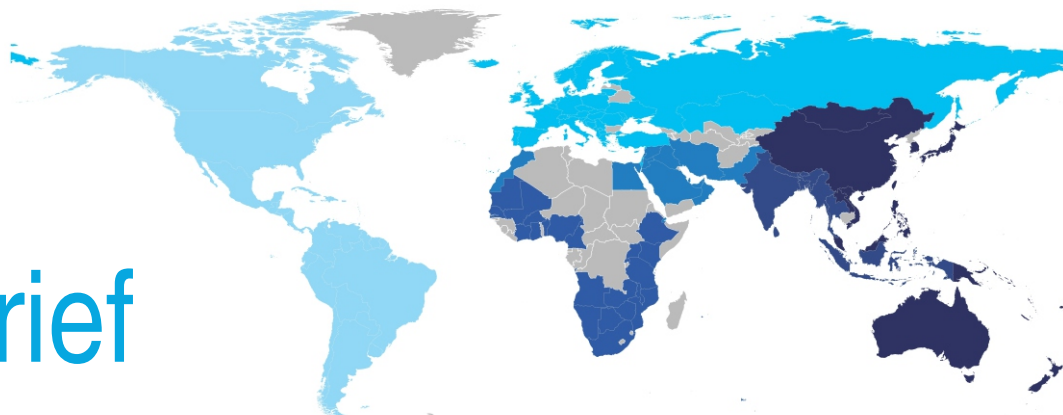




WORLD PolicyBrief



The country has 2015 and 2020 Country Cards and a country representative in 2020.

■ AFRO ■ EMRO ■ EURO ■ PAHO ■ SEARO ■ WPRO

■ The country has 2015 and 2020 Country Cards but does not have a country representative in 2020.

General data

Number of countries: 217
GoPA! members = 164

GoPA
members
75.6%



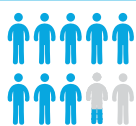
Deaths related to Physical Inactivity

Worldwide 9% of deaths are due to physical inactivity. Across the GoPA! countries the range is:

1.5-17.0% median 7.5%

Physical activity prevalence estimate

83% of the countries have a national physical activity prevalence estimate

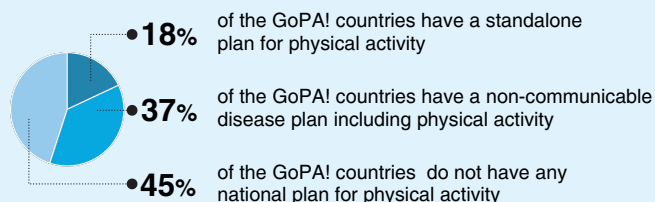


Surveillance

67% of the GoPA! countries have **two** or more national surveys including physical activity questions

18% of the GoPA! countries have **three** or more national surveys including physical activity questions

Policy



Research

176 countries worldwide contribute with at least one article to the global research production in physical activity

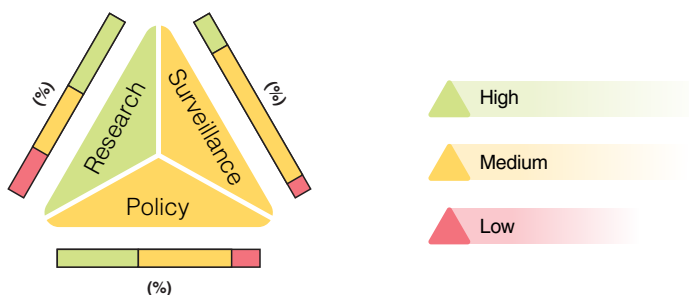
Sitting time



47% of the GoPA! countries have data on population sitting time

GoPA! pyramid of current country capacity for physical activity promotion

Percentage of GoPA! countries that have high, medium and low capacity for research, surveillance and policy, and a summary classification.

