

11th World Sport for All Congress, Havana Cuba, 31 October-3 November, 2006

Physical Activity: Benefits and Challenges

The 11th World Sport for All Congress was organised by the Cuban Olympic Committee, under the patronage of the International Olympic Committee (IOC) and its Sport for All Commission, and in collaboration with the World Health Organization (WHO), the General Association of International Sports Federations (GAISF) and the United Nations Educational, Scientific and Cultural Organization (UNESCO). It was attended by 1011 delegates from 106 countries.

The participants thank the Cuban Olympic Committee and the Congress Organizing Committee for their planning and operations.

The 2006 Havana Sport for All Declaration

The 11th World Sport for All Congress, recognizing:

- That physical inactivity (along with unhealthy diet and tobacco use) is a major preventable risk factor in chronic non communicable disease (NCD) around the world
- That at least 60 % of the global population is not active enough to gain health benefits and less than a third of young people are sufficiently active to ensure a healthy lifestyle
- The heavy and growing global burden of obesity and unhealthy lifestyle
- That at least 1 in 6 of the world's population is overweight (including 22 million children under 5 years old, and 155 million i.e. 1 in 10 of the world's school age (5-17) children, including 30-45 million obese), with physical activity and physical education declining in schools; and that over 300 million adults are obese
- That socio economic factors, including poverty, are a key factor in the incidence of obesity; that women and disadvantaged are most at risk; that two-thirds of NCD deaths occur in developing countries and the overall inactivity trend is worst in poor urban areas
- That a variety of lifestyle factors, such as urbanization and changes in technology, transport and the workplace are all contributing to the lack of adequate physical activity
- That different, though overlapping, sets of causes and contexts apply in developing and developed countries in regard to physical inactivity and its effects, so different solutions (such as low cost recreation) may be appropriate for particular locations
- That sport and recreation, including traditional games, is vital for socio-cultural integration and equity, harmony and cohesion, particularly among immigrants and people with disabilities
- The importance of the WHO Global Strategy on Diet, Physical Activity and Health
- The historical importance of 2005 being the "International Year of Sport and Physical Education"
- That physical inactivity and its effects constitute an enormous financial cost to governments, communities and public health systems

- The importance of integration of Sport for All programmes with the broad education system, health, culture, science, social welfare, environment and tourism,

Declares that, particularly for the sake of the youth of the world, it is time for urgent, real, targeted multi-sectoral action – in health, education and sport sectors - at all levels of society and government in regard to physical activity, and therefore

Calls on governments and public authorities at all levels, in consultation with NGOs and other organisations, to

- **Develop national physical activity guidelines and targets**
- **Ensure the provision of community sport and recreation facilities, including accessible, clean open space**
- **Actively promote the need for personal physical activity through commitment, support and leadership, to increase participation in physical activity and Sport for All programmes**
- **Ensure increased provision of physical education**
- **Recognise that such actions are a good investment, significantly reducing public health costs and having major social benefits**

And, further and in particular, as it is under the patronage of the IOC and the Sport for All Commission,

1. Calls on National Olympic Committees (NOCs), International Federations (IFs) and other Olympic Movement organisations, working with education, health and sport authorities, NGOs and private sector organisations, and taking into account local factors and considerations, to:

Develop or expand at least one major Sport for All campaign each, taking into consideration local factors and needs, concentrating on the following:

- **A community sport and recreation programme, in particular through clubs**
- **Education and public awareness, including promotion at all levels of sport, including major events, of the benefits of physical activity**
- **Support for facilities and clean open spaces for SFA**
- **Physical Education and promotion of healthy lifestyle in schools**
- **Ensuring such a campaign or programme is sustainable**

and

2. Encourages NOCs, IFs and other Olympic Movement organisations to lobby and support governments and other organisations, particularly in developing countries to develop campaigns.

3. Asks NOCs, IFs and other Olympic Movement organisations to make as a deadline for the creation of such campaigns the 12th Sport for All Congress to be held in Malaysia in November 2008, with that Congress to hear, review and build on the results of those efforts, in particular in regard to the youth of the world.