

## GAPA COUNCIL COMMUNIQUÉ No. 2: AUGUST+ 2010

[www.globalpa.org.uk](http://www.globalpa.org.uk)

Dear members of the GAPA Council of ISPAH,

### Welcome to the GAPA Council and to the second Communiqué

If you are a recipient of this communiqué it is because you have indicated on your ISPAH membership application that you wish to join the GAPA Council. The GAPA Council's core function is Global Advocacy for physical activity. We welcome as many people as possible from all over the World to join us in the advocacy activities below.

The GAPA Council Executive will send you an e-communicé after each Executive Committee Teleconference (approximately every 2 months) to keep you informed and invite your assistance with the actions of the GAPA Council. This communiqué outlines a few developments from the last 2 months.

### 1 - Update on the Toronto Charter for Physical Activity: A Global Call for Action

Since the launch of the charter at the 3<sup>rd</sup> ICPAPH the focus has been on translation and dissemination. The following progress has been made:

- \* over 319 individuals and 108 organisation from 58 countries have signed up their support for the Charter. To register your individual or organisation support visit the GAPA website at <http://www.globalpa.org.uk/charter/>;
- \* the charter is now available in English, French, Norwegian, Portuguese, Spanish and Thai at [www.globalpa.org.uk](http://www.globalpa.org.uk) and soon we will have Chinese, German, Japanese, Norwegian and in total 19 languages available. Many thanks go to the volunteers who have generously coordinated the translation process. If you are interested in translating the charter please contact Professor Fiona Bull (GAPA chair) at [fiona.bull@uwa.edu.au](mailto:fiona.bull@uwa.edu.au);
- \* the charter continues to be disseminated through a wide range of physical activity regional networks, international and national NGOs and other key contacts;
- \* the charter was presented in sessions at the 20<sup>th</sup> World Conference of the International Union for Health Promotion and Education (IUHPE) in Geneva, Switzerland (July 2010) and earmarked for endorsement at the general assembly of the IUHPE which will take place within the next three months;

- \* The charter was also presented at meetings and symposia in different regions to disseminate the charter and the global advocacy agenda as widely as possible. These included a meeting of the US Centers for Disease Control and Prevention (CDC) and the University of Zurich on Current Developments in Physical Activity (Geneva, Switzerland – July 2010), a meeting of the Western Pacific Regional Office (WPRO) of the World Health Organization (WHO) in conjunction with the National Institute for Public Health (NIPH), Saitama, Japan, on the subject of non-communicable disease through non-health sectors, the International Course on Physical Activity and Public Health (Lima Peru - August 2010) and the meeting of the physical activity network of Colombia. .

### What can you do with the Toronto Charter?

- \* Register your personal support at [www.globalpa.org.uk](http://www.globalpa.org.uk);
- \* Send a copy of the **Toronto Charter for Physical Activity** to at least five of your colleagues and encourage them to do the same;
- \* Advocate for and register your employer/organisation to support the Charter;
- \* Arrange to meet with a key decision maker to discuss how their program and policies can align or adopt the principles and recommended actions of The **Toronto Charter for Physical Activity**;
- \* Mobilise networks and partnerships all sectors to support and implement The Toronto Charter.

Also, tell us what you did. We are keeping a log of implementation activities. Please send emails of actions or questions to [info@globalpa.org.uk](mailto:info@globalpa.org.uk)

### 2 - Developing a global Physical activity information service - Global-PA-net

Plans continue to move forwards to establish a regular physical activity information service via an e-news and website. This initiative is led by Trevor Shilton and Adrian Bauman. Global-PA-net plans to share physical activity evidence, best practice and knowledge across a global network of physical activity practitioners, scientists, policy makers and advocates. So far, GAPA efforts have concentrated on fundraising for a two-year start-up phase with a plan for sustainable financing as an ISPAH / GAPA core product. Concrete commitments have been received from the IUHPE, CDC, and VicHealth

(Australia). Offers of in-kind support are also being received. If you are interested or know of an organisation that would like to support this activity for the start-up phase period of two years, please contact Trevor Shilton (Deputy-Chair of GAPA) at [Trevor.Shilton@heartfoundation.org.au](mailto:Trevor.Shilton@heartfoundation.org.au).

### 3 - Supporting and building Advocacy for physical activity

One of GAPA's core functions is to support training opportunities in advocacy for physical activity within existing capacity building activities and as dedicated 'advocacy' courses.

GAPA is still defining how to implement this activity. However, our intent is to develop and disseminate advocacy training tools (e.g. webinars) for both virtual and face to face training. We will aim to capitalize on existing courses and forthcoming opportunities by adding an advocacy component.

### 4 - Linking physical activity regional networks

GAPA continues to advocate for and support the work of regional networks for physical activity at the global level. In July GAPA coordinated a meeting between regional network representatives in Geneva to identify priority areas of action and best ways of working together. Progress and work priorities from regions were shared. GAPA will be contacting the regional networks to follow up on this meeting and particularly to explore ways to partner in projects that support the dissemination and implementation of the Toronto Charter and Global-PA-net.

### 5 - Linking physical activity with the global focus on NCD Prevention and Health in All Policies

GAPA has an important role in advocating to reinforce the critical link between physical activity and two vital global issues that have emerged from key meetings in 2010:

- \* **Health in All Policies (HiAP).** The current priority afforded by the WHO and other global bodies to inter-sectoral action and Health in All Policies (HiAP) is an important opportunity for physical activity. The Toronto Charter clearly articulates how transport, planning, education, sport, recreation, urbanisation & sustainability are vital in advancing global physical activity.
- \* **Non-communicable Disease prevention.** The United Nations (UN) and World Health Organization (WHO) focus on Non-Communicable Disease Prevention and Control in the lead-up to the upcoming UN high-level summit in September 2011 provided another important advocacy avenue for GAPA.

Three additional developments provide further impetus for physical activity advocacy:

- \* the imminent release of the WHO Global Physical Activity Guidelines, and
- \* the forthcoming meeting at WHO on Priority Research Agenda for NCD Prevention – a report on research priorities for physical inactivity (especially in low and middle-income countries) was prepared by Professor Fiona Bull and colleagues. When this becomes available it will be posted on the GAPA website;
- \* GAPA Council is in contact with the WHO and will continue to develop this relationship as a central part of its global advocacy mandate !

### 6 - WHO releases Global Recommendations on Physical Activity for Health

The document provides national and regional level policy makers with guidance on the dose-response relationship between the frequency, duration, intensity, type and total amount of physical activity needed for the prevention of non-communicable diseases (NCDs) and is now available at [http://www.who.int/dietphysicalactivity/factsheet\\_recommendations/en/index.html](http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html).

### 7 - Connecting with GAPA members – possible 'Web meeting' in November 2010

In order to further engage with its membership, GAPA plans to organise a web meeting before the end of 2010. This 2 hour 'virtual meeting' will allow discussion and interaction on a wide range of topics – for example the Toronto Charter, training needs, resource needs, etc. Please suggest other possible topics for discussion via [info@globalpa.org.uk](mailto:info@globalpa.org.uk)

Finally, please contact us directly if you have suggestions, funding opportunities or ideas in relation to these or other potential GAPA activities. We'd love to hear from you - [info@globalpa.org.uk](mailto:info@globalpa.org.uk)

Stay tuned for the next GAPA Communiqué

Best wishes

#### The GAPA Executive

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Trevor Shilton (Deputy Chair)

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