


Kuwait Physical Activity Plans

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CDC/WHO Collaborating Center Workshop on Global
Advocacy For National Physical Activity Plans

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W Hotel San Diego, CA, USA



Kuwait National Plan

Developing a plan! (this meeting will help)

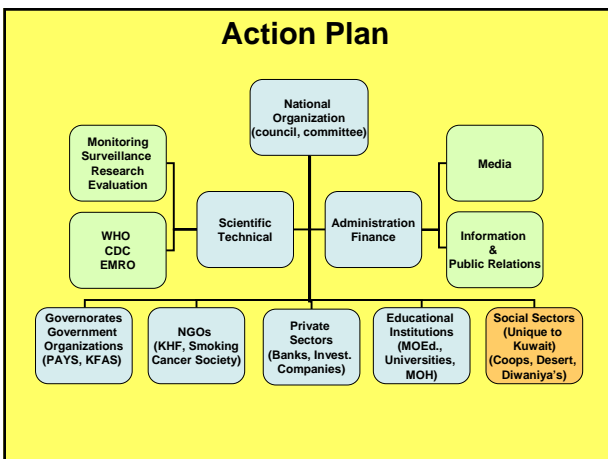
- **Guidelines.** Develop and implement health enhancing physical activity (PA) national guidelines.
- **Policy.** Develop & integrate into national policy the promotion of PA:
 - i- changes in various sectors
 - ii- review existing policies
 - iii- urban & town planning & environmental policies
 - iv- transportations, labor & workplace
 - v- school physical education classes & PA after class
- **Advocacy:** all sectors will be involved in a unified common message and utilize whatever channel possible (mass media, role models athletes, popular figures, both community & religious leaders) – consideration to integrate PA in national holidays, health events and others

Key individual/organization

- **Individuals:** The Amir of Kuwait (Kwt); the Crown Prince, or the Prime Minister; the Speaker of the Parliament & other interested members; Ministers, Royal family members; Celebrity athletes & actors.
- **Organizations:**
 - I. Local:** Public Authority for Youth & Sports (Sport Clubs, Youth Centers, Sport Federations, Sports for All, & Public Playgrounds etc...); Kwt Foundation for the Advancement of Science; Kwt Medical Society; Kwt Heart Foundation; Kwt Cancer & Smoking Society etc...
 - II. International:** WHO; CDC; ACSM; IUHPE & other potentials to facilitate the PA plan, along with Organizing meetings and symposiums.
- **International organization's presidents / members** (President of Olympic Council of Asia and member of the IOC from Kuwait)

Barriers

- **No PA national Policy or Plan**
- **PA is not considered a priority** and have a low profile among politicians which also extends to the media.
- **Lack of public and professional knowledge and awareness** of the beneficial effects of PA on health & prevention of non-communicable diseases.
- **Limited funds** (PA as frill).
- **Lack of adequately trained staff.**
- **Environmental aspects** (transport system & urban design).
- **Inadequate awareness of PA by NGOs.**
- **Poor intersectorial cooperation** (every sector organize PA & sports independently).



- **Educational Institutions (MOEd., Universities, MOH)**
 - School PE & after school PA
 - (national committee to discuss & recommend plan)
 - MOH to incorporate PA in their programs

Unique to Kuwait

Social Sectors

- **Diwaniya's:** Gathering place in suburbs where family members, friends & neighbors gather daily or weekly.
- **Consumer Cooperative Societies:** groceries & dept. stores, contribute in social activities of the communities.
- **Desert Camps:** Families & friends camping in the desert (mid-year holidays).

