

Draft global strategy on diet, physical activity and health

The Executive Board,

Having considered the report of the Secretariat and the draft global strategy on diet, physical activity and health;¹

Noting that the draft strategy² will be open until 29 February 2004 to comments by Member States which will be made available to all Member States and that a revised draft strategy on diet, physical activity and health taking into account those comments will be submitted to the Fifty-seventh World Health Assembly,

RECOMMENDS to the Fifty-seventh World Health Assembly the adoption of the following resolution:

The Fifty-seventh World Health Assembly,

Recalling resolutions WHA51.18, WHA53.17 and WHA55.23 on prevention and control of noncommunicable diseases;

Recalling *The world health report 2002*, which indicates that mortality, morbidity and disability attributed to the major noncommunicable diseases currently account for about 60% of all deaths and 47% of the global burden of disease, which figures are expected to rise to 73% and 60%, respectively, by 2020;

Noting that 66% of the deaths attributed to noncommunicable diseases occur in developing countries where those affected are on average younger than in developed countries;

Alarmed by these rising figures that are a consequence of evolving trends in demography and lifestyles, including those related to unhealthy diet and physical inactivity;

Recognizing the existing, vast body of knowledge and public health potential, the need to reduce the level of exposure to the major risks resulting from unhealthy diet and physical inactivity, and the largely preventable nature of the consequent diseases;

¹ Documents EB113/44 and EB113/44 Add.1.

² Document EB113/44 Add.1.

Mindful also that these major behavioural and environmental risk factors are amenable to modification through implementation of concerted essential public-health action, as has been demonstrated in several Member States;

Recognizing the interdependence of nations, communities and individuals and that governments have a central role, in cooperation with other stakeholders, to create an environment that empowers and encourages individuals, families and communities to make positive, life-enhancing decisions on healthy diet and physical activity;

Recognizing the importance of a global strategy for diet, physical activity and health, within the integrated prevention and control of noncommunicable diseases, including support of healthy lifestyles, facilitation of healthier environments, provision of public information and health services, and the major involvement of the health and relevant professions and of all concerned stakeholders and sectors committed to reducing the risks of noncommunicable diseases in improving the lifestyles and health of individuals and communities;

Convinced that it is time for governments, civil society and the international community, including the private sector, to renew their commitment to encouraging healthy patterns of diet and physical activity;

Noting that resolution WHA56.23 urged Member States to make full use of Codex Alimentarius Commission standards for the protection of human health throughout the food chain, including assistance with making healthy choices regarding nutrition and diet,

1. [ENDORSES the global strategy on diet, physical activity and health;]
2. URGES Member States:
 - (1) to develop, implement and evaluate actions recommended in the strategy, as appropriate to national circumstances as part of their overall policies and programmes, to promote individual and community health through healthy diet and physical activity, and to reduce the risks and incidence of noncommunicable diseases;
 - (2) to promote lifestyles that include a healthy diet and physical activity and foster energy balance;
 - (3) to strengthen existing, or establish new, structures for implementing the strategy through the health and other concerned sectors, for monitoring and evaluating its effectiveness, and for guiding resource investment and management to reduce the prevalence of noncommunicable diseases and the risks related to unhealthy diet and physical inactivity;
 - (4) to define for this purpose, consistent with national circumstances:
 - (a) national goals and objectives,
 - (b) a realistic timetable for their achievement,
 - (c) measurable process and output indicators that will permit accurate monitoring and evaluation of action taken and a rapid response to identified needs;

- (5) to encourage mobilization of all concerned social and economic groups, including scientific, professional, nongovernmental, voluntary, private-sector, civil society, and industry associations, and to engage them actively in implementing the strategy and achieving its aims and objectives;
 - (6) to encourage and foster a favourable environment for the exercise of individual responsibility for health through the adoption of lifestyles that include a healthy diet and physical activity;
3. CALLS UPON other international organizations and bodies to give high priority within their respective mandates and programmes to, and invites public and private stakeholders including the donor community to join and support governments in, the promotion of healthy diets and physical activity to improve health outcomes;
 4. REQUESTS the Codex Alimentarius Commission to continue to give full consideration, within the framework of its operational mandate, to evidence-based action it might take to improve the health standards of foods consistent with the aims and objectives of the strategy;
 5. REQUESTS the Director-General:
 - (1) to provide technical advice and support at both global and regional levels to Member States, when requested, in implementing the strategy and in monitoring and evaluating implementation;
 - (2) to monitor on an ongoing basis international scientific developments relative to diet, physical activity and health to enable Member States to adapt their programmes to the most up-to-date knowledge;
 - (3) to continue to prepare and disseminate technical information, guidelines, studies, evaluations, advocacy and training materials so that Member States are better aware of the cost/benefits and contributions of healthy diet and physical activity as they address the growing global burden of noncommunicable diseases;
 - (4) to strengthen international cooperation with other organizations of the United Nations system and bilateral agencies in promoting healthy diet and physical activity;
 - (5) to cooperate with civil society and with public and private stakeholders committed to reducing the risks of noncommunicable diseases in implementation of the strategy and promotion of healthy diet and physical activity, while ensuring avoidance of potential conflicts of interest.

Eighth meeting, 22 January 2004
EB113/SR/8

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