



Joint statement to the 142nd session of the World Health Organization's Executive Board: Physical Activity for Health, Agenda Item 4.2/ [EB142/18](#)

This statement is delivered by World Cancer Research Fund International and World Obesity Federation. We support the statement made by UICC, supported by NCD Alliance, ISPAH and IUHPE and welcome the development of a comprehensive Action Plan on Physical Activity by the WHO with leadership from Member States in the South East Asia Region.

The EB reports on physical activity, NCDs and the draft GPW13 highlights the importance of physical activity for leading healthy lives, both for people at risk of and living with NCDs. There is strong evidence to show that being physically active directly protects against several cancers, as well as protecting against overweight and obesity. Being overweight or obese is linked to an increased risk of 11 cancers, as well as diabetes and cardiovascular diseases.

Worldwide, nearly one third of adults are not physically active enough and countries are off track to meet the global NCD targets. As such, we commend the plan's proposed target of a 15% relative reduction in inactivity, as well as the recommendation to strengthen dedicated financing mechanisms. In this regard, we welcome the assertion that private sector partnerships are informed by WHO recommendations on restrictions of marketing of unhealthy foods and non-alcoholic beverages, and the Commission on Ending Childhood Obesity, and urge that such caution is exercised across potential partnerships with other industries, such as alcohol and gambling.

Physical inactivity is a leading risk factor for NCDs and we are delighted with this milestone plan. We now call for, and are ready to support, collaborative awareness raising activities to mobilise a whole-of-society response, and commend Dr Tedros' ambition for a 'Move for Health' themed activity at the 2018 World Health Assembly.