



## 12<sup>th</sup> World Sport for All Congress “Sport for All – for Life” FINAL DECLARATION

*The 12<sup>th</sup> World Sport for All Congress was organised by the Olympic Council of Malaysia under the patronage of the International Olympic Committee (IOC) and its Sport for All Commission, in collaboration with the World Health Organization (WHO) and the General Association of International Sports Federations (GAISF). It was attended by 505 delegates from 96 countries.*

The 12<sup>th</sup> World Sport for All Congress called on governments to act urgently to counter the global problems of decreasing physical activity and the increasing incidence of obesity.

Congress called on governments and public authorities at all levels to:

- Focus on the importance of sport and physical activity as a key element of health policy
- When formulating policies, take into account the public health, social and economic benefits of increased participation in sport and physical activity
- Recognise the importance of community sport and physical activity
- Consider Sport for All as an investment, not a cost and burden.

1. The Congress recognised the benefits of increasing levels of sports and physical activity, including:
  - Improved levels of health – mental and physical
  - Increased socio-cultural integration, equity, harmony and unity in communities, particularly integration of ethnic groups, people with perceived disabilities, and immigrants
  - Increased social interaction, social inclusion and involvement skills, and the benefits derived from the inherent spirit and values of sport and physical activity
  - The educational role of sport and physical activity
  - A reduction in costs of health and welfare to governments and communities.
2. The Congress fully supported the implementation of the WHO Global Strategy on Diet, Physical Activity and Health, the 2008 Action Plan and the recommendations on prevention and control of non-communicable disease.
3. The Congress affirmed that:
  - Physical inactivity is a major independent risk factor for Non-communicable Disease (NCD) – including cardiovascular diseases, diabetes, obesity and certain types of cancers – around the world, and alone accounts for almost two million deaths each year.
  - NCD deaths constitute approximately 60% of all deaths around the world each year, and 66% of the 35 million NCD deaths occur in developing countries, with the overall physical inactivity trend worst in poor urban areas.



- Childhood obesity - which also leads to increased adult obesity levels - is an increasing problem, with almost 22 million children under five years old and 155 million (1 in 10) of school age (5-17 years-old) overweight, with an estimated 30-45 million people obese.
  - Socio-economic factors, including poverty, are a key factor in the incidence of obesity.
  - A variety of lifestyle factors, including eating habits, urbanisation and changes in the nature and use of technology (especially “screen-based activities”), transport and the workplace are all contributing to an increased sedentary lifestyle and declining levels of physical activity.
4. The Congress strongly recommended that National Olympic Committees, International Federations and other sports organisations, together with government agencies for health, education and sport, develop, expand or adapt (to suit local needs and conditions) sport and physical activity and education programmes, and consider the importance and benefits of:
- The IOC focus on education through sport – and on culture and environment – which provides a unique platform for promoting the values of Sport for All and attracting young people to sport and physical activity, particularly through the Olympic Games and the hosting of the Youth Olympic Games.
  - Community-based, non-discriminatory, low-cost, accessible programmes; sports and physical activity facilities (including open space) and suitable neighbourhood and environmental conditions, for all ages and performance levels.
  - School and youth-based programmes, including after-school programmes; “physical education and health” programmes with quality time, inclusive curricula and a significant fun element; and education systems which feature and allow a satisfactory study /physical activity balance.
  - Integral involvement of community clubs, sports clubs and other community organisations.
  - Meeting the specific needs of people with perceived disabilities.
  - Using modern technology, including information technology, to educate, inspire and encourage the community, especially young people, in regard to the values and benefits of sport; to motivate and encourage participation at all levels; and use modern technology for training, instruction, organisation and other support for sport and physical activity providers and professionals.
  - Expanding or establishing low and moderate level intensity sport and physical activity programmes, with low “threshold to start” criteria; popularising, where appropriate, sports programmes to attract and maintain interest amongst young people.
  - Maximum transfer of knowledge between organisations to facilitate widespread use and adoption of best-practice models and case studies of sport and physical activity programmes.
  - Harnessing the impetus, encouragement and role-model assistance available through elite sport for community sport and physical activity.
5. The Congress proposed that the 2009 IOC Congress Commission considers the recommendations made at this 12<sup>th</sup> World Sport for All Congress, in particular the initiatives and research which address the IOC 2009 Congress theme – “Moving towards an active society”.
6. The Congress recommended that reports on progress in the development of community sport and physical education programmes, as well as follow-up actions from this Congress (particularly the adoption and adaptation of best-practice models and case studies), be included in the next World Sport for All Congress to be held in Jyväskylä, Finland from 14 to 17 June 2010.

*Genting Highlands, 6 November 2008*

