

## House of Physical Activity Cards: the Lancet Observatory experience

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WHO declares that physical inactivity (PI) is the fourth leading risk factor for global mortality. PI levels are rising in many countries with major implications for the burden of non-communicable diseases (NCDs) and the general health of the population worldwide. The Lancet Physical Activity Observatory (LPAO) is publishing an overview of physical

activity and public health in the world, with a goal of reducing the global prevalence of inactivity in adults from 31% to 28% by 2016.

With information from 112 countries available in English and into 26 original languages, the Observatory presents country cards that summarize a given country's physical activity prevalence, surveillance, research and policy status. The cards also present socio-demographics, alongside morbidity and mortality patterns for each country. The Observatory, for most indicators, presents absolute end weighted values, as well as the ranking of countries and estimates scientific productivity in the area of physical activity and public health using several standard research metrics.

Preliminary results indicate that physical activity was present in 32 countries with a specific national plan. In others 46 countries, physical activity was included within their national non-communicable disease prevention or health promotion plans.

In Italy 14,6% of all deaths are due to inactivity, with a contribution of 2.7% to physical activity research worldwide in 2013; approximately 45% of population attaining at least 150 minutes per week of moderate-intensity, or 75 minutes per week of vigorous-intensity aerobic physical activity, or an equivalent combination, according to the international recommendation.

The country cards will serve as an advocacy tool that will help governments, researchers, and societies worldwide to feel accountable for improving health through the promotion of physical activity.

The LPAO will endeavor to ensure country specific cards every two years.

#### **Key messages**

- The physical inactivity increases the risk of many adverse health conditions, including major non-communicable diseases (NCDs)
- The Physical Activity Country Cards will be a useful tool for policy makers to monitor the levels of physical activity in the country