

Status report on '**PHYSICAL ACTIVITY** and **HEALTH** in the South-East Asia Region'



Status report on 'physical activity and health in the South-East Asia Region'

July 2018



REGIONAL OFFICE FOR

**World Health
Organization**

South-East Asia

Status report on 'physical activity and health in the South-East Asia Region': July 2018

ISBN: 978 92 9022 669 7

© World Health Organization 2018

Some rights reserved. This work is available under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 IGO licence (CC BY-NC-SA 3.0 IGO; <https://creativecommons.org/licenses/by-nc-sa/3.0/igo>).

Under the terms of this licence, you may copy, redistribute and adapt the work for non-commercial purposes, provided the work is appropriately cited, as indicated below. In any use of this work, there should be no suggestion that WHO endorses any specific organization, products or services. The use of the WHO logo is not permitted. If you adapt the work, then you must license your work under the same or equivalent Creative Commons licence. If you create a translation of this work, you should add the following disclaimer along with the suggested citation: "This translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition".

Any mediation relating to disputes arising under the licence shall be conducted in accordance with the mediation rules of the World Intellectual Property Organization..

Suggested citation. Status report on 'physical activity and health in the South-East Asia Region': July 2018. New Delhi: World Health Organization, Regional Office for South-East Asia; 2018. Licence: CC BY-NC-SA 3.0 IGO.

Cataloguing-in-Publication (CIP) data. CIP data are available at <http://apps.who.int/iris>.

Sales, rights and licensing. To purchase WHO publications, see <http://apps.who.int/bookorders>. To submit requests for commercial use and queries on rights and licensing, see <http://www.who.int/about/licensing>.

Third-party materials. If you wish to reuse material from this work that is attributed to a third party, such as tables, figures or images, it is your responsibility to determine whether permission is needed for that reuse and to obtain permission from the copyright holder. The risk of claims resulting from infringement of any third-party-owned component in the work rests solely with the user.

General disclaimers. The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of WHO concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement. The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by WHO in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by WHO to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall WHO be liable for damages arising from its use.

Photo credit: WHO-SEARO

Contents

| | |
|---|-----|
| Acknowledgements | v |
| Foreword | vii |
| List of abbreviations and acronyms | ix |
| Summary | 1 |
| Epidemiological profiles | 1 |
| Policy, strategies and implementation | 1 |
| Definitions | 3 |
| What is physical activity? | 3 |
| What is sedentary behaviour? | 3 |
| Recommended levels of physical activity for health | 4 |
| Children and adolescents aged 5–17 years | 4 |
| Adults aged 18–64 years | 4 |
| Adults aged 65 years and above | 4 |
| 1. Background | 5 |
| 2. Global and regional initiatives for physical activity promotion..... | 6 |
| 2.1 The Global action plan on physical activity 2018–2030 | 6 |
| 2.2 Resolution SEA/RC69/R4 on promoting physical activity in the South-East Asia Region | 7 |
| 3. Method | 8 |
| 3.1 Data collection and analysis | 8 |
| 3.2 Data sources | 9 |
| 3.3 Technical definitions..... | 10 |
| 3.4 Limitations | 11 |
| 4. Result | 13 |
| 4.1 Physical activity situation in the South-East Asia Region..... | 13 |
| 4.2 Health sector supporting system for physical activity promotion..... | 17 |
| 5. The way forward: future challenges in promoting physical activity in the South-East Asia Region | 22 |
| References..... | 25 |

Annexures

| | |
|--|----|
| 1. Regional committee resolution on physical activity in the South-East Asia Region..... | 26 |
| 2. Physical activity - country profiles | 29 |
| Bangladesh | 29 |
| Bhutan..... | 31 |
| Democratic People's Republic of Korea | 33 |
| India | 35 |
| Indonesia | 37 |
| Maldives | 39 |
| Myanmar | 41 |
| Nepal..... | 43 |
| Sri Lanka..... | 45 |
| Thailand..... | 47 |
| Timor-Leste | 49 |

Acknowledgements

The World Health Organization (WHO) would like to thank the following individuals for their contributions to the report: Dr Sigit D. Arifwidodo (Faculty of Architecture, Kasetsart University, Thailand), Ms Orana Chandrasiri, Dr Viroj Tangcharoensathien, Dr Walaiporn Patcharanarumol, Ms Ratchaporn Congprasert, Ms Jarinporn Kongsrijan, and Ms Waraporn Pongkantha, all of the International Health Policy Programme, Ministry of Public Health, Royal Thai Government.

The report was prepared under the aegis and overall supervision of Dr Thaksaphon Thamarangsi, Director, Department of Noncommunicable Diseases and Environmental Health. Dr Fiona Bull, Surveillance and Population-based Prevention (SPP), WHO headquarters, also provided support by designing and reporting templates for validation of data. Dr Manju Rani and Mr Naveen Agarwal from Department of Noncommunicable Diseases and Environmental Health provided support in compilation and analysis of data and final review of the report.

The assistance of all Member States of the WHO South-East Asia Region, through their ministries in reporting data and indicators for analysis, is also gratefully acknowledged.



预览已结束，完整报告链接和二维码

<https://www.yunbaogao.cn/report/index/report?reportId=>

