



Bundesministerium
für Gesundheit

How does Active Mobility help to reach the SDGs?

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SDGs and Physical Activity

Sustainable Development Goal 3: “Ensure healthy lives and promote well-being for all at all ages”

Four major risk factors for Noncommunicable diseases (NCDs):

1. tobacco use,
- 2. physical inactivity,**
3. the harmful use of alcohol and
4. unhealthy diets.

Physical activity in everyday life promotes health and well-being for people of all ages (SDG 3). Regular cycling is an important example of PA in everyday life and has various positive health effects (e.g. strengthens muscles, lungs, cardiovascular system, stimulates the metabolism).

Physical (In-)Activity in Germany

Prevalence (%) of adults reaching the recommended PA-Levels

%	ADULTS (18–65 YEARS)
MALES	43.6
FEMALES	35.0
BOTH SEXES	39.2

Source: RKI 2012

Physical (In-)Activity in Germany

Prevalence (%) of children and adolescents
reaching the recommended PA-Levels
(2003-2006)

%	CHILDREN AND ADOLESCENTS (3-17 YEARS)
MALES	29.4
FEMALES	25.4
BOTH SEXES	27.5

Source: Manz et al., 2014

Physical Activity Promotion in Germany

Promotion of physical activity requires a multi-sectoral approach and the close collaboration between different ministries, the 16 federal states, local authorities and many other stakeholders.

Legal framework for Prevention and health promotion in Germany:
Preventive Health Care Act (2015)

Examples for national initiatives:

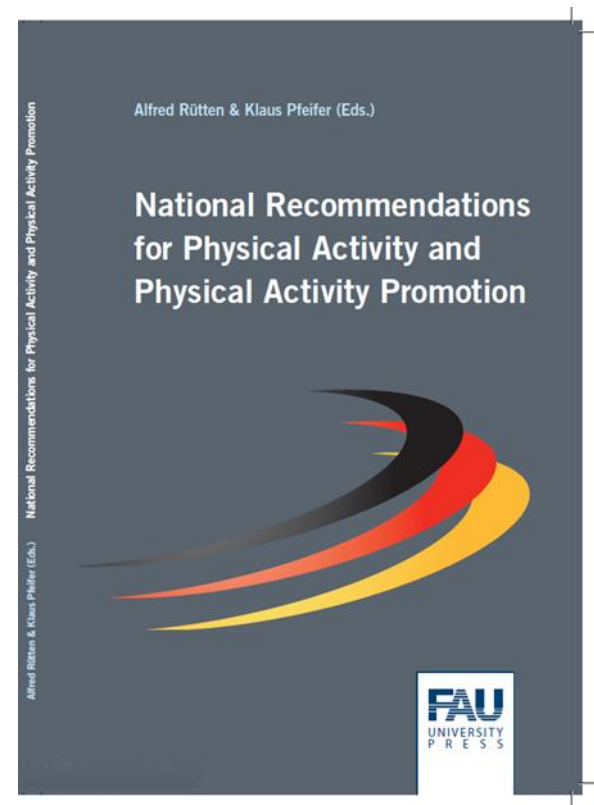
- “IN FORM-German national initiative to promote healthy diets and physical activity” (Federal Ministry of Food and Agriculture and the Federal Ministry of Health)
- “2020 National Cycling Plan – Joining forces to evolve cycling”
- Initiatives of the German Olympic Sports Confederation (e.g. “Sports for Health”)

National Recommendations for Physical Activity & Physical Activity Promotion

Working group on physical activity promotion in everyday life at the Federal Ministry of Health

- numerous organizations involved in health promotion, physical activity and sport
- part of the National Action Plan “IN FORM”

The recommendations apply to children and adolescents, adults and older persons as well as to adults with chronic diseases.

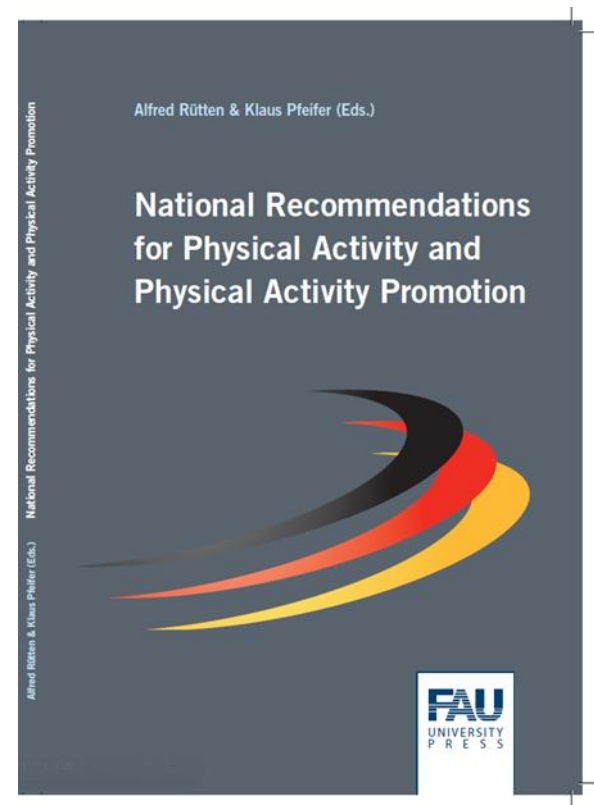


National Recommendations for Physical Activity & Physical Activity Promotion

In these recommendations, “physical activity” includes all health-enhancing physical activity: leisure-time and sport activities as well as everyday activities, e.g. cycling and walking as active transport.

Behavioural and setting-based prevention are both important.

Next step: dissemination of the recommendations more widely among the general public.



Physical Activity Promotion: Examples of international initiatives

- 2030 Agenda for Sustainable Development (SDGs)
- EU Physical Activity Guidelines (2008)
- WHO Physical Activity Recommendations (2010)
- EU Council Recommendation on Promoting Health-Enhancing Physical Activity Across Sectors (2013)
- Physical activity strategy for the WHO European Region 2016–2025
- WHO Global Action Plan on Physical Activity 2018-2030 (in progress)
- High Level Group on Nutrition and Physical Activity, European Commission
- European Union Physical Activity Focal Points, European Commission and the WHO Regional Office for Europe
- European network for the promotion of health-enhancing physical activity (HEPA Europe)
- Transport, Health and Environment Pan-European Programme (THE PEP)
- ...



Thank you very much for your attention!

Contact

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