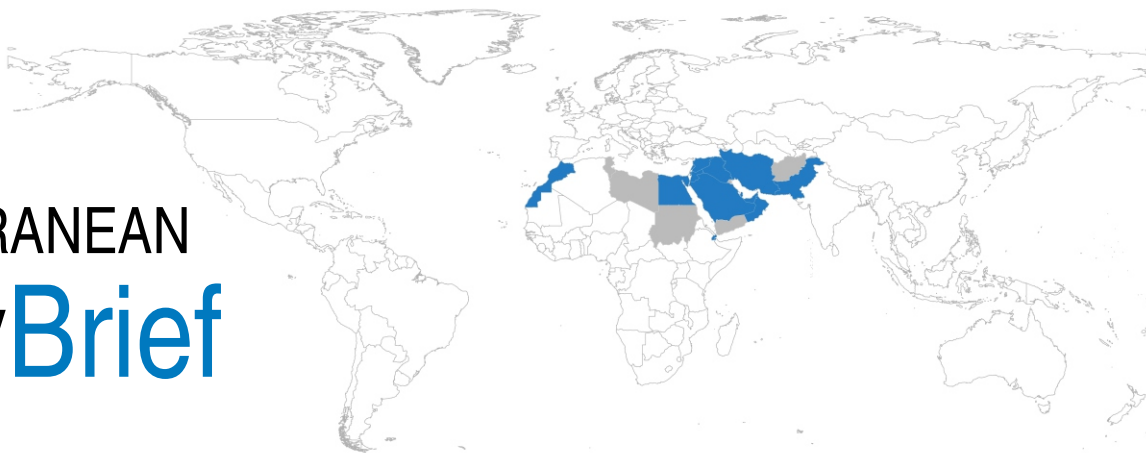


The current capacity for physical activity promotion is based on the second set of Country Cards data about global status of physical activity surveillance systems, national policies and research production.



The Global Observatory for Physical Activity - GoPA!

EASTERN MEDITERRANEAN Policy Brief



General data

Number of countries in the region: 22
GoPA! members = 14

GoPA
members
63.6%



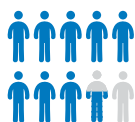
Deaths related to physical inactivity in this region

Worldwide 9% of deaths are due to physical inactivity. Across the GoPA! countries in this region the range is:

6.8-17.0% median 9.3%

Physical activity prevalence estimate

86% of the countries in this region have a national physical activity prevalence estimate

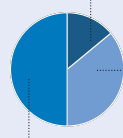


Surveillance

79% of the GoPA! countries in this region have **two** or more national surveys including physical activity questions

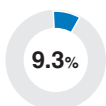
14% of the GoPA! countries in this region have **three** or more national surveys including physical activity questions

Policy

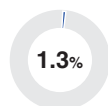


- 14% of the GoPA! countries in this region have a standalone plan for physical activity
- 36% of the GoPA! countries in this region have a non-communicable disease plan including physical activity
- 50% of the GoPA! countries in this region do not have any national plan for physical activity

Research



This region represents 14.1% of the world's population



Produced 1.3% of the global research on physical activity from 1950 to 2019

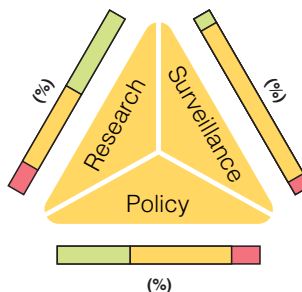
Sitting time



64% of the GoPA! countries in this region have data on population sitting time

GoPA! pyramid of country capacity for physical activity promotion

Percentage of GoPA! countries in this region that have high, medium and low capacity for research, surveillance and policy, and a summary classification for the region.



High

Medium

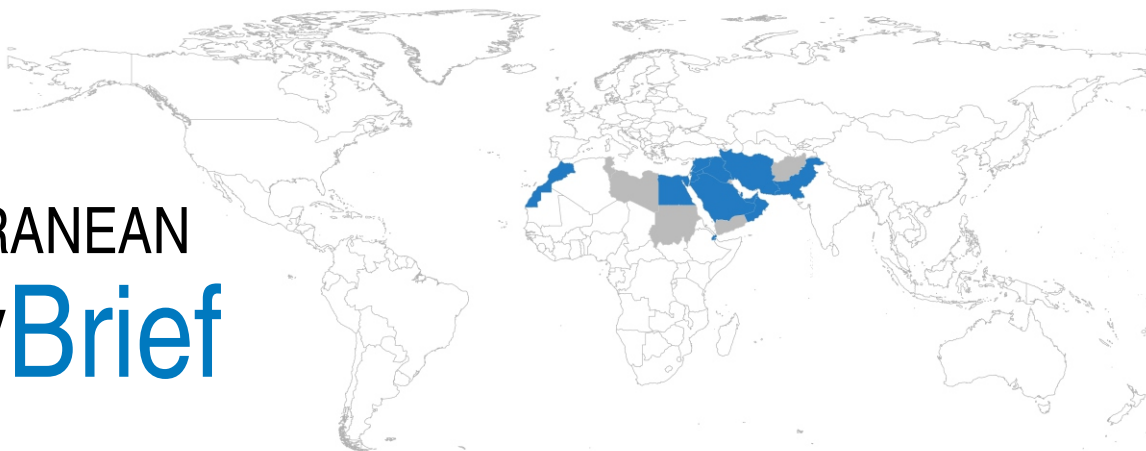
Low

The current capacity for physical activity promotion is based on the second set of Country Cards data about global status of physical activity surveillance systems, national policies and research production.



