
- A coordinating team
- Multiple promotion strategies
- Target the whole population as well as specific population groups
- Clear program and plan identity
- Implementation at different levels within “local reality”
- Leadership and workforce development
- Dissemination of the intervention
- Monitoring and evaluation
- National physical activity guidelines

SOURCE: A guide for population-based approaches to increasing levels of physical activity: implementation of the who global strategy on diet, physical activity and health. WHO, 2006

DISCUSSION ?

What is the next step ? *Depends where you are on the continuum*



Public health programs

- If we don't know what works, we need multiple strategies across multiple settings to ensure a better chance of success
- So we need to do **many things to promote PA**

Public health programs and attributions of success ...

- Are you measuring PA nationally ?
[prevalence trends]
- Measuring implementation of the plan [did it reach target groups and the general community]
- If we see a change in physical activity (PA) can we attribute it to the existence and implementation of a defined PA plan ?