



What Does Physical Inactivity Cost? - WHO Reports

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Physical inactivity not only has impact on health but also has a huge financial impact. If governments don't urgently promote physical activity, about 500 million people may suffer heart disease, obesity, diabetes, or other noncommunicable diseases (NCDs) due to physical inactivity between 2020 and 2030, costing US\$27 billion yearly.

The World Health Organization's Global status report on physical activity 2022, released on October 19, 2022, predicts countries' efforts to boost physical activity across all ages and capacities.

Progress is sluggish globally. According to WHO statistics, fewer than 50% of nations have a national physical activity policy, and only 40% are operational. 30% of nations have all-age physical activity standards.

Physical inactivity is costly, and by 2030, new instances of avoidable non-communicable diseases (NCDs) would cost over US\$300 billion, or US\$27 billion yearly.

National NCD and physical inactivity regulations have grown in recent years. In the last two years, barely 50% of nations launched national communications campaigns or mass participation physical activity events, according to WHO. The COVID-19 epidemic has delayed these projects and other policy implementation, widening inequalities in physical activity access and possibilities for many communities.

WHO's Global action plan on physical activity 2018–2030 recommends legislation to make roads safer to promote active transport, improve physical activity in childcare, schools, primary health care, and the workplace, and more.

This report noted that worldwide data on policy measures including public open space, walking, and cycling infrastructure, and school sports and physical education were lacking. Even while some nations have statistics on park, cycling, and foot path accessibility, WHO claimed that worldwide indicators are not available. Thus, it's difficult to monitor global infrastructure that promotes physical activity.

The study urges governments to emphasise physical activity to enhance health and combat NCDs, incorporate it into all relevant policies, and provide tools, advice, and training to boost implementation.

Promoting physical exercise for everyone benefits public health and the economy. Countries must make inclusive physical exercise programmes more accessible.

Do what?

All nations must speed efforts to boost physical activity to prevent illness and relieve overburdened health care systems.

More nations should develop measures to encourage walking, cycling, sports, and other physical exercise. It helps people, cultures, ecosystems, and economies.

WHO data shows that more has to be done, and now.

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