The Global Observatory for Physical Activity - GoPA!

EASTERN MEDITERRANEAN Policy Brief



► Case study - Jordan

Country Contact: Nour Obeidat, King Hussain Cancer Center, Jordan & Rawan Shihab, Head, Nutrition and Health Education, Cancer Control Office, Jordan

One of the notable programs dedicated to physical activity promotion in Jordan is The King Abdullah II Prize for Fitness. The award was established in 2004, to develop a fitness program similar to the President's Award program in the USA. The program aims to encourage children and young people (9-17 years old) to practice different types of physical activity and integrate physical activity into their daily life in order to promote healthy lifestyles. It complements the physical education curriculum and is targeting public and private schools, which is approximately 5000 schools and 600,000 students. When the program started, only 148 schools participated (2005) and there were 322 winners of the award. In 2010, the numbers were much higher - 2348 schools and 3029 winners. In 2019, 2900 schools participated and 5063 winners received the award.

Jordan has an established physical activity surveillance system but clear periodicity and consistency in data collection has to be improved. Jordan has made progress related to physical activity policies; for example, the recently developed nutrition policy (2020) contains a chapter on physical activity. However, Jordan does not have a standalone physical activity policy. Jordan is doing well in terms of physical activity research but the research is mainly focused on physical inactivity prevalence. There is a need of interventional research as well as research seeking specific solutions to physical inactivity challenges in Jordan.

In 2017, the Jordan Olympic Committee launched its new strategy for sport which has five strategic drivers. One of the drivers is on encouragement of 'sport for all' initiatives and development through sport. The efforts by the Jordan Olympic Committee are often recognized by people who are already in the sports industry but not necessarily by the broader public. Therefore, a potential strategy to reach the public could be to invite the fitness industry to collaborate with the Jordan Olympic Committee, the Ministry of Education, and the Ministry of Health in physical activity promotion initiatives.

In order to improve physical activity promotion in Jordan, a clear physical activity action plan for different age groups should be developed on a national level and endorsed by multiple sectors (e.g., governmental, civil society, physical activity associations and organizations). Additionally, the following activities should be taken into consideration by various stakeholders:

- Create mechanisms and frameworks for physical activity promotion by a multisectoral/multidisciplinary expert group
- Provide safe outdoor environments for physical activity such as building more parks and green spaces suitable for different age groups
- Establish mandatory physical education in schools and universities

<https://www.moe.gov.jo/ar/node/80163>

► Recommendations

Physical activity prevalence, deaths due to physical inactivity and sitting time

- Report the magnitude of the problem, and identify groups and regions at higher risk.
- Use key supplemental resources to stress the health benefits of physical activity (Lancet Physical Activity series, Bangkok Declaration, Global Action Plan for Physical Activity, WHO physical activity guidelines).
- Contact key actors (policy makers, researchers, practitioners) to disseminate the policy briefs and Country Cards and encourage specific actions.

Surveillance

- Use surveillance data to make the case for a stand-alone national physical activity plan.
- Use the Country Card to advocate the needs for periodic physical activity surveillance as part of national health monitoring system.

Policy

- Maintain and expand financial commitment to implement and monitor physical activity policies.
- Clearly outline political commitment to and resources for physical activity and establish multi-sectoral approaches.

Research

- Provide funds/incentives for physical activity training programs and capacity building.
- Stimulate national physical activity research.
- Raise awareness and present the Country Cards to colleagues and students, stressing the gaps identified and the potential to drive a new areas of work nationally.
- Identify any existing networks, or start one (if necessary).
- Promote collaboration across research groups with physical activity capacity in the country.
- Co-create of policy relevant physical activity research with policy makers and stakeholders.

Country capacity for physical activity promotion

- Approach policy makers with the policy briefs and Country Cards to make the case for physical activity promotion and to strengthen local capacity.
- Share the cards at work and with the communities to promote physical activity at the workplace, schools, and communities.
- Support local capacity and further training in research, practice, policy, evaluation and surveillance.