

## **First Global Ministerial Conference on Healthy Lifestyles and Non-communicable Disease Control (Moscow, 28-29 April 2011)**

The First Global Ministerial Conference on Healthy Lifestyles and Noncommunicable Disease Control was held at the World Trade Centre, Moscow on 28-29 April 2011, and hosted by the Russian Ministry of Health and Social Affairs. Across two days, with over 95 countries represented by delegations, discussions took place on global trends in NCDs and their risk factors, how NCD prevention and control are central to economic development and poverty alleviation, the challenges, lessons learned and opportunities for multi sectoral action to prevent NCDs, and what are the “best buys” to address NCDs.

Structured around plenary and round table break-out sessions delegates from UN Member States and other contributors explored the evidence and actions in areas covering tobacco, physical inactivity, healthy diets, alcohol, health care systems, surveillance, NCDs and socio-economic development, essential medicines and technologies, civil society and social mobilization, and bridging the implementation gap. Each session was recorded and summarised in the final closing plenary.

### **SUMMARY OF ROUND TABLE DISCUSSION ON PHYSICAL INACTIVITY**

This workshop held at the First Global Ministerial Conference on Healthy Lifestyles and Non-communicable Disease Control involved five presentations; firstly an overview of the 2010 WHO global guidelines on physical activity which clarify the amount and types of activity for good health and disease prevention. Country presentations shared experiences from New York City, USA, Bogota, Columbia, Morocco, Russia and the UK. These case studies represented diverse cultures and settings and provided the opportunity for discussion on approaches to national action. Several common themes were identified and these form the basis of the suggestions on what national and international level actions should be adopted to address physical inactivity:

The final meeting report will provide full details but five of the key actions are summarized below:

1. Action to address population levels of physical activity should
  - adopt a life course approach and therefore include programs and policy targeting early years (<5 years), children (5-12 years), adolescents (13-18 years), adults and older adults;
  - recognize and endorse that physical activity can be undertaken in a variety of ways and these include through sports, recreation, exercise, walking and cycling (for transport or recreation), play and dance as some examples;
  - include coordinated actions across multiple settings these include but not limited to child care, schools, workplace, primary health care, transport and the communities
2. National action on physical activity should involve a combination of actions that aim to increase opportunities through physical activity programs AND action aimed at providing and maintaining supportive environments.
3. Policy level actions that can support physical activity include: mandatory good quality physical education curriculum in schools; establishing urban design guidelines, regulations that improve air quality and provision of open space
4. National level adoption and implementation of the Global Physical Activity Recommendations can provide the platform for gaining government support, cross government action and partnerships with civil society.
5. A mechanism to share information and national experiences on approaches to increasing physical activity promotion between countries is required as physical inactivity is a complex behavior requiring multiple actions many of which lie outside the health sector. Learning from other countries experience is necessary to accelerate progress in countries with less experience

Full details of the speakers and podcast of the session are available at:

[http://www.who.int/nmh/events/moscow\\_ncds\\_2011/mediacentre/en/index.html](http://www.who.int/nmh/events/moscow_ncds_2011/mediacentre/en/index.html)