



Comments of the Finnish Olympic Committee and its partners on World Health Organisation's Global Action Plan 2018-2030

The Finnish Olympic Committee and its member and network organisations for health enhancing physical activity and Sport for all would like to thank the opportunity to give comments on this Global Action plan. The Action Plan concentrates on right issues and is an ambitious attempt to solve global problems linked to inactivity.

Several studies have indicated the positive impact of physical activity and health-related sports. Although the positive influence of physical activity and sport has been known, the role of physical activity has not been that well recognised as it is in this action plan.

The document emphasizes **cross sectoral approach** as a significant factor for increasing the level of physical activity. As non governmental sports organisations, we'd like to add the important role of NGO's when implementing the actions mentioned in the plan. These goals can not be achieved without cross sectoral work.

In Europe, Sports Clubs for Health (SCforH), which is an expert-based approach, has been developed to support clubs as well as national and regional sport organisations to recognize the health potential of their sports disciplines and organize health-enhancing sports activities in the sports club setting. With millions of members, sports clubs can make an important contribution to addressing low levels of physical activity in Europe.

Links to this topic:

<https://www.scforh.info/>

<http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe/hepa-europe-projects-and-working-groups/sport-clubs-for-health>

Universal design and Inclusion link this plan also with UN Convention on the rights of persons with disabilities (CRPD) and creates equal opportunities for all.

Outdoor activity is one important factor, if we want to increase the number of physically active people.

Sedentary behaviour is one of the biggest, research based problems that should be addressed immediately. That is not possible without the change of every day culture in kindergartens, schools, care institutions and in working places.



Overall this document is large, **cost-effective and evidence based** plan, that can not be implemented without cross sectoral approach.

Sincerely Yours.

Helsinki 21 September 2017

Mikko Salonen
CEO and General Secretary
Finnish Olympic Committee

Commented by the following organizations:

Finnish Adapted Physical Activity Federation SoveLi
Finnish Sports Association of Persons with Disabilities
Finnish Swimming